

Covid-19, Clinic Re-opening

manifesto

by LIFE  LEMONS

thank you for being so patient

To my wonderful patients. I want to say a big THANK YOU for being so patient in awaiting treatment, whilst my clinic doors have been closed.

With soon to be resuming practice, I want to assure you that I have considered every measure to ensure your safety. This manifesto details the intricate steps I have taken and will continue to take until this pandemic is more under control.

At the heart of our values here at Life + Lemons is to always create a welcoming, healing, nurturing space for you to come and escape the world. This has absolutely not changed but there will be a few changes that require your attention prior to your up-coming treatment.

These are detailed in this document so please ensure you read them thoroughly, for your own safety and for the safety of our community.

It is to the clinics benefit that we are petite and tucked away with just 2 treatment rooms. There will only ever be one practitioner working at any one time and treatments will be spaced to ensure you don't encounter another soul on entry or exit.

Rest assured, I am doing everything I can to make you feel safe but also have a restful and restorative experience.

Kimberley Shepherd

ACUPUNCTURIST + WOMEN'S HEALTH COACH
lifeandlemons.clinic



Key Steps Taken

1

Treatment Spacing

I will be spacing treatments out, allowing 15 minutes between treatments, to ensure you don't encounter anyone on arrival.

2

Soft Furnishings

All soft furnishings in clinic are now disposable or wipeable to ensure all items /surfaces can be disinfected between treatments. Foil blankets will be given to you on arrival and stored safely for your sole use at your next appointment.

3

Soap + Disinfectant

As has always been the case, I wash my hands prior to any physical contact and again immediately after. Gloves won't be worn during treatment.

4

Opening Doors

Please allow me to open all doors for you on arrival and exit. But rest assured that all door handles are disinfected after each patient.

5

Masks, for you and I

I will be wearing a mask on arrival and I have also spaced chairs in treatment rooms 2m apart. I ask that you bring your own mask but I will have spares should you require to purchase one on the day.

6

Air Purifier

I have invested in the absolute best and quietest air purifier (HEPA) for both treatment rooms. This will be on the whole time and will be put on boost mode in between each patient.

7

Clothes + Shoes

I will have specially dedicated clothes for clinic use that have been cleaned, disinfected and have travelled to clinic in an air tight, plastic clothes cover. They are washed after each day. I also have dedicated clinic shoes.

8

3rd Party People

Anyone that enters the clinic, 3rd party, for example the landlord, the cleaner, another therapist etc. will be subject to the same stringent health and safety rules. They are also required to sign a disclaimer on entry stating they are a-symptomatic.

10 golden tips...

before and during treatment.

01.

CHECK SYMPTOMS

Do you have a cough or fever? You will be sent a reminder email 24 hours before your appointment to ensure you are fit and well.

02.

BATHROOM

The bathroom is still open for use however I encourage you to use your own bathroom before and after treatment.

03.

WAIT IN CAR

Please arrive promptly. There will be no waiting in reception so if you're early, please wait in your car to avoid encountering others.

04.

WASH + DISINFECT

On arrival, please wash your hands for min. 20 seconds with soap followed by hand sanitiser. I will also take your temperature, digitally.

05.

MASK

Out of courtesy, I ask that you wear a mask at all times whilst in clinic, until we get further guidance on this from GOV / WHO.

06. Shoes

You will be provided with disinfected shoe covers on arrival into clinic. These have been washed and disinfected prior to your use. After treatment, please place them in the plastic bin by the side of the door, for me to take home and wash / disinfect.

07. Coughs + Sneezes

Please adhere to good hygiene practice and cough / sneeze into the crook of your elbow to avoid spreading of germs.

08. High Risk Patients

I will still be seeing all patients. However, if you are high risk (pregnant, elderly, chronic health issues) then I ask that you are extra vigilant in your pre-treatment self-assessment of symptoms.

09. Payment

I kindly ask that you pay in advance or by card on the day as cash and cheque will no longer be accepted.

10. Drinking + Reading

It's with sadness that I will not be able to offer you cups of tea or magazines to read during your visit. It is my hope that this will change in the future and the waiting area will become a space of peace and relaxation once again. I will be providing paper, disposable cups for water however I encourage you to bring your own drinking vessel.

Any Suggestions?

I want to ensure that you feel like your health and safety is catered for from the moment you book your appointment to the moment you walk out of the door. If there is anything I can do in advance of your treatment, please email hello@lifeandlemons.clinic.

I look forward to seeing you

in clinic

very soon. Stay Safe.

