

## Terms and Conditions and Privacy Policy for Text Messaging - R and R Wellness Message

Effective Date: July 1,2020

These Terms and Conditions ("Terms") govern the use of text messaging services provided by R and R Wellness Message ("we", "our", or "us") to our clients ("you", "your", or "client"). By opting in to receive text messages from us, you agree to be bound by these Terms.

1. **Messaging Service:** We offer text messaging services to provide appointment reminders, confirmations, updates, and promotional messages related to our massage services.
2. **Consent to Receive Messages:** By providing your mobile number and opting in to receive messages, you consent to receive text messages from us. You acknowledge that standard messaging rates may apply from your mobile carrier.
3. **Frequency:** We will strive to limit the number of messages sent to you, but the frequency may vary based on appointment schedules, promotions, and other relevant factors.
4. **Message Content:** Messages may include appointment reminders, confirmations, changes, cancellations, promotional offers, and other service-related information.
5. **Opting Out:** You can opt out of receiving text messages at any time by replying "STOP" to any message you receive from us. After opting out, you may receive a final confirmation message.
6. **Data and Privacy:** We respect your privacy. Your personal information, including your mobile number, will only be used for the purposes outlined in these Terms and our Privacy Policy. We will not share your information with third parties without your consent unless required by law.
7. **Service Limitations:** We are not liable for any delays in the receipt of messages, as delivery is subject to the functionality of your mobile carrier's network.
8. **Changes to Terms:** We reserve the right to update or modify these Terms at any time. Any changes will be effective immediately upon posting the revised Terms on our website or notifying you via text message.
9. **Contact Information:** For questions or concerns regarding these Terms or our text messaging services, you may contact us at [rachele@randrwellnessmassage.com](mailto:rachele@randrwellnessmassage.com)

By opting in to receive text messages from R and R Wellness Message, you acknowledge that you have read, understood, and agree to these Terms and Conditions.

## **Privacy Policy for SMS - R and R Wellness Massage**

Effective Date: July 1,2020

R and R Wellness Massage ("we", "our", or "us") values your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, and disclose information when you opt in to receive text messages from us.

### **10. Information We Collect:**

- **Personal Information:** When you opt in to receive text messages, we may collect your mobile phone number.
- **Usage Information:** We may collect information about how you interact with our text messages, such as whether you open or respond to messages.

### **11. Use of Information:**

- **Service Delivery:** We use your mobile number to send you appointment reminders, confirmations, updates, and promotional messages related to our massage services.
- **Improvement of Services:** We may use the information collected to improve our text messaging services and customer communications.

### **12. Sharing of Information:**

- We do not sell, trade, or otherwise transfer your personal information to third parties for their marketing purposes.
- We may share your information with trusted service providers who assist us in delivering text messages and managing customer communications. These providers are contractually bound to protect your information and use it only for the purposes for which we disclose it to them.

### **13. Data Security:**

- We implement reasonable security measures to protect your personal information from unauthorized access, alteration, disclosure, or destruction.

### **14. Retention of Information:**

- We retain your personal information for as long as necessary to fulfill the purposes outlined in this Privacy Policy, unless a longer retention period is required or permitted by law.

### **15. Your Choices:**

- You may opt out of receiving text messages from us at any time by replying "STOP" to any message you receive from us. After opting out, you may receive a final confirmation message.

**16. Children's Privacy:**

- Our text messaging services are not directed to individuals under the age of 18. We do not knowingly collect personal information from children under 18 without parental consent.

**17. Changes to this Privacy Policy:**

- We reserve the right to update or modify this Privacy Policy at any time. Any changes will be effective immediately upon posting the revised Privacy Policy on our website or notifying you via text message.

**18. Contact Us:**

- If you have any questions or concerns about this Privacy Policy or our handling of your personal information, please contact us at [rachele@ramdrwellnessmassage.com](mailto:rachele@ramdrwellnessmassage.com)

By opting in to receive text messages from R and R Wellness Massage, you acknowledge that you have read, understood, and agree to this Privacy Policy.