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Spas Ready to Get Back to the Business of Healing, Safely

When Long Island enters phase three of reopening, which is expected on Wednesday, East End spas will be back in business, and they're prepared to offer treatments ranging from massages to colonics with new protocols designed to give clients peace of mind.

The grand opening for Organic Edge, a new wellness center in Water Mill that offers colon hydrotherapy, cryotherapy, and an infrared pod for detoxification, was initially set for March 15, but the pandemic scuttled that plan, said Shannon Conklin, the owner. Her business, which was allowed to open as part of phase two, finally did so on Sunday.

The Covid-19 safety protocols at Organic Edge are familiar to her, she said, because they're the same ones she has implemented pre-Covid at other facilities in Manhattan and on Long Island. "We want clients to feel safe about every surface, every particle in the air, and everywhere in between," she said.

A "Covid Response" section of the company's website offers a lengthy description of the center's policies. "We always use hospital grade disinfectant and Clorox on our equipment and surfaces as required by the F.D.A. . . . and we use ozone to completely sanitize all surfaces," it says.

An air purification system has been installed in the space, and staff use an ultraviolet light wand to disinfect all furniture after each client.

When therapists administer treatments they will be wearing medical-grade masks, and the colon hydrotherapy can be self-administered in private, said Ms. Conklin, who thinks the latter treatment will be particularly popular in the midst of the pandemic. "After months of eating bad foods, a colonic will reset things," she said.