



RE-OPEN DATE FOR THE WELL: JUNE 29

Many of you have asked about the re-opening of The Well for Women. We miss you, and are very interested in getting back to caring for you. This has been a stressful time for all, and I know we all could use a massage!

We are following all government and CDC guidelines for our decision-making process, all of which change regularly as we learn more. This means we're reacting as quickly as we can, keeping the safety of our clients and staff as our most important goal.

With this in mind, we are working with the following plan:

- **The re-open date:** The Well will open Monday, June 29, unless there is a surge in New Haven cases in June. We will open our calendar for scheduling the week or two before (stay tuned). The Annex will open August 1.
- **Slow Start:** We will start with one massage therapist and one client in the building at a time for the month of July.
- **New appointment procedures:** We will take temperatures before all staff and clients enter and will require a new Covid-19 Intake form to be completed before your session. If you are at risk in any way we will ask you to reschedule your session for the sake of the other clients coming in behind you. We will ask all clients to wash hands with soap and water before your session.
- **Safety Procedures:** Therapists and staff will meet or exceed these new FSMBT guidelines for sanitizing our space before and after your visit. (Federation of State Massage Therapy Boards.)
- **PPE Requirements:** Therapists will meet or exceed the OSHA guidelines for PPE for our profession. We have also ordered 2 BioVyzers, which we hope will come in before we open. These are PAPRs with N95 filters, cutting-edge design with input from healthcare professionals for use in hospital and non-hospital environments. Our therapists will use gloves, which you will be pleasantly surprised to find out will not effect the quality of your massage experience. (Our quarantine test partners report not noticing them at all after the first few minutes.)



- **Sidelying Massage for Safety:** We believe side-lying position will be the safest position to receive massage in with a mask on. Because of this, we will offer massage in side-lying only for the first month. Luckily, because all of our therapists are experts in prenatal massage, we are very good at working to meet your personal massage needs in this position. If you prefer, we can end your session working on your shoulders and neck in a semi-reclined position, but we are avoiding facial massage for now. Read more about the [advantages of side-lying massage](#).
- **Masks required to enter:** All clients are required to wear a mask during your session, which in side-lying position will not be any more difficult that walking around in one. We have explored the problems/risks/concerns about being face-down for your session (with or without a mask) and feel these problems are avoided entirely by using side position. Once we feel the risk is low enough we will return to the face-down option.
- **Online Yoga:** Yoga will remain online though the summer, and we will re-evaluate in the fall. Saskia and Bo have done a wonderful job sharing their classes online, so if you haven't tried it yet please [register](#) today!

Wishing you all health, safety, and peace of mind,

Julie and The Well for Women Team

Thank you all for your Mother's Day Purchases. Because of you, we have been able to make a sizable donation to [The March of Dimes](#) Mother and Baby Covid-19 Fund. We couldn't have done it without you!

Keep an eye out for more updates--we will open our calendar for scheduling before we open our doors!

The Well for Women | www.thewellforwomenct.com

