



CLIENT CHECKLIST

- Are you feeling well?

Symptoms of COVID-19 include:

- fever (chills, sweats)
- cough or worsening of a previous cough
- sore throat
- headache
- shortness of breath
- muscle aches
- sneezing
- nasal congestion or runny nose
- hoarse voice
- diarrhea
- unusual fatigue
- loss of sense of smell or taste
- red, purple or blueish lesions on the feet, toes or fingers without clear cause

b. Have you traveled outside of Nova Scotia in the last 14 days? If so, you must self-isolate for 14 days and reschedule appointment.

c. Have you been in contact with anyone who has contracted Covid-19 in the last 14 days? If so, please cancel appointment and self-isolate for 14 days. Contact 811 if any symptoms, listed above, appear.

- 1.** Upon arrival at Violet Spa you will be asked again if you are feeling well. If you are not, you must return home and complete the online 811 assessment. Please do not attend your appointment if you are feeling unwell or have symptoms of Covid-19.
- 2.** Arrive on time for your scheduled appointment in order to avoid arriving at the same time as other scheduled clients and to avoid cancellation – which you will be charged for and will be required to pay before your next treatment. Your Massage Therapist/Esthetician will be on a very tight schedule to allow for sanitation/disinfection protocol. If you come early, please remain in your car until someone texts you or tells you to come in

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- 3.** Use appropriate etiquette (i.e. coughing or sneezing into the bend of the elbow or into a tissue that you immediately discard into a covered waste basket).
- 4.** Until further notice, there will be no facials, facial waxing, dermaplaning.
- 5.** Clients must wear, at a minimum, a clean non-surgical mask or request a disposable mask upon arrival at the spa. If you do not have one, a disposable one will be provided at a *charge*. You must wear the mask, at a minimum until you leave the building.

Social distancing requirements will also be practiced – please stay 6 feet away from other clients.

Please come alone – i.e. no children or spouses can remain in the lobby or with you in your treatment room.

- 6.** Everyone must wash their hands immediately upon arrival with soapy, hot water for 20 seconds. And then use hand sanitizer.
- 7.** Please avoid using the washroom.
- 8.** We will not be accepting cash until further notice.
- 9.** Please bring your own water or drink. There will no longer be a coffee/tea station or water cooler available.
- 10.** There will be a maximum of 6 people allowed in the spa at a time – one per therapist.
- 11.** If you need to have a drink, you will need a new face mask.
- 12.** Please bring your own pen for signing forms.
- 13.** If you need to fill out form prior to appointment we will email it to you so you can print it at home, fill it out and bring it in completed.
- 14.** Please keep time at the front desk to a minimum – pay, and rebook appointment if time allows. Please keep in mind other people’s appointment times and your esthetician/massage therapist’s time required for cleaning in between clients.
- 15.** Please do not touch anything in the retail area. Ask your esthetician to help you.

We are constantly monitoring the latest recommendations from Public Health, The Massage Therapy Association of Nova Scotia, and The Cosmetology Association of Nova Scotia. All of the above are subject to change as information is updated. Safety of our staff, their families and our clients come first.