

Beautonics
of Hereford

Tel: 01432 370550

Complementary Therapies & Natural Beauty
for Ladies & Gentlemen

14th March 2020.

Hi there,

In case you were wondering if it's safe to come in to Beautonics during these uncertain times, we wanted to get in touch to reassure you of the usual and extra measures we are taking right now.

All indicators are that the spread of coronavirus, also known as Covid-19, is showing no signs of slowing - in fact it is escalating daily.

Although the chance of fatality from the illness is seemingly quite small, any meeting which brings people into close contact (like a beauty therapy session) increases the risk of spreading the infection - and so increasing the risk of passing it on to those who are most at risk, those already ill or vulnerable. Not only does this put them at risk, but it also increases the strain on our already stretched health service.

We are monitoring the situation closely and day by day - at the moment, we're operating business as close to normal as possible and look forward to seeing you for your next appointment.

When you're here, you should know that:

1. We use disposable products wherever possible, and disposing of them in the correct way as set out by Gov.UK.
2. We disinfect our stations after every treatment using an antibacterial solution
3. We store our implements in Surgical Spirit
4. Our staff are washing their hands before and after every single client, using the hand-washing technique as set out by the WHO
5. We now disinfect our reception desk after every transaction and all door handles at regular intervals throughout the day
6. We request Apple/GooglePay/contactless transactions where possible
7. We are checking in with staff daily to ensure they are healthy and well, and have not been in contact with anyone who has travelled from the worst affected Covid-19 areas

Please don't be offended, but we will be asking anyone coming to the salon for their appointment to also wash their hands on arrival.

If you have a cold, a snuffle, a cough, fever or are feeling unwell, firstly, we are sorry to hear it! And secondly, we would ask that you kindly reschedule your appointment here so that we can see you when you're back feeling fighting fit.

[Re-schedule here.](#)

If in the 14 days prior to your appointment you have travelled **anywhere abroad**, we would ask that you kindly reschedule your appointment here so that we minimise the risk to our more vulnerable clients and their families as much as possible.

[Re-schedule here.](#)

Please keep us informed if you are not going to come for your appointment.

If and when the time comes that we need to take extra measures, we will do so in the most responsible way as advised by the right authorities.

In the meantime, we all need to optimise our psychological and physical health to boost immunity and overall resilience. Some of my recommendations for your self-care:

- Sleep at least eight hours every night.
- Get regular exercise, preferably outdoors.
- Eat a balanced and healthy diet.
- Double down on your spiritual practices.
- Work with fears as they arise but don't let them overwhelm you.
- Focus on opportunities, not doomsday scenarios: how can this situation cause positive changes that we and the world need anyway? This keeps us out of a hopeless victim mentality, which is bad for our health.

Stay safe and well and we look forward to seeing you for your next appointment, whenever that may be!

Warmest Wishes,



Wendy.

Beautonics