

MX Method

Terms of Service

Last updated: June 28, 2026

Please read these Terms of Service ("Terms") carefully before using the MX Method application and the website at minamichael.com (together, the "Service"). By accessing or using the Service, you agree to be bound by these Terms. If you do not agree, please do not use the Service.

1. Who We Are

The Service is owned and operated by Mina Xenaki Michael ("we," "us," "our," or "Mina"). You can contact us at any time at mina@minamichael.com.

2. Eligibility

You must be at least 16 years old (or the age of digital consent in your country) to use the Service. By using the Service, you confirm that you meet this requirement and that the information you provide is accurate.

3. The Service

MX Method is a wellbeing and self-expression application offering guided practices, an emotional drawing tool with music, journaling, articles, and related content. The Service is intended for personal, non-commercial use to support relaxation, reflection, and self-awareness.

Not medical or therapeutic advice

MX Method is a wellbeing and self-expression tool intended for general relaxation, reflection, and educational purposes only. It is NOT a medical device, and it does not provide medical, psychological, psychiatric, or therapeutic advice, diagnosis, or treatment.

Mina Xenaki Michael is a fitness, yoga, and mindset coach. The guidance, practices, articles, and any coaching content offered through the Service are general in nature and are not a substitute for the advice of a qualified physician, mental-health professional, or other licensed healthcare provider.

You should consult a qualified professional before beginning any new movement, breathing, fitness, or wellness practice — particularly if you are pregnant, recovering from injury or surgery, or have any physical or mental-health condition. You take part in all practices voluntarily and at your own risk, and you are responsible for exercising within your own physical limits and stopping if you experience pain or discomfort.

If you are experiencing a medical or mental-health emergency, or are in crisis, do not rely on the Service — contact your local emergency services or a qualified professional immediately.

Assumption of risk & release

To the fullest extent permitted by law, you acknowledge that participation in physical movement, yoga, breathing exercises, and emotional or reflective practices carries inherent risks. You voluntarily assume all such risks and agree that Mina Xenaki Michael shall not be liable for any injury, loss, or harm arising from your use of the Service or participation in any practice it describes.

4. Subscriptions, Free Trial & Payment

- Certain features (including unlimited drawing, music, members-only articles, and other exclusives) require a paid subscription ("Subscription").
- The Subscription is offered at \$4.99 per month, or such price as displayed at the time of purchase, billed on a recurring monthly basis until cancelled.
- A free sample and a 3-day free trial may be offered. If you do not cancel before the trial ends, the Subscription will begin and your payment method will be charged.
- Payments are processed securely through our website and third-party payment providers. We do not store your full card details.
- You authorise us (and our payment provider) to charge your payment method on a recurring basis until you cancel.

Prices may change. We will give reasonable notice of any price change before it takes effect.

5. Cancellations & Refunds

- You may cancel your Subscription at any time through your account or by contacting mina@minamichael.com.
- When you cancel, you will continue to have access until the end of your current billing period; access will not renew thereafter.
- Except where required by law, payments already made are non-refundable. If your local consumer law grants you refund or cancellation rights, those rights are not affected by this clause.

6. Intellectual Property

The MX Method app — including its name, the "MX Method" practice and methodology, its design, text, articles, audio, graphics, code, and all other content created by us — is the exclusive property of Mina Xenaki Michael and is protected by copyright and other intellectual property laws.

© 2026 Mina Xenaki Michael. All rights reserved.

You are granted a limited, personal, non-exclusive, non-transferable, revocable licence to use the Service for your own personal, non-commercial purposes. You may NOT, without our prior written permission:

- copy, reproduce, republish, distribute, sell, license, rent, or lease any part of the Service;
- modify, adapt, translate, reverse-engineer, or create derivative works from the Service;
- imitate, clone, or reproduce the MX Method practice, branding, or app design; or

- remove or alter any copyright, trademark, or ownership notices.

Unauthorised use of the Service or its content is strictly prohibited and may result in the termination of your access and in civil or criminal liability.

7. Your Content

Anything you create within the app — your drawings, journal entries, and personal writing — belongs to you. Because this content is stored locally on your own device and is not transmitted to us, we do not access, collect, store, or claim any rights over it.

If, in the future, the Service allows you to submit content to us or publish it publicly, you grant us only the limited rights necessary to operate and display that feature, and you remain the owner of your content.

8. Acceptable Use

You agree not to use the Service to:

- break any applicable law or regulation;
- infringe the rights of others, including intellectual property rights;
- attempt to gain unauthorised access to the Service or disrupt its operation; or
- misuse, copy, or exploit the Service or its content in any way not expressly permitted by these Terms.

9. Third-Party Services

The Service may link to or embed third-party tools (such as Spotify or SoundCloud for music). Your use of those services is governed by their own terms and privacy policies. We are not responsible for third-party content or services.

10. Disclaimers

The Service is provided "as is" and "as available" without warranties of any kind, whether express or implied, to the fullest extent permitted by law. We do not warrant that the Service will be uninterrupted, error-free, or suitable for any particular purpose.

11. Limitation of Liability

To the fullest extent permitted by law, Mina Xenaki Michael shall not be liable for any indirect, incidental, special, or consequential damages, or any loss arising from your use of (or inability to use) the Service. Nothing in these Terms excludes liability that cannot be excluded by law.

12. Termination

We may suspend or terminate your access to the Service at any time if you breach these Terms or misuse the Service. You may stop using the Service at any time.

13. Changes to These Terms

We may update these Terms from time to time. The "Last updated" date shows when they were last revised. Continued use of the Service after changes means you accept the revised Terms.

14. Governing Law

These Terms are governed by and construed in accordance with the laws of the United States of America and the laws of the State in which the owner resides, without regard to conflict-of-law principles. You agree that any dispute arising out of or relating to these Terms or the Service shall be subject to the exclusive jurisdiction of the state and federal courts located in the United States, unless your local consumer-protection law provides otherwise.

[Note for Mina: if you wish, you can name your specific state here, e.g. "the State of California." This makes the clause stronger and clearer.]

15. Contact

If you have any questions about these Terms, please contact:

Mina Xenaki Michael

Email: mina@minamichael.com

Website: minamichael.com

This is a starter template and not a substitute for legal advice. Please have it reviewed by a qualified lawyer in your jurisdiction.