



The Little Room of Harmony COVID-19 Policy

Natalia Ripsher at The Little Room of Harmony is committed to complying with the guidelines published on www.gov.uk regarding working safely during coronavirus (COVID-19)

Visiting The Little Room of Harmony

- Please only visit if you have a pre-arranged appointment.
- If you feel unwell, have any COVID-19 symptoms, or if you have come into contact with a confirmed COVID-19 case in the last 14 days, please inform Natalia as soon as possible and do not attend your appointment.
- Please arrive promptly for your appointment, not too early, not too late.

Prior to arrival

- Natalia will contact you the day of your appointment to confirm that you do not have any COVID-19 symptoms including a new continuous cough, a high temperature or a loss of, or change in, normal sense of taste or smell. If you have any of these symptoms, please stay at home and your appointment will be rescheduled.
- The Little Room of Harmony will be thoroughly cleaned at the start and end of each day and also in-between clients, including hand touched surfaces such as door handles, client chairs, the treatment bed and any equipment used.
- Rigorous hand washing will be practised before and after each client.
- Any towels or sheets used during a treatment will be replaced after each client.
- If this is your first visit to The Little Room of Harmony, the initial consultation will be held prior to your appointment as an audio or video call, to minimise your appointment time.
- Any forms that need to be completed will be emailed to you before your visit. Please complete them and email back if possible, otherwise bring them to your appointment.

During your visit

- If you have downloaded the NHS Test and Trace app, please scan The Little Room of Harmony QR code on arrival, which is located on the left side as you enter.
- Please use the hand sanitiser on arrival and only bring minimal items into The Little Room of Harmony.
- Please bring your own water to drink before and after the appointment. No drinks or snacks will be provided and only water will be allowed in The Little Room of Harmony.
- Everyone will remain 2m apart as much as possible. When this is not possible, Natalia will wear a face covering.
- From 8th August, the government advice is that the client must also wear a face covering during the treatment.
- Please do not touch any items for sale unless you are planning to purchase them.
- The Little Room of Harmony will be well ventilated before and after each client and during treatments when possible.
- Please avoid using the toilet if possible. Otherwise it will be fully cleaned and disinfected before and after use, including any hand touched surfaces. Please adopt rigorous hand washing, disposable paper hand towels will be provided.
- Avoid touching your face and cough or sneeze into a tissue and place it in a bin, then use hand sanitiser.

Payments

All payments to be made online wherever possible.

Contact Details

Should the need arise, I may need to share your contact details with NHS Test and Trace.

Questions

If you have any questions, please contact Natalia on 07507 879009 or email natalia@thelittleroomofharmony.co.uk.