

We wish to reassure our clients and practitioners that your safety is our primary concern and that we have carried out a detailed risk assessment of the environment that you will be having your consultation/treatment. Please help us to make sure that we are all complying with current Government Guidance by reading this update.

We are asking that all visitors and clients do not arrive too early for appointments to avoid several people waiting in the reception area. We ask that you arrive on time and wait outside for your practitioner/class teacher to come and let you in unless our receptionist is there to let you in.

Upon entering and leaving the premises, please use the hand sanitisers provided in reception and available in all rooms. The wearing of a face covering in the communal areas is by individual choice unless already requested by your practitioner or class facilitator.

All visitors and clients attending appointments at Carmenta Life are advised to wear a face covering if attending for a **medical appointment** and at the discretion of the practitioner once in the room depending upon the therapy and advisory body of the registered therapist. Please in these cases bring an appropriate face covering to your appointment.

Where possible please allow your practitioner to open and close doors for you within the premises to minimise surface contact.

Rooms will be adequately ventilated by the practitioner/class teacher opening windows during the visit and allowing a minimum of 15 minutes between appointments.

Additionally, your Practitioner/Class teacher may have sent you a questionnaire to fill out prior to your appointment and/or had a detailed conversation with you regarding your current health status.

All surfaces touched or used to be cleaned by the practitioner with disinfectant spray and paper towels in each room in-between each client visit.