

Terms & Conditions

Effective Date: 5/11/2026

Welcome to Unwind My Health Services LLC. These Terms & Conditions (“Terms”) govern your use of our website, services, products, programs, consultations, memberships, and digital content.

By accessing or using our website or purchasing our services, you agree to these Terms. If you do not agree, please do not use our services.

1. Wellness & Educational Disclaimer

Our services are intended for educational, informational, and wellness purposes only. We provide holistic wellness guidance, lifestyle education, and supportive services designed to promote general well-being.

We are not medical doctors unless explicitly stated. Our services are not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Always consult a qualified healthcare professional before making changes to your diet, supplements, medications, exercise routine, or wellness practices.

If you are experiencing a medical emergency, call 911 or contact your healthcare provider immediately.

2. Eligibility

You must be at least 18 years old to use our services or purchase products unless you have permission from a parent or legal guardian.

By using our website, you confirm that all information you provide is accurate and complete.

3. Services Provided

We may offer:

- Holistic wellness coaching
- Herbal or natural wellness education

- Digital wellness resources
- Classes, workshops, or webinars
- Membership programs
- Meditation or mindfulness guidance
- Nutritional or lifestyle support
- Physical or digital wellness products

All services are subject to availability and may change without notice.

4. No Client-Practitioner Relationship

Use of this website or participation in our services does not establish a doctor-patient, therapist-client, or other licensed professional relationship unless explicitly agreed in writing.

5. Personal Responsibility

You acknowledge that participation in wellness activities involves personal responsibility and possible risks.

You agree to:

- Use your own judgment before applying wellness information
- Consult professionals when appropriate
- Assume full responsibility for your health decisions and outcomes

You voluntarily accept all risks associated with using our services.

6. Payments & Billing

All prices are listed in U.S. dollars unless otherwise stated.

By purchasing from us, you agree to provide accurate payment information and authorize us to charge your selected payment method.

We reserve the right to:

- Refuse or cancel orders
 - Correct pricing errors
 - Change pricing at any time
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7. Refund Policy

Because many services and digital products are delivered immediately, all sales are generally final unless otherwise stated.

If refunds are offered for specific services or programs, eligibility requirements and timelines will be clearly disclosed at the time of purchase.

Missed appointments without proper notice may be non-refundable.

8. Appointment Cancellation Policy

Clients must provide at least a 24-hour notice to cancel or reschedule appointments.

Late cancellations or no-shows may result in partial or full session charges.

We reserve the right to reschedule services due to emergencies or unforeseen circumstances.

9. Intellectual Property

All content on this website, including:

- Text
- Logos
- Branding
- Videos
- Graphics
- Downloads
- Course materials
- PDFs

- Meditations
- Wellness guides

is the property of Unwind My Health Services LLC and protected by copyright and intellectual property laws.

You may not reproduce, distribute, modify, or commercially use our content without written permission.

10. User Conduct

You agree not to:

- Use the website unlawfully
- Attempt unauthorized access to systems
- Harass or abuse others
- Share false or misleading information
- Copy or misuse our content

We reserve the right to terminate access for violations of these Terms.

11. Testimonials & Results Disclaimer

Testimonials and client experiences shared on our website or social media reflect individual experiences and do not guarantee specific results.

Wellness outcomes vary from person to person.

12. Third-Party Links & Resources

Our website may contain links to third-party websites or resources for convenience.

We are not responsible for the content, policies, or practices of third-party services.

13. Limitation of Liability

To the fullest extent permitted by law, Unwind My Health Services LLC shall not be liable for:

- Indirect or consequential damages
- Loss of profits or data
- Health outcomes related to the use of our services
- Reactions to supplements, herbs, foods, or wellness practices
- Technical interruptions or website errors.

Your use of our services is at your own risk.

14. Indemnification

You agree to indemnify and hold harmless Unwind My Health Services LLC, its owners, employees, contractors, and affiliates from claims, damages, liabilities, or expenses arising from your use of our services or violation of these Terms.

15. Privacy

Your use of our services is also governed by our Privacy Policy.

We respect your personal information and aim to maintain reasonable safeguards for your data.

16. Changes to These Terms

We may update these Terms at any time without prior notice.

Updated versions will be posted on this page with a revised effective date.

Continued use of our services constitutes acceptance of the revised Terms.

17. Governing Law

These Terms shall be governed by and interpreted in accordance with the laws of the State of New Jersey, without regard to conflict of law principles.

18. Contact Information

If you have questions about these Terms, contact:

Unwind My Health Services LLC

514 Millburn Avenue, Short Hills, NJ 07078

Email: contactus@unwindmhs.com

Tel: 973-992-0741/ 201-704-0812

Website URL: <https://www.unwindmhs.com>