



Guidelines for Face-to-Face Treatments with RetuningME™

At RetuningME™/Kinesiology4u, we are committed to your wellness and ours too.

Please read and follow the information provided on these pages.

Should you have any questions please email Nuala @ nuala@retuningme.com or text 0035386 3594177

Information about your visit.

60 Minute Visits

- All visits/sessions will still be 60 minutes long, but not all of that 60 minutes will be in the Clinic:
 - 10 minutes will be given to making pre-session contact to confirm you do not have any symptoms of COVID 19 and to enquire your reason for attending.
 - 40 minutes will be face to face in the clinic.
 - 10 minutes will be used by the therapist to write up your 'homework' after the session and email this to you.
 - If you are attending for Reflexology please contact RetuningME for online discount code.

90 Minute Visits

- If this is your first visit, the pre-session call will last longer as there is more information to be discussed.
 - The total time of this first session will be 90 minutes in total and will incur a greater charge.

Children

- While we always welcome children it is imperative that we keep them safe at all times.
- If you are bringing your child for a session, please ensure they are aware of guidelines appropriate to them and provide them with a mask for their visit.
- It is your job, as parent to keep you, your child under your control throughout the session. One such way it to make sure your child does not walk freely around the treatment room at any point.
- As per COVID guidelines, it is no longer viable to bring multiple children into the Clinic. Only children who are being tested can attend with one adult.

Other Guidelines

- Due to COVID 19 restrictions, it is no longer possible to bring your belongings into the treatment room.
- Please, where possible, leave all belongings at home or in your car – scarf, hat, gloves can be placed in the arm of your Coat which can be placed on the back of the chair provided.



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- You may also bring any nutrition you are currently taking for the purposes of re-testing – please wipe it before placing it in a paper bag. You can place this on the small table provided so the therapist can have easy access to it during the session.
- Please bring your own **WATER** to the session for drinking during the session.
- **Pre-session Call:**
 - The first part of the session will be held via text/ email / phone call or online video call if it is your first contact with RetuningME™ (and will be of a longer duration).
 - This contact will happen 1/3 days in advance of the session, or when the therapist can arrange.
 - During this contact, the client will be asked their reason for appointment and confirm they do not have any of the COVID 19 symptoms as stated by HSE.
 - The client will also be asked to confirm that they have not been in contact with anyone who has had symptoms of COVID 19 or been diagnosed with COVID 19 in the last 14 days.
 - Notes from this conversation will be recorded in clients records.
 - There is a standard once-off permissions/consent and acceptance of policies and procedures form that you will fill in prior to arrival and return to RetuningME signed - the therapist will also sign this form during your first session – be that online or in person.
 - **It is your responsibility to contact the therapist if any of the answers you gave in your first COVID questionnaire change prior to any subsequent visits.**
 - The therapist will take your temperature on arrival if it is deemed necessary – you seem to have symptoms of COVID, or you feel unsure of your temperature.

Clients are asked to:

- **Wear freshly washed clothing including socks, full-length trousers and full-length top to wrists to avoid skin to skin contact during the session.**
- If you have **long hair**, please wear it in a high ponytail or clasp.
- You will need to wear a **mask**. This **WILL NOT** be provided – please wear your own mask for the appointment – if you forget, and if available, a disposable mask can be purchased at the Clinic. **You can be turned away from your session (at full cost if you arrive without a mask).**
- Please go to the **bathroom** before travelling to your appointment - to avoid using the bathroom in the clinic if possible
 - (Bathroom is available to clients who need to use it and is always cleaned/sanitised before and after visits).
- Please **Wait in your car when you arrive and text the therapist to let them know you are ready for your session.**
- Where possible it is preferable if you can **prepay** when booking your session on the [online booking system](#). **If you fall into one of the concession groupings (Senior, Junior, unemployed, Retired or on PUP) please contact RetuningME for your discount code.** RetuningME also accepts invoice or bank transfer (if needed you can also bring fee in a **sealed envelope** or pay by card on the day).



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- Please **remain in your car** or outdoors until you are **text** to come in.
- On entrance to Clinic, you will be asked to confirm you have NO symptoms of COVID 19 (**temperature will be taken** if there is any doubt).
- You may be asked to **leave your shoes** at the door if appropriate.
- If you have worn gloves to the clinic you will be asked to dispose of these prior to having your session, if you wish to wear gloves during your session you may bring a fresh pair that you can put on prior to the session beginning.
- You will be asked to **sanitize your hands** on arrival – you can bring your own sanitizer or use one provided.
- The Practitioner will also use hand sanitizer and will wear gloves if requested by the client to do so, or they feel it necessary at the time.
- Please try not to touch anything on arrival into the clinic room.
- For Reflexology treatments, please bring your own blanket to cover you during the session.
- During Reflexology treatments, the therapist will use some balms, please advise in advance if there is any oil that you cannot tolerate.

During Your Appointment:

- The practitioner will be wearing a face mask at all times. (gloves will be worn if considered necessary, but otherwise, hand sanitizing will suffice)
- If the therapist feels it is necessary, they will take your temperature using an infra-red thermometer.
- You will also be asked to wear a face mask unless it is dangerous for you to do so.
- During Kinesiology sessions the supplements and glass vials used will be placed in a glass jar (which is cleaned before and after the session), on top of a paper tissue (or kitchen towel), on your clothes. This is to avoid the possibility of cross-contamination of equipment.
- All other retuning tools such as Tuning Forks, Energy Balancing Sprays, Bach Flowers, Chakra Glasses used will be cleaned before and after your session.
- Should points on the face or head need to be touched or rubbed, where it is possible you will be asked to do this yourself.
- Please bin your mask carefully at home after the session.
- Towels will be provided for Reflexology treatments, but if you feel safer bringing your own, please do. It would be good to inform the therapist beforehand if you are thinking of bringing your own towels.

Finishing Appointment:

- Post-session advice and “Homework” (mainly from Kinesiology sessions) will be sent by email instead of written on paper during the session – this is to allow for 15 minutes airing of room between clients before sanitizing.
- The Therapist will open all doors as you leave.

Some of the Clinic Procedures you might like to know about:



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- Massage table/plinth will have been cleaned with alcohol wipes and sanitizing spray prior to and after your visit.
- Doors/Door handles into the clinic will have been sanitized prior to arrival.
- All non-essential items that could hold onto pathogens will have been removed from Clinic Room.
- Clinic room will be cleaned after every client and before the first client in the morning as well as at the end of the day. The Clinic space is also cleaned weekly.
- Toilet and hallway will also be cleaned between clients and at the beginning of the day.
- Client and practitioner will wear a face mask (except when it would be dangerous to do so)

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