



Healing Arts Maine

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New Massage Procedures:

Please fill out and sign the Pre Massage screening and release form and bring it with you to your massage appointment. For any following appointment I will ask those questions verbally. Please check your temperature at home, so I can write it in the paperwork.

Lets say your appointment is at 10 am.

When you arrive at Camden Whole Health give me a call 207-542-4285 and we are doing our regular intake over the phone, or if the weather is nice, we can meet in the court yard. Once you have updated me about your body and we have set our goals for this session I step out of the office. You come in with your mask on - try to come in from the Rt 1 side, since that has less people walking though. * Note that my office is temporarily moved to the former bookkeepers office in between the 2 buildings next to the small sink in the hallway. Also the waiting room has been temporarily rearranged, but use the same bathroom as usual.

Wash your hands thoroughly either in the bathroom or in front of the office.

The office door will be open, so you don't need to touch it, just close it with your foot.

Use the red chair in the corner for your cloths. Get on the table face up with your mask on. Try to touch only the sheets, not the blanket.

I wash my hands and come in with my mask on. Depending on the weather the 2 windows will be a crack open or all the way for cross ventilation. The fan will suck out air if it is warm enough. By now it probably is 10:15. We begin the massage face up most likely on the feet. When you turn over you can put the mask on the chair and I now have a pillow cover extra draped over the face cradle, so your breath will not touch the floor.

By 11:15 I will wrap up the massage. I will use hand sanitizer before open the door and step out. You take your time to rest a little more. Try only to touch the sheets and the chair. Get dressed. Leave your payment on the chair.

Use hand sanitizer, open the door and wash your hands.

If the weather is nice meet me outside in the little court yard that is behind my regular office. Rt 1 door right, right, right. There is a picnic table now and we can have a brief outtake. It is actually a beautiful place to sit after a massage. If it is raining we will talk on the phone.

By 11:30 you should be on your way. Please bring your own water to drink after the massage.

I now carefully set the blanket aside, roll up the sheets and put them in a bag. I will spray down

the table, chair, doorhandles, open the windows and mop the floor. I will put my massage cloths in the bag and put on a new set.

By 12:30 the room should be aired out enough for the next client, unless it is a client of the same household. I would mop the floor afterwards.

Most likely I will only see 2 clients a day, or have a longer break in the middle of appointments.

I wash the sheets and massage cloths at the end of the day in hot water and hang them up. I bring the washed sheets in a different bag to the office. Once a week I wash the blanket.

Please feel free to ask questions or make suggestions.

This is all new to us and might require some changing.

If you are comfortable with this procedure, let's set up an appointment

Antje Roitzsch