

**TERMS AND CONDITIONS - RELAXATION SESSIONS  
(GROUP RELAXATION AND MIND MASSAGE)**

- By booking and attending an Awaken Hypnotherapy relaxation session, all clients acknowledge and agree to the following terms and conditions, as well as reading and accepting the Privacy Policy.
- Please see my full Privacy Policy for more details about how data is used and stored, as well as your rights under the GDPR guidelines. This can be found on my website.
- You may receive emails from Awaken Hypnotherapy for review purposes or to inform you of offers or additional services you may be interested in. You can opt out of these emails at any time.
- Please note that this is a one-off guided relaxation session and should not be considered a replacement for individual therapy or treatment for any specific issue.
- I will always treat you with respect and I am committed to adhering to the code of conduct as specified by the [National Hypnotherapy Society](#).
- Please ensure that you arrive on time. For obvious reasons, if attending a group session it will not be possible for you to join after the session has already started and you will not be entitled to a refund. For Mind Massage, it may not be possible to make up the lost time if you arrive late.
- You must agree to attend sessions not under the influence of drugs or alcohol and understand that any abusive behaviour towards me or other attendees will not be tolerated and will result in you being asked to leave the session.
- Hypnosis is a completely natural state but individuals living with certain medical and/or psychiatric conditions, such as psychosis or epilepsy, may not be appropriate clients so consultation with a GP should be sought before booking sessions. Feel free to contact me if you are unsure.
- Payment for your session is made at the point of booking and is non-refundable within 48 hours of the session date and time. You can move your session to another date, but at least 48 hours notice is required for group sessions. Mind massage sessions can be moved with less than 48 hours notice but a £10 charge applies to cover the cost of the room booking.
- The **full session fee** will be charged for cancelled sessions, where 48 hours notice has not been given.
- Block bookings are non-refundable where one or more sessions have been attended.
- Should you have any problems at all with the service that you receive, please let me know. If this does not resolve the issue, I am registered with the [National Hypnotherapy Society](#) and you can contact them directly with any concerns.