

EQUILIBRIUM Checklist for Healthy Clients



1. Directly Before Attending: Please shower and change into clean clothes
2. Please bring your own towel if you wish to have a shower in the Therapy Room (where it has not been possible for you to shower directly before attending)
3. Please bring your own facemask (or other PPE) if you wish to wear it during your treatment
4. Please let me know, before your appointment, if you would prefer me to wear a face mask during your treatment visit

Hand Sanitiser or Anti-Viral Hand/Body Wipes will be available for you to use before or after your treatment.

Hand Towels have been replaced by Paper Towels in both the Bathroom and Therapy Room sink areas, for improved hygiene. Please dispose of used paper towels in the bins provided below the sink.

If I am requested to wear a face mask then I will use a fresh face mask for each client. These re-useable face masks will be thoroughly washed, dried and be ready for use again the next day.