



Jasmin MacKinnon

Owner/Practitioner

- Registered Massage Therapist
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Covid Rules at Sogo Update March 2021

Thank you so much for being so patient and understanding as we maneuver these unique times together. I wanted to offer an update of how we will be moving forward according to the safety standard regulations within the health and wellness industries issued by the government of Nova Scotia and Canada. There will likely be changes along the way and we are all doing our best to navigate and implement the standards within the business. We will update you prior to your sessions if anything changes. As a Wellness Studio, all of our therapists are collaborating to make our space as safe as possible for our clients.

Addressing the current pandemic of the COVID-19 virus, it is our responsibility to keep both ourselves, our clients and our workplace as safe as possible.

Please read carefully and I truly appreciate the support in following the guidelines.

KNOW BEFORE YOU (SO)GO:

- Please expect a 'pre-screening' email reminder so ensure you are healthy and have not traveled prior to your visit.
- If you have not received a pre-screening check-in via email please do not come if you have any symptoms or have been in contact with anyone with Covid-19 in the past 14 days.
- Due to our waiting area being limited in space, we have to enforce social distancing. Our waiting area can only accommodate up to 3 people. 2 seated 6 feet apart and 1 at the reception area if paying. When you come for your appointment if you see the waiting area is at capacity, please wait outside.
- All clients will be required to wear a non-medical mask during their treatments.
- If you don't have a mask, one will be provided for you.
- This applies to Body Sugaring, Reiki and any hands-on treatments and in person Empowerment Coaching & Soul Awareness Mentorship sessions. Zoom online sessions are available too.
- **When sugaring any facial areas I will be masked and wearing a face shield for both of our protection.**
- If you are good and healthy according to the current Covid19 protocols, you will have to wash hands using the sink in my treatment room or the bathroom upon arrival.
- We also provide hand sanitizer at the door for when you enter.
- It is encouraged that clients bring as little as possible in with them (no water bottles, extra bags, etc).

IMPORTANT:

MASKS ARE MANDATED AS MANDATORY UNLESS FOR MEDICAL REASONS.

We need to follow our industries protocols to remain in business.

Please understand and comply.

Safety is our top priority.

Adapting to what this altered Sogo experience will feel weird for all of us!

Thank you for all your support, patience, understanding and love my friends!

We'll get through this! I cannot wait to see your smiling 'eyes' soon!

Jasmin