Terms & Conditions

Refine Balance

Last updated: November 2026

1. Introduction

Welcome to Refine Balance.

These Terms & Conditions explain the terms on which you may access and use the Refine Balance website, www.refinebalance.co.uk.

By accessing or using this website, you agree to comply with these terms. If you do not agree with them, please do not use the website.

These terms apply to all visitors, whether accessing the website as a guest or through any available registered account or booking facility.

2. About Refine Balance

This website is operated by Refine Balance.

Refine Balance provides hypnotherapy, breathwork and other wellbeing sessions, both individually and in group settings.

Website: www.refinebalance.co.uk
Contact: siobhan@refinebalance.co.uk

3. Other applicable terms

Your use of this website is also subject to our Privacy Notice & Cookie Policy, which explains how we collect, use and protect your personal information.

If you book an appointment, attend a session or purchase an event or other offering through Refine Balance, additional booking and service terms may apply.

These will be made available to you when or before you make a booking.

Where specific booking or service terms apply, they will operate alongside these website terms. Nothing in these terms is intended to remove or restrict any rights you have under applicable consumer protection legislation.

4. Changes to these terms

We may update these Terms & Conditions from time to time to reflect changes to our website, business or legal requirements.

Any changes will be published on this page, together with the date of the latest revision.

We recommend checking this page periodically to ensure you are familiar with the current terms.

5. Changes to our website

We may update, amend or remove content from our website at any time.

Although we make reasonable efforts to ensure that the information provided is accurate and up to date, some content may occasionally become outdated or contain errors or omissions.

We do not guarantee that all website content will always be complete, accurate or current.

We reserve the right to suspend, withdraw or change any part of our website without notice where reasonably necessary.

6. Accessing our website

Access to our website is provided free of charge.

We aim to keep the website available and functioning properly but cannot guarantee uninterrupted access or that the website will always be available.

We may temporarily suspend access for maintenance, technical updates, security reasons or circumstances beyond our reasonable control.

You are responsible for making the arrangements necessary to access the website, including ensuring that your device and internet connection are suitable.

Our website is primarily intended for visitors based in the United Kingdom. We do not guarantee that the website or the information provided is appropriate for use in other countries.

7. Intellectual property

All content on this website, including text, photographs, graphics, logos, designs, videos and other materials, is owned by or licensed to Refine Balance unless otherwise stated.

This material is protected by copyright and other intellectual property laws.

You may:

- View and browse the website for personal use.
- Print or download reasonable extracts for your own personal, non-commercial use.
- Share links to publicly available pages on our website, provided this is done fairly and accurately.

You must not:

- Copy, reproduce, distribute or republish website content for commercial purposes without our prior written permission.
- Modify or adapt website content and present it as your own.
- Use our photographs, graphics, branding or written material without permission.
- Reproduce or distribute our original scripts, guided relaxations, workshop materials or other intellectual property without authorisation.

All rights not expressly granted are reserved.

8. Information and guidance

The information shared on the Refine Balance website, including articles, blogs and resources, is intended to provide information and insight into hypnotherapy, breathwork and other mind-body approaches to wellbeing.

The content reflects general information and should not be regarded as a substitute for individual medical advice, diagnosis or treatment.

Hypnotherapy and other wellbeing practices can offer supportive approaches to relaxation, self-awareness and personal development. However, individual experiences and outcomes will vary.

9. Bookings and services

Information about our hypnotherapy sessions, breathwork experiences, workshops and other wellbeing offerings is provided on our website for general guidance.

Details such as availability, session descriptions, locations, fees and booking arrangements may change.

A booking is subject to availability and confirmation.

Where you book an appointment or event through our website, the relevant booking conditions and any additional Terms of Business will apply.

These may include information about:

- Appointment arrangements.
- Payment requirements.
- Cancellations and rescheduling.
- Refunds and transfers.
- Participation requirements and suitability.
- Health and safety considerations.

We will make relevant conditions available before or at the time of booking.

Nothing in these website terms removes your statutory rights in relation to services you purchase.

10. Health, safety and suitability

Some of the activities offered by Refine Balance, including breathwork and hypnotherapy, may not be suitable for everyone.

Where appropriate, we ask you to complete a consultation form or health questionnaire before participating in a session.

It is important that you provide accurate and relevant information so that we can consider your suitability and any necessary precautions.

You should inform us of any relevant changes to your health or circumstances before attending a session.

If you are unsure whether a particular activity is appropriate for you, please seek advice from your healthcare professional before participating.

We reserve the right to decline or discontinue a session where we reasonably consider that participation may be inappropriate or unsafe.

11. Limitation of liability

We take reasonable care when preparing and maintaining the content on our website.

However, to the extent permitted by law, we shall not be responsible for losses arising solely from your reliance on general website information that was not intended to provide individual advice.

We do not exclude or restrict any liability where doing so would be unlawful.

In particular, nothing in these terms excludes or limits our liability for:

- Death or personal injury resulting from negligence.
- Fraud or fraudulent misrepresentation.
- Breach of your statutory consumer rights.
- Any other liability that cannot lawfully be excluded or restricted.

Our liability in relation to the provision of hypnotherapy, breathwork and other paid services will be governed by the relevant service agreement and applicable law.

12. Viruses and website security

We take reasonable steps to maintain the security and functionality of our website.

However, we cannot guarantee that the website will always be free from viruses, bugs or other technologically harmful material.

You are responsible for using appropriate security measures, including suitable antivirus software and keeping your devices up to date.

You must not misuse our website by:

- Knowingly introducing viruses, malware or other harmful material.
- Attempting to gain unauthorised access to the website or its servers.
- Interfering with the website's functionality or security.
- Attempting to access information or systems without authorisation.
- Carrying out denial-of-service attacks or similar activities.

Any suspected misuse may be reported to the relevant authorities.

13. Links to third-party websites

Our website may contain links to external websites, social media platforms or other resources operated by third parties.

These links are provided for information and convenience.

We have no control over the content, availability, security or privacy practices of external websites and cannot accept responsibility for them.

The inclusion of a link does not necessarily imply endorsement or recommendation by Refine Balance.

We encourage you to review the relevant terms and privacy policies before using third-party websites or providing them with personal information.

14. Linking to our website

You may link to the Refine Balance homepage or publicly available pages provided that:

- The link is fair, lawful and does not damage our reputation.
- The link does not suggest an association, approval or endorsement where none exists.
- Our website is not presented within another website in a misleading way.
- The link does not misrepresent our content or services.

We reserve the right to request the removal of any link that we reasonably consider inappropriate or misleading.

15. Privacy and personal information

Your privacy is important to us.

Any personal information collected through our website or in connection with our services will be handled in accordance with our Privacy Notice & Cookie Policy and applicable data protection legislation.

Please refer to our Privacy Notice & Cookie Policy for further information about how your personal information is collected, used and protected.

16. Applicable law

These Terms & Conditions, their subject matter and their formation are governed by the laws of England and Wales.

If you are a consumer, you may also have the right to bring proceedings in the courts of your country of residence within the United Kingdom, where applicable.

Nothing in these terms affects any mandatory consumer protection rights you may have under the law applicable to you.

17. Contact us

If you have any questions about these Terms & Conditions or the use of our website, please contact:

Refine Balance

Website: www.refinebalance.co.uk
Email: siobhan@refinebalance.co.uk

Thank you for visiting Refine Balance.

Last updated: November 2026