

Health and Safety Protocols

In light of Covid I've created a few guidelines while in the care and office space of Root Down Healing Arts. Continually, I'll be reviewing and adapting these guidelines to resonate with the shifting times.

- I will be wearing a face mask and I am requiring clients to wear a face mask as well.
- Clients are required to wear a face mask when entering the North office~ Fremont building and throughout the service, until exiting the building.
- When face down in the head rest (face cradle) during a treatment client masks will remain on the face, creating a barrier with the nose & lips. Clients may unloop their mask strings from their ears &/or head when face down. Happy to talk further at session about how to create comfort & breathability while face down in head rest with mask on.
- I will not be wearing gloves before, during or after treatments. I will be regularly hand washing before and after treatments as usual. Additionally, I'll be sanitizing and disinfecting the office space, bathroom & common areas before and after each client.
- Clients are required to wash hands upon entering the North office~ Fremont location.

Hand sanitizer will be provided to disinfect your hands anytime you're in the office.

- I will take your temperature with a no contact thermometer in the treatment room & record in your file at the beginning of each session.

My cancelation policy will continue to be waived for any Covid related symptoms as we forge and find a new path together. Your health and safety is my priority; I understand if you need to reschedule for when a mask is not required for health and safety reasons.

Looking forward to working with you!

Heidi

*Root Down Healing Arts
Untwist and Be*