

Studio Guidelines

1. Congratulations on your decision to add to your self-care with our therapeutic wellness equipment! You will receive a training session on the use of the equipment during your first session.
2. If you purchase a 30 day package, you may schedule up to one appointment per day. We will assign you a user name and password to access our online scheduling system by clicking on "Appointments" under "Spa Therapy" at HealthySpacesNorthwest.com. Appointments may be booked between 8:30 a.m. and 5:00 p.m. Monday-Friday and between 8:00 and 11:00 on Saturday. We have early evening sessions available certain days of the week and will go over that schedule with you during your orientation.
3. You may schedule your appointment for 30 or 60 minutes using the pull down menu. Please honor your appointment times. It is essential that you vacate the space at the end of your appointed time so that the next person can begin on time. **If you are late for the start of your session you still must leave on time.** Please do not assume that no one is scheduled after you because you don't see an appointment on the calendar.
4. Healthy Spaces staff may not be on site when you come for your appointment. We keep the spa as clean as possible and in addition will provide cleaning supplies for you to wipe down the surface of any equipment. The cedar sauna is naturally antibacterial and self-cleaning. Be sure you take your towels, water bottle etc. with you when you leave. **Please leave the door ajar and the blinds open so the next client knows the facility is available.**
5. We don't recommend that you just show up and hope for an appointment but if you happen to be at Sachi for a class or a session with a practitioner, you may check at the front desk and ask the receptionist to schedule an appointment for you. There is also an app for your mobile phone called "Flash Appointments".
6. The fee for a 30-day membership is \$200. Please honor the 30 days by not requesting an extension for illness, vacation etc. Similar programs at other facilities charge 2-3 times this amount. If you wish to renew at the end of your 30 days please let us know before we disable your login password. If you are not certain that you will be able to use the studio frequently during a one month period, you may choose to pay for individual one hour private sessions at the rate of \$40.
7. Sauna etiquette requires that you wear something in the sauna. Shorts and a sports bra or bathing suit would be appropriate. **Please bring your own towels** – one to lay out on the bench and one to mop up your sweat. If you forget, we will always have towels available but bringing your own towels helps us to maintain our pricing.
8. Alkaline Ionized water is available to drink during your session. Bringing your own water bottle is appreciated. Your studio session or membership fee includes one gallon to take home after each visit. Please record the date on your "Frequent Filler Card" in our card file at the reception desk.
9. Please be considerate of the next client by leaving the studio the way you found it.
10. If assistance is needed and we are not on site, feel free to call or text Diane at 503-310-6128 or Mike at 503-504-2181. The staff at the Sachi Wellness Center has limited knowledge of our equipment but can certainly assist you with basic needs if necessary.
11. If the client before you is running late, knock on the door to let them know you have arrived.
12. Thank you for your cooperation. The success of our self-care program depends on it!

Member signature and date

Healthy Spaces staff and date

Login: _____

Membership ends: _____