

Terms & Conditions

Last updated: August 12, 2026

By using this website, you agree and understand that the information and services provided here are for self-improvement and educational purposes only.

Not Medical or Mental Health Treatment

I am a certified Consulting Clinical Hypnotist and NLP Master Practitioner, not a regulated medical provider, psychotherapist, psychologist, psychiatrist, or social worker. The content on this website and the services I offer are not intended to diagnose, treat, prevent, or cure any physical, mental, or emotional condition. Exploring this website or booking a discovery call does not create a formal practitioner-client relationship; that relationship is only established after our initial consultation and a signed Client Intake Form.

Not a Substitute for Professional Care

While hypnosis can be viewed as a safe and effective complement, the information provided here is never a replacement for professional medical advice, diagnosis, therapy, or coaching. Always consult your own doctor or qualified mental health professional regarding any specific health concerns, symptoms, or choices about your medications. Do not disregard or delay seeking professional medical advice because of something you have read on this website.

Client Responsibility & Results

Hypnosis is a collaborative process that relies heavily on your own motivation and engagement. While it is a highly effective tool for personal growth, individual results and the effects of a session will vary, and no specific outcomes or guarantees are promised. You acknowledge that you are fully responsible for your own wellness choices, actions, and results.

Cancellation & Rescheduling

Booked sessions are non-refundable. A minimum of 24 hours' notice is required to cancel or reschedule a session; sessions cancelled or rescheduled with proper notice will receive a credit toward a future session. Sessions cancelled or rescheduled with less than 24 hours' notice will not receive a credit. A client who has not arrived within the first 10 minutes of the scheduled start time is considered a "no-show," and no credit will be issued. If the client arrives within that 10-minute window, the session will still end at its originally scheduled time. We request the same minimum 24 hours' notice to cancel or reschedule a free Clarity Call.

Limitation of Liability

By using this website or booking a session, you agree to release Mindful Trance4mations from liability for any outcomes related to your use of hypnosis services, to the fullest extent permitted by law.

Governing Law

These terms are governed by the laws of Ontario, Canada.