



Healing Arts Maine

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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.

When you arrive at Camden Whole Health give me a call 207-542-4285 so you don't have to be in the waiting room. Coming into the building please wear your mask and use the hand sanitizer and wash your hand in the bathroom. During the winter will do our regular intake in the office. Once the weather is nice, I look forward to meeting again 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. There is hand sanitizer and wipes in case more is needed. In general try to touch as few surfaces as possible.

Use the red chair 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. During the winter I will not open the windows during the massage as I do in the summer time

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.

I wrap up the massage giving you enough time so you can rest a while after the massage. This is an important part for your body to process the session.

I will use hand sanitizer before opening the door and step out. You take your time. Try only to touch the sheets and the chair. Get dressed and open the door for me to come back in for a brief check out. It will be good to have your payment ready so we don't linger unnecessarily.

Prepayment online is a safe hands-off option. Once you leave the office it is advised that you use hand sanitizer or wash your hands again.

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.

Most likely I will only see 2 clients a day, or have a longer break in the middle of appointments, so the room can air out between clients. We have a big air filtration system in the waiting area and I keep the room open between appointments to circulate the air.

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 what I have been doing for a while, but I am happy to adapt and change if needed.

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

Antje Roitzsch