

New COVID-19 restrictions: Personal and wellness services

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New, stronger public health measures came into force at 11:59 p.m. on Sunday, May 9, 2021, to help slow the spread of COVID-19 in Alberta. Chief Medical Officer of Health [Order 19-2021](#) prohibits the delivery of all personal and wellness services in [regions](#) with higher case counts. CPSA has been in touch with Alberta Health and confirmed the intent of this most recent public health order is to restrict all personal services, as defined in the [Personal Services Regulation](#). Physicians and other regulated health professionals are not exempt from these restrictions and are expected to comply with direction from the Chief Medical Officer of Health.

RESTRICTIONS ON PERSONAL AND WELLNESS SERVICES

- Restrictions on personal and wellness services took effect at 11:59 pm on Sunday, May 9, 2021, and will be in place for at least three weeks. Restrictions may be extended by the Alberta Government.
- Personal and wellness services will be restricted in [regions](#) of the province with at least 50 COVID-19 cases per 100,000 people, and at least 30 active cases. For regions with lower case rates, personal and wellness services may continue by appointment only.
- Physicians may continue to offer health, counseling and consultative services by appointment, provided that infection prevention and control guidance is followed.

EXAMPLES OF SERVICES AND RESTRICTIONS

Personal Services	Wellness Services	Health Services
<p>Performed for the primary purpose of enhancing, preserving or altering the person's appearance (Source)</p>	<p>Activities that lead to a state of holistic health</p>	<p>A service provided to people to:</p> <ul style="list-style-type: none"> • protect, promote or maintain their health • prevent illness • diagnose, treat or rehabilitate them • take care of the health needs of the ill disabled, injured or dying (Source)
<p>Restricted</p> <ul style="list-style-type: none"> • Dermal filler injection • Dermal rolling • Cryolipolysis (cool sculpting) • Vaginal rejuvenation • Cosmetic neuromodulator injection (botox) • Laser tattoo removal • Laser hair re-growth, restoration or removal • Anti-aging treatments <p>See full list of services</p>	<p>Restricted</p> <ul style="list-style-type: none"> • Floatation / Sensory Deprivation • Colonic Irrigation • Energy healing • Reiki • Reflexology 	<p>Permitted by appointment</p> <ul style="list-style-type: none"> • Medical appointments • Counselling • Injury treatment • Surgery • Diagnostic services • Colonoscopy • Cancer care • Rheumatology • Cardiology