

Terms & Conditions of Service

Wellness Zen

By engaging with our services, you (“Client”) agree to the following terms and conditions (“Agreement”) offered by **Wellness Zen**.

1. Scope of Services

We provide non-medical, general wellness coaching which may include:

- Customised diet and nutrition plans
- Workout and physical fitness programs
- Lifestyle advice and general support

These services are **not a substitute** for professional medical advice, diagnosis, or treatment.

We do not do any sort of treatments we request for medical reports in particular cases depending on your medical history.

2. Client Obligations

You agree to:

- Provide complete and accurate information
- Follow plans to the best of your ability
- Communicate openly about concerns, injuries, or health changes
- Consult a medical professional before beginning any program.

3. Payments and Refunds

- All payments must be made in full before the commencement of services, unless a payment plan is agreed upon in writing.
- Fees are non-refundable unless otherwise stated in writing.
- If you cancel services before completion, you may forfeit the balance depending on our refund policy.

4. Cancellations & Rescheduling

- Cancellations or rescheduling appointments (if applicable) must be made with at least 24 hours' notice.
- Missed sessions without notice may be considered forfeited.

5. Intellectual Property

All plans, materials, content, and tools shared with you are the property of **Wellness Zen** and are intended for personal use only. You agree not to copy, share, publish, or distribute these without written permission. In case you do this may incur a legal process against you.

6. Confidentiality

We respect your privacy. Your personal data and health information will be kept confidential in accordance with our Privacy Policy.

7. Limitation of Liability

You agree that:

- Your use of our services is at your sole risk.
- **Wellness Zen** is not liable for injuries, losses, or damages that may result from following the program.
- You are solely responsible for consulting with a medical professional before making *significant* lifestyle changes.

8. Force Majeure

We are not liable for delays or service disruptions caused by events beyond our control (e.g., natural disasters, pandemics, government actions).

9. Governing Law

This Agreement shall be governed by and interpreted in accordance with the laws of **India**. Any disputes will be subject to the exclusive jurisdiction of the courts in **Rajkot/Gujarat**.

10. Contact Information

For questions, concerns, or disputes, please contact:

Email: Wellnesszenservice@gmail.com

Phone: +1(667)7868120

Instagram: @wellness.zen_

Effective Date: Same as the day it is signed by the client below.

Client Name: _____

Client Signature: _____

Date: _____

