

## **MALINDI NATURAL HEALING AND TEACHING CENTRE,**

Cynwyl Elfed, Carmarthen SA33 6SY      01559 372 395

**All of us have been affected by the corona virus (COVID)19 pandemic**

It has been a strange time and we are hopeful that renewal and regeneration of human values and kinship will grow.

It is even more essential during these times that we nurture ourselves, thereby helping others around you too, Be important to yourself.

We have missed being able to offer you the treatments that we know you require and are looking forward to seeing you again as soon as possible.

Our priority is to keep you as safe as possible and prior to re-opening the centre have implemented a number of changes of which we would like to make you aware.

During the time the Centre has been shut,, I have completed the Corona virus (COVID-19) Infection and Control Course which is accredited by The Guild of Holistic Therapists Ltd, the UK trade body for our industry, I have since made a number of changes in the way we operate that you will notice when you next visit,

### **Booking Appointments**

If I or any other therapist, counsellor or teacher feels ill or has any symptoms of covid-19, we will self-isolate immediately and not come to the Centre. This may mean that we have to cancel your appointment at short notice. We appreciate this may be inconvenient, but it is done entirely for your own safety, If your appointment is cancelled, you will be able to rebook again or ask for a full refund of any monies prepaid, or a voucher.

If you or any of the people you live with feel ill or display any symptoms of covid-19, please advise us as soon as possible and DO NOT COME TO THE CENTRE FOR YOUR APPOINTMENT

### **Visiting the Centre**

For your safety and to maintain social distances, we ask that you attend your appointments as close to the appointment time as possible. Please do not turn up early for appointments as this may mean that you come into contact with another person just leaving.

I have increased the frequency of cleaning at the Centre including making sure that common surfaces, toilet door handles etc, are wiped clean using disinfectant products between each person.

You will have access to soap and water to wash your hands with as soon as you enter the Centre and we will have hand sanitiser readily available for your use.

We will not be offended and understand if you wish to wear a face mask or wear disposable gloves when you visit the Centre and during your treatment, if this is appropriate.

Please do not be surprised or upset if our therapists wear personal protective equipment (PPE) during your visit and during your treatment if this is appropriate.

I can confirm that the laundering of towels is a priority and can assure you that all Centre laundry is washed at 60 degrees c.

### **Our Treatments**

We have carried out a risk assessment on all treatments and we are confident that we can continue to provide these safely.

In order to avoid handling of cash we would prefer if you could pay for your treatment in advance using bank transfers where possible or by prior agreement.

### **During your Treatment**

We understand the importance of hand hygiene and we will ensure that we will wash our hands in accordance with NHS recommendations before the start of your treatment.

We will try to make your treatment as safe, comfortable, and enjoyable as possible if you have any concerns about your treatments please let me know.

## **After the Treatment**

All of these precautions have been implemented for your safety, mine and of our therapists. We will continue to take advice from the government and the NHS regarding safe practice and will amend them, as necessary.

On a more personal note, I will continue to teach Usui Reiki, Omni Healing and Omni Kriya Energy Massage Therapy. My teachings are mainly on a one to one basis . Current guidelines will apply.

Also. I will continue to run Omni Relaxation days and one to one spiritual interest courses upon request.

See website [www.malindi.co.uk](http://www.malindi.co.uk) for updates or by request .

I will also continue to give Omni Healing Energy treatments and Omni Kriya Energy Massage treatments.

These are usually 50 mnutes long

Also, importantly, there are other Therapists, Counsellors, and Teachers who come to the Centre to meet clients, to run workshops. They are available by making an appointment with them personally as always.

[www.malindi.co.uk](http://www.malindi.co.uk)

Thank you for your understanding.

*Stephanie Jones*

Owner, Malindi Centre Tel: 01559 372 395 or 07987858804

[www.malindi.co.uk](http://www.malindi.co.uk)

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