

Terms & Conditions

Festive Season Hypnosis Audio & Checklist

1. Nature of the Product

This product consists of a pre-recorded hypnosis audio and an accompanying checklist intended to support relaxation, stress management, and emotional wellbeing during the festive season. It is designed for educational and self-development purposes only.

2. Not a Medical or Therapeutic Service

This product is **not** a substitute for medical care, psychological treatment, psychotherapy, or professional mental health services. No diagnosis, treatment, or cure is claimed or implied.

If you have a diagnosed mental health condition, are under psychiatric care, or are experiencing severe emotional distress, please consult a qualified healthcare professional before using this product.

3. Eligibility and Suitability

By purchasing or using this product, you confirm that:

- You are 18 years of age or older
- You are not experiencing psychosis, schizophrenia, bipolar disorder, epilepsy, or any condition for which hypnosis is not recommended
- You are not under the influence of drugs or alcohol while using the audio

If you are unsure whether hypnosis is suitable for you, please seek professional advice before use.

4. Personal Responsibility

Results from hypnosis vary between individuals. You acknowledge that your outcomes depend on your personal participation, mindset, and circumstances. No specific results are guaranteed.

You accept full responsibility for your physical, emotional, and mental wellbeing while using this product.

5. Safety Guidelines

- Do **not** listen to the hypnosis audio while driving, operating machinery, or performing tasks that require full attention
- Use the audio in a safe, comfortable environment where you can fully relax
- Stop use immediately if you feel distressed, uncomfortable, or unwell

6. Intellectual Property

All content, including audio, text, and checklist materials, remains the intellectual property of the creator. This product is for **personal use only** and may not be copied, shared, resold, or distributed without written permission.

7. Digital Delivery & Access

This is a digital product delivered electronically. You are responsible for ensuring you have compatible devices and internet access to download or stream the content.

8. Refund Policy

Due to the digital nature of this product, all sales are final. No refunds or exchanges are offered once access has been granted, except where required by consumer law.

9. Limitation of Liability

To the fullest extent permitted by law, the creator is not liable for any direct, indirect, incidental, or consequential loss, injury, or damages arising from the use or misuse of this product.

10. Changes to These Terms

The creator reserves the right to update or modify these Terms & Conditions at any time. Continued use of the product constitutes acceptance of the revised terms.

11. Governing Law

These Terms & Conditions are governed by the laws of the country or state in which the creator operates.