



PureRejuv Wellness Center COVID Best Practices

Update July 2, 2021

The PureRejuv Wellness Center has remained open throughout most of the pandemic, 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. We are continuing to follow CDC and PA state guidelines, and are therefore requiring masks to be worn inside our medical facility, regardless of vaccination status.

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 Himalayan Institute and PureRejuv Wellness are offering a variety of seminars and wellness focused retreats. You can visit our Wellness Calendar [here](#) to see what programs are on the horizon. We also invite you to visit our [Wellness Retreats webpage](#) to see the details of each program.

Of course we are relieved that the cases of Covid-19 are diminishing, and many people have been vaccinated. We are hopeful that the worst is over. And yet, the rise of Covid variants and pockets of outbreaks require that we continue to use caution to protect the most vulnerable among us.

Recognizing that we all have a shared responsibility to keep each other safe, we will continue our safety protocols for PureRejuv guests, wellness providers, and support staff. These 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 building.
- We will require Wellness Checks for all staff and guests.
- We will wear face masks while inside PureRejuv Wellness Center.
- We will strive to provide you with an outstanding therapeutic experience



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 wash your hands often 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 PureRejuv Wellness Center
 - 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:

- Wellness Checks

At your appointment, we will ask you 3 simple questions:

 - Do you have any symptoms or illness not related to a chronic health condition?
 - Have you been exposed to Covid-19 in the last 14 days?
 - Have you traveled internationally in the last 14 days?

Answering “yes” to any of these questions will require that you rebook your appointment.
- Masks are required in PureRejuv Wellness Center regardless of vaccination status
- We ask that you follow best practices to stay well prior to coming to the PureRejuv Wellness Center <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.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 a services menu, and weekend retreat schedule:

<https://www.himalayaninstitute.org/wellness-retreats/purerejuv-wellness-center/>

We look forward to seeing you soon!