BASIC LIFESTYLE INFORMATION FORM

**Please answer to following questions:**

Gender:

Name:

Age:

Physical condition (slim, average, balk....):

Life style (smoking, alcohol, diet ...):

Working conditions (sitting, walking, standing, lifting heavy objects...):

Stress level (low, medium, high):

Medical condition (any issues, if on medication then which one and for what...):

**The procedure is following:**

When I see you first time, 10 min. is assessment free of charge, then we make plan for therapy and proceed with the needed treatment. The best is to plan 1 week in advance as to make space for you!

Following corona virus government's guidelines how to protect each other by controlling the virus we do following procedure more cautious.

Our regular hygiene routine was anyway established to protect each other from any possible infection by washing and disinfecting the equipment before and after each client.

**We made more strict rules how to keep our business work in such uncertain time.**

\* wash hands - keep washing hands to the elbows regularly before and after the treatment

\* disinfect hands to the elbows with alcohol sanitizer

\* cover face - wear a face covering over the nose and mouth in enclosed spaces, before and after each new client changing the face cover

\* protection of hands wearing suitable (one-time use) gloves for massage therapy and when required in all other treatments and personal care.

We made the decision to go to client’s private houses rather than asking clients to come to us for the convenience in given circumstances.

We ask clients to have prepared theirs own personal towels, flannels and cover sheets in order to keep everything on the top hygiene standards as for the best interests of the clients.

We ask clients to be freshly showered before starting any treatment to maintain the top quality of the hygiene and to be able to perform the service.