JULIA’S THERAPEUTIC MASSAGE & BODYWORK, INC.

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Dear Clients:

Governor Ralph Northam announced today that he will reopen non-essential businesses in Northern Virginia Region under Order 62, including massage therapy, on Friday, May 29, 2020 at 11:59 pm. I look forward to reopening my massage therapy business on Monday, June 1, 2020 at 10:00 am. Otherwise, we will again extend reopening to the date determined by the State of Virginia.

Julia’s Therapeutic Massage would like to reopen with the same business hours of Monday through Friday 10:00 am – 8:00 pm, if it’s in accordance with the State of Virginia and/or local government guidelines and orders, as well as my massage regulatory agencies.

In accordance with using COVID-19 best practice recommendations from CDC, WHO, guidance from other health-care sectors, and findings from the limited preliminary research on this virus, I will need to take your temperature (must be less than 99 degrees fahrenheit) and I will need to ask you the following questions prior to entering the massage facility:

Have you returned from any of the states, such as NY, NJ, CT within the last 14 days?

Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?

Have you been in close contact with anyone who has traveled within the last 14 days to one of the countries listed on the CDC Alert Level 3 list?

Have you experienced any cold or flu like symptoms in the last 14 days (fever, cough, sore throat, respiratory illness, difficulty breathing, or shortness of breath)?

If you answer yes to any of the above questions, access to the facility is denied. Seek medical attention immediately if you or someone you know has emergency warning signs or any other symptoms that are severe or concerning too.

Please do not arrive more than 5 minutes prior to your scheduled massage appointment, since it is not recommended to wait in the receptionist area during Phase 1, which is the first part of reopening non-essential businesses. It is required that each client wear face coverings when they arrive for their massage appointments. Furthermore, I can provide you with one anti-microbial face, washable/reusable mask, identical to the mask worn by me throughout the massage session. It will be each client’s responsibility to wash the mask if they want to reuse it for a subsequent massage session. Additionally, I will use a disinfectant on equipment that disinfects in 5 minutes. The product is an EPA registered hospital disinfectant, approved by the EPA under the Emerging Vital Pathogen Guidance for use against the virus that causes COVID-19, meets OSHA bloodborne pathogen standards, emits no harmful fumes (odor-free), is formulated without bleach, alcohol or quats (Quaternary Ammonium Chloride), and whose biodegradable active ingredient breaks down into oxygen and water. I will evaluate your breathing comfort during the prone (face down) positioning portion of your massage session when you enter the massage facility. I will change my scrubs in between each client’s massage session and the massage facility will be cleaned between each client. Therefore, the massage sessions need to be timely-- based on the session’s paid timeframe. Please wash your hands with soap and water for at least 20 seconds after exiting the massage facility. Bathrooms provide no-contact faucet, soap & paper towel dispenser.

Since massage therapy work involves maintained touch and close physical proximity over an extended period of time, there may be an elevated risk of disease transmission, including COVID-19. You will be asked to sign a form acknowledging that you are aware of the risks involved and give consent to receive massage and bodywork from me as a practitioner.

Please remember that my cancellation policy has always been that there is no penalty if you wake up with cold or flu symptoms and need to cancel on the day of your appointment, but to still notify me as soon as possible. Thank you for your cooperation in this challenging environment of Phase 1.

Best Regards,

Julia Arleen Cini, CMT, BCTMB