

Covid-19 Secure Hygiene Guidelines from the AoR: Hygiene for You and Your Client

REFLEXOLOGIST



Wash your hands frequently or use sanitiser gel (minimum 60% alcohol).



Wear a facemask. This should be disposable or washable at the highest temperature possible for the fabric.



Dedicated clothing should be worn. This should be washable at the highest temperature possible for the fabric.



Air your room before and after each client for at least 5 minutes.



Take contactless payment if possible.



Ensure you have at least 15 minutes between appointments to follow hygiene guidelines.

YOUR CLIENTS



Face mask is required for the duration of their visit.



Hands must be washed on entry and exit or a sanitiser gel (minimum 60% alcohol) must be used.



Maintain social distancing by ensuring that there is no client overlap.

These are basic but essential guidelines to ensure the safety of both the client and the practitioner.

An AoR Risk Assessment must be carried out before each treatment.

Face Coverings should ideally be a double layer of cotton that do not gape. This can include a scarf.