

Creating Harmony Holistic Therapies' Terms & Conditions

When visiting Creating Harmony Holistic Therapies, please be aware of our Policies including the **Cancellation Policy**. If you have any questions, please Contact Tamara Smyth on 07799211091 or via email: info@creatingharmonytherapies.uk

Booking Policy

As Creating Harmony Holistic Therapies is based across two locations, there are many ways to book with us.

Blush Hair and Beauty – If you would like to contact the salon directly to book an appointment, please call 01278 685777 and a member of the team will assist you. There might be times where the team may be serving another client and cannot reach the phone, please leave a message with a name and contact number and a team member will get back to you as soon as possible. You can also contact the team through their own website: www.blushsomerset.com

Cripps River Spa – The easiest and most convenient way to book an appointment with Creating Harmony Holistic Therapies at Cripps River Spa is to book online. Details for booking a therapy treatment can be found on our own website: www.creatingharmonytherapies.uk where the online booking option is available. Online Booking is available 24/7 so you have easy access to our diary, whenever suits you.

You will receive both an email and text message to confirm your appointment. You will also receive a correspondence/reminder of your appointment 48 hours and 24 hours before your appointment.

If for whatever reason you cannot make your appointment; **please contact Tamara directly on the following details below**. Confirmation numbers and emails are generated by the Booking System so any message sent to those will not be received by Tamara.

For Both Premises – alternatively you can also contact Tamara directly on 07799211091. As both locations are rural locations, signal is not always reliable, so if Tamara misses your call, she will aim to return your enquiry as soon as possible. Please leave a voicemail with your name, number and message. You can also contact her via text message (on the same number) and email: info@creatingharmonytherapies.uk.

Social Media platforms for all of these options are also available to contact.

Facebook: @creatingharmonyholistictherapies
@blush_somerset
@CrippsRiverSpa
Instagram: @creatingharmonyholistictherapy

If you need to Cancel your Appointment for any reason please refer to our Cancellation Policy, outlined later in this document.

Consultation Forms

Consultation Forms are mandatory and **must** be completed before your treatment. They are a requirement for insurance purposes and allow Tamara to plan and adapt your treatment where necessary to accommodate any medical conditions, special dietary requirements, allergies etc.

There are many ways for you to complete a consultation form; if you book online a Consultation Form will be sent out to you with your appointment reminder, please fill this out wherever possible in advance. If you have booked your appointment through Tamara directly or through Blush Hair and Beauty, you can visit www.creatingharmonytherapies.uk where you will find the form under the 'Consultation Form' Tab. You can access the form and fill it in 24/7 whenever suits you.

Both of these forms will be sent through to Tamara directly. All of your information is handled in the strictest confidence. For more information in how your Personal Data is handled please refer to the **Privacy Policy** on our website.

Lastly, you can fill in a Consultation Form on the day of your treatment but please allow an extra 10 mins prior to your appointment to do this so your treatment can start promptly.

Appointment Time and Late Arrivals

Please wherever possible, arrive as close to your treatment time as you can. If you find that you are delayed due to traffic or other circumstances, please contact Tamara, Blush Hair and Beauty or Cripps River Spa (via Facebook) directly to inform us. Wherever possible, Tamara will try her best to accommodate you, however this is not always possible without impacting on subsequent clients.

If you are more than 15 minutes late for your appointment, it might not be possible to carry out your treatment in full, however you will still be charged the full amount for your treatment.

Cancellation Policy

Due to a number of no shows and very late cancellations, it is with regret that a Cancellation Policy is now in place. Please read the Cancellation Policy Terms below:

If you are unable to attend your appointment, you can reschedule or cancel by:

- Rescheduling/cancelling online – if you have made an online booking you are able to do this (if over 24 hours notice).
- By contacting Tamara directly via phone: 07799211091. Email: info@creatingharmonytherapies.uk or via Facebook Instant Messenger: @creatingharmonyholistictherapies
- If the appointment is for Blush Hair and Beauty – by contacting them directly on 01278 685777.

By giving as much notice as possible, you are allowing your appointment slot to be filled by another client.

Creating Harmony Holistic Therapies' Cancellation Charges are as follows:

- Cancellation/Rescheduled appointment up to 24 hours before your appointment – no charge
- Cancellation/Rescheduled appointment less than 24 hours notice – 50% charge

This payment will be requested by either payment link or bank transfer.

*Covid-19 – the situation regarding COVID-19 is ever changing and unpredictable. If you feel unwell on the day or days approaching your appointment please contact us directly.

Right to Refuse

Tamara has the right to refuse treatment for reasons including but not limited to:

- If an individual is under the influence of drugs or alcohol. This is to protect both the individual and Tamara.
- If during Consultation a medical condition/contra-indication is identified that will affect treatment and/or the end result of that treatment.
 - Any medical condition that is made aware to Tamara during consultation that she feels may be classed as a contra-indication that may affect that treatment, will be raised and discussed with the individual and the treatment where possible will be adapted. If the treatment cannot be carried out and a doctor's verbal or written consent is required Tamara will discuss details with you. This is in place to ensure client safety is paramount at all times.

- Any individual who demonstrates behaviour that makes Tamara feel uncomfortable, intimidated or disrespected will be asked to leave the premises and treatment will be refused. Verbal or physical abuse will not be tolerated. Creating Harmony Holistic Therapies is a safe environment for clients but also for Tamara, and this should be respected.
- An individual who is not the required age for treatment.

Age Restrictions for Treatments

Creating Harmony Holistic Therapies offers a wide range of treatments, which are not all suitable for under-age clients.

As a minimum for insurance purposes, the age for all treatments is 16 years of age. This is because the body is still developing up to that time and intense therapies such as massage are not recommended.

Any under-age client having a treatment **must** have a parent, guardian or responsible adult (e.g. carer) in the treatment room with them during treatment. This individual will also have to give written permission for the treatment to go ahead.

As a therapist, Tamara has a responsibility to ensure the safety and welfare of under-age and vulnerable clients. To do this Tamara must ensure that the treatments are safe and suitable for the client and that the client understands the nature of the treatment/service and wants to have that particular treatment/service.

Medical Conditions and Contra-indications

If you have any medical conditions that you feel will affect treatment today, please let us know during consultation **before** your treatment has begun. A consultation form is a contractual document so if signed you are agreeing to all the information disclosed as a Client Declaration, so please disclose all relevant information.

If you are on any medication, please disclose this information **prior** to your treatment, especially if you are having body treatments, such as massage.

Allergies

If you have any allergies to any ingredients such as nuts, seeds or fragrances ie lavender, please inform us on booking and every precaution will be taken when setting up and selecting products for your treatment.

Pregnancy Policy

As mandatory practice, treatments can only be conducted after the first trimester (12 Weeks) during pregnancy. For safety, there is only one treatment that is offered at Creating Harmony Holistic Therapies: Pregnancy Massage. This treatment is specifically adapted to give comfort and relaxation for expectant Mothers. A note of consent is required from your Primary Medical Practitioner (such as a Midwife) prior to treatment taking place and a thorough consultation will also be conducted.

Breastfeeding

Please notify Tamara on booking if you are currently breastfeeding, as the couch will be set up with this in mind. Essential Oils cannot be used during this time as a safety precaution so alternatives will be selected.

Complaints Procedure

At Creating Harmony Holistic Therapies, every care and attention is taken to ensure you have the best service and experience with every treatment.

If you do not feel that this was achieved or have suggestions for ways which Creating Harmony Holistic Therapies can improve, please contact Tamara Smyth directly on 07799211091 or via email: info@creatingharmonytherapies.uk to ensure improvements can be made to our service in the future.