

# Cotswold Mobile Massage, Client Information Pack

Page 1

## **What to bring**

If possible, please bring:

- your own bottle of water to the session
- a face covering

## **Facilities**

Our home therapy room is directly accessible from outside so you do not need to enter our house unless you need to use the bathroom. The room is complete with a handwash basin so you are able to wash your hands on arrival. We politely ask that you try and refrain from using the bathroom unless necessary as it requires entering our home.

## **Getting here**

*Address: 35 Upper Church Road, Stroud, GL5 4JF*

Follow Church Road back past St Matthews School until you come to a large grass roundabout. Turn left here and we are the first house on the left – you'll see a grey van on the front of the drive and a Cotswold Mobile Massage plaque by the front door.

## **Parking**

Please park on our drive to avoid parking on the road. There's plenty of space on our drive.

## **When you arrive**

Please wear a face covering on arrival and come down the drive towards the blue garage doors. There is a hand sanitiser dispenser at the gate, please use this, then ring the bell come straight through (you don't need to wait for me to come to the gate). I'll greet you at the door to my therapy room.

Shoes should be removed as you come in and left on the entrance mat. There will be hand sanitiser and hand wash facilities available in the room. I will also ask to take your temperature using a contactless thermometer and record this with your clinical notes. Clothes and other personal items can be stored in the plastic container provided which is sanitised between sessions.

## **QR Code**

You will have the opportunity to scan our QR code for the NHS track and trace app, if you would like to do so.

Please continue to page 2

# Cotswold Mobile Massage, Client Information Pack

Page 2

## **PPE**

PPE requirements change regularly so we will update you should this change before your booking. We acknowledge that this is a sensitive subject and our aim is to make everyone feel as comfortable as possible.

### **Required for you**

Face coverings are no longer compulsory, however, we have been advised by our professional bodies to continue to ask clients to wear one where possible as cases of Covid-19 continue to rise. We would appreciate it if you would wear a mask on entering the treatment space and whilst we are talking. You can remove your mask once lying face down on the massage table. I may ask that you wear your mask if lying face up when I'm working in close proximity to your upper body.

### **Pregnant Clients:**

Our pregnancy treatments take place with the client lying in a side-lying position on the massage table. It is recommended that pregnant clients continue to wear face coverings for their own protection.

### **Required for the therapist**

Therapists are currently not required to wear PPE. However, we have been advised by our professional bodies to continue wearing masks where appropriate. If you would prefer me to wear a visor and/or gloves for your treatment, then this can be accommodated upon your request.

### **Cleanliness and Disinfection Procedures**

We want to reassure you that we are following strict hygiene and cleaning protocols that take place before and after every client, using cleaning agents effective against viruses.

Please continue to page 3

# Cotswold Mobile Massage, Client Information Pack

Page 3

Thank you for taking the time to read this document. We'll update you with any changes as and when they happen.

If you have any questions about our new policies and procedures please don't hesitate to get in touch.

Warm wishes and I look forward to seeing you soon,

Kate Browne  
Founder and Lead Practitioner  
Cotswold Mobile Massage

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