



---

## **PureRejuv Wellness Center COVID Best Practices Update April 8, 2021**

The PureRejuv Wellness Center has remained open through the last several months, providing both in person and virtual care to many patients. We are pleased that our rigorous Covid mitigation protocols to keep our clients and staff healthy have been successful. As the Himalayan Institute reopens to retreat guests, we are delighted to continue to provide in-person services: chiropractic care, integrative medicine, ayurvedic consults, yoga therapy, biofeedback sessions, massage therapy, and relaxation and meditation sessions. Integrative and Ayurvedic medical consults and yoga therapy are continuing to be offered virtually as well.

In addition, the PureRejuv Wellness Center will now offer a variety of Wellness Retreats such as *Pause and Renew*, *Finding Center*, *Pancha Karma*, and *PureRejuvenation*. We invite you to visit our [Wellness Retreats webpage](#) to see the details of each program. You can also visit our Wellness Calendar [here](#) to see what programs are on the horizon.

Recognizing that we all have a shared responsibility to continue to follow best practices for everyone's health and peace of mind, we've implemented extensive safety protocols for our PureRejuv guests, wellness providers, and support staff. These detailed safety protocols, prepared in accordance with federal, state and public health agencies, are noted below.

### **Our Shared Responsibilities**

The coronavirus pandemic has made us realize how interconnected we are, and together we can create a healthy and enjoyable environment. Our commitment to each other is essential.

#### **Our Promise to You:**

- PureRejuv Wellness staff will maintain thorough cleaning, sanitizing and ventilation protocols throughout our buildings.
- We will require Wellness Checks for all staff and guests.
- We will wear face masks while inside PureRejuv Wellness Center.
- We will follow physical distancing guidelines.
- We will provide hand sanitizer stations and lots of soap and water to wash hands frequently.
- We will strive to provide you with what you need to make your experience with us outstanding.

#### **Your Promise to Us:**

- You will follow our guidelines to keep our health center and campus as safe and healthy as possible.



- You will wear your face mask.
- You will follow social/physical distancing guidelines.
- You will wash your hands frequently and use hand sanitizer if needed.
- You will incorporate best practices for COVID-19 mitigation in your lifestyle at least for the 14 days before you visit the Institute.
- You will be kind and patient as we all navigate new ways of being together.
- You will choose another time to visit the Institute:
  - if you are ill
  - if you have been exposed in the last 14 days to anyone with COVID-19, or been exposed to an area with COVID-19 outbreaks or rapidly rising cases
  - if you have travelled internationally in the last 14 days

### **Summary of Changes for Clients:**

- Please call, rather than walking in, to make appointments.
- Wellness Checks
  - You will be sent a screening questionnaire via email 1-2 days prior to your appointment. Please fill it out and click on "Submit"; we will have it on file for your chart. Here is the link to the questionnaire:  
[https://docs.google.com/forms/d/e/1FAIpQLSfqNumEgE4jIGylM7iO5P23mEXUH8tIRbQgpb2h\\_H5LbEtceQ/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSfqNumEgE4jIGylM7iO5P23mEXUH8tIRbQgpb2h_H5LbEtceQ/viewform?vc=0&c=0&w=1)
  - At your appointment, we will perform a touchless temperature check on your arrival, and review the answers to the Wellness Check questionnaire.
  - Our questionnaire also acts as a waiver of liability for any risk of contracting COVID while being in our center; and gives us permission to contact you as needed for COVID contact tracing.
- We offer cash-free methods of payment
- We ask that you follow best practices for safe and hygienic travel on your way to and from the PureRejuv Wellness Center  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

Our [PureRejuv](#) health and wellness providers look forward to serving you in-person, and providing you quality care that helps restore and maintain optimal health.

**Please call us at (570) 647-1500 to book an appointment,** or check our website for weekend retreat programs: <https://www.himalayaninstitute.org/wellness-retreats/>

We look forward to seeing you soon!