

Privacy Policy

Effective Date: 10th February, 2026

Business Name: Dawn Richardson (Holistic Health Practitioner)

Location: Moncton, New Brunswick, Canada

Your Privacy Matters

When you visit my website, book a session, or share personal information with me, I treat that trust with confidentiality and respect. This page explains what information is collected, why it's collected, and how it's protected — in clear, simple terms.

What Information Is Collected

When you book a session or reach out, I may collect:

- Your name
- Email address
- Phone number
- Health information relevant to Reflexology, IHM, PEMF Therapy
- Personal information shared during coaching sessions
- Appointment details

If you join my email list, I collect your name and email address so I can send you updates, tips, or resources.

When you visit my website, basic technical information (like browser type or pages visited) may be collected to help improve the site experience.

How Your Information Is Used

Your information is used to:

- Book and manage appointments
- Provide safe and appropriate Reflexology and other holistic hands-on therapies
- Support you during Holistic Life Coaching sessions
- Send appointment confirmations and reminders
- Share newsletters or educational content (only if you've opted in)
- Meet professional, insurance, and legal requirements

I only collect what is necessary to support you and run my business responsibly.

The Systems I Use

To keep things running smoothly, I use trusted third-party platforms:

- My website is hosted by **GoDaddy**
- Online bookings are managed through **Picktime**
- Email newsletters are sent through my email marketing provider

These companies have their own privacy policies and security measures in place.

Payment processing (if applicable) is handled securely by third-party providers. I do not store full credit card details.

Your Health & Coaching Information

Anything you share during Reflexology, bodywork, or coaching sessions is treated as confidential. Your information is never shared without your written permission unless required by law. Session notes are securely stored for professional and insurance purposes and inline with PIPEDA.

Coaching Disclaimer

Holistic Life Coaching and Mind-Body services are designed to support personal growth, stress reduction, and overall well-being.

Coaching:

- Is not therapy or counselling
- Does not diagnose or treat medical or mental health conditions
- Is not a substitute for professional healthcare

If you are experiencing medical or mental health concerns, please seek support from a qualified healthcare provider. You are always responsible for your own choices and decisions — my role is to guide and support you.

Email Communication

If you subscribe to my emails, you can unsubscribe at any time by clicking the link at the bottom of any message. No pressure. No spam. Just supportive content when you want it.

Keeping Your Information Safe

I take all reasonable steps to protect your personal information from loss, misuse, or unauthorized access. Access to your information is limited and handled with care. Client records are kept only as long as required for professional and legal reasons, then securely destroyed.

Questions?

If you have any questions about your privacy, you're always welcome to reach out:

Dawn Richardson

Holistic Health Practitioner
Moncton, New Brunswick, Canada
Email: dawnreflex23@gmail.com
Phone: (506) 380-4064

Terms & Conditions

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Business Name: Dawn Richardson (Holistic Health Practitioner)

Location: Moncton, New Brunswick, Canada

Welcome

Thank you for visiting my website and for trusting me with your care and well-being.

These Terms & Conditions outline how this website and my services are offered. By booking a session or using this website, you agree to the terms below.

Services Offered

I provide:

- Reflexology
- Seated Indian Head Massage
- PEMF sessions
- Holistic Life Coaching
- Mind-Body practices

All services are offered in a professional setting with the intention of supporting relaxation, stress reduction, and overall well-being.

Appointments & Booking

Appointments are scheduled online through **Picktime** or by direct contact.

By booking a session, you agree to:

- Provide accurate information
- Arrive on time for your appointment
- Communicate any relevant health information

If you need to cancel or reschedule, please provide notice according to the cancellation policy shared at the time of booking.

Late arrivals may result in a shortened session time.

Payment

Payment is due at the time of service unless otherwise arranged.

Prices are subject to change but will always be clearly communicated before booking.

Health & Wellness Disclaimer

Reflexology, Indian Head Massage, PEMF, and Mind-Body practices are complementary therapies designed to support relaxation and overall wellness.

These services:

- Do not diagnose medical conditions
- Do not replace medical treatment
- Are not a substitute for professional healthcare

If you have a medical condition, injury, or concern, you are encouraged to consult your healthcare provider.

Coaching Disclaimer

Holistic Life Coaching is designed to support personal growth, mindset shifts, emotional awareness, and stress management.

Coaching:

- Is not therapy or counselling
- Does not diagnose or treat mental health conditions
- Is not medical or psychological advice

My role is to guide and support you — not to make decisions for you. You are responsible for your own decisions, actions, and results.

If you are experiencing significant mental health challenges, please seek support from a licensed healthcare professional.

Personal Responsibility

By participating in sessions, you acknowledge that:

- You are voluntarily engaging in services
- You take full responsibility for your health choices
- You will communicate openly about any discomfort or concerns

Website Use

This website is hosted by **GoDaddy** and is provided for informational purposes.

You agree not to:

- Copy or reproduce website content without permission
- Use the site for unlawful purposes

All content, including text and branding, belongs to Dawn Richardson unless otherwise stated.

Limitation of Liability

While every effort is made to provide safe and supportive services, results vary from person to person. By booking services, you agree that [Dawn Richardson] is not liable for outcomes related to personal decisions made during or after sessions.

Changes to These Terms

These Terms & Conditions may be updated from time to time. Updates will be posted on this page with a revised effective date.

Questions

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