

Privacy Policy & Disclaimer

For RealisticHealthAndBeauty.com

Effective Date: July 1, 2025

Welcome to Realistic Health & Beauty, owned and operated by Barbara Lancaster. This Privacy Policy and Disclaimer outlines how your information is collected, used, and protected when engaging with our website, services, and programs—including coaching, courses, intuitive guidance, energy healing, psychic mediumship, and non-therapeutic hypnosis.

General Disclaimer

Barbara Lancaster is certified in integrative healing therapies and spiritual practices. Her credentials include non-therapeutic hypnotherapy, meditation instruction, intuitive energy healing, and spiritual life coaching. She is also a gifted psychic medium and a trained Stephen Minister Leader, offering compassionate, faith-based support and Spirit-led guidance. She is not a licensed medical doctor, psychologist, therapist, or registered healthcare provider.

All services offered through Realistic Health & Beauty are designed to support spiritual growth, emotional insight, nervous system regulation, and holistic wellbeing. These services are not a replacement for medical, psychological, or licensed professional care.

The information provided on this website is for informational and educational purposes only, and is not intended to diagnose, treat, prevent, or cure any physical, mental, or emotional conditions.

You should always consult with your physician, therapist, or other qualified healthcare provider before beginning any new health, wellness, or spiritual practice. Do not start or stop medications without speaking to your licensed medical or mental health provider.

Mediumship Disclaimer

Spirit Connection Sessions, intuitive readings, and any form of psychic or energy-based guidance are offered with integrity and compassion. However, these sessions:

- Are not guaranteed to produce specific results.
- Are not intended to diagnose or treat mental or emotional disorders.

- Are meant for spiritual and emotional insight only.

By booking a session, you acknowledge that spiritual messages are personal, intuitive, and subjective, and you take full responsibility for how you interpret and apply them.

Non-Therapeutic Hypnosis Disclaimer

The hypnotherapy services offered are non-therapeutic in nature, as defined by applicable law. They are intended to support:

- Positive thinking
- Relaxation
- Self-awareness
- The development of self-hypnosis skills

I do not represent my hypnotherapy services as any form of health care or psychotherapy. Despite research that may suggest benefits, by law I make no medical health benefit claims for these services.

These services are for personal empowerment and self-improvement only, and do not replace any form of medical or psychological care.

Age Requirement

You must be 18 years of age or older to use this website or access any services, programs, or digital products offered through RealisticHealthAndBeauty.com.

Payment & Refund Policy

- All services must be paid in full at the time of booking.
 - No refunds will be issued for completed or missed sessions.
 - Clients may reschedule up to 24 hours in advance with no penalty.
 - Sessions missed without notice are non-refundable.
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Information We Collect

We may collect and store personal information you voluntarily provide, including:

- Name
- Email address
- Phone number
- Payment information (via third-party providers)
- Booking history
- Intake forms or notes (when applicable)

This information is used solely to provide and improve your experience with our services. See Wix Privacy Policy for information on what Wix collects as a website service provider.

How Your Information Is Used

Your information may be used to:

- Confirm bookings
- Deliver services and session follow-ups
- Communicate with you about your service, course, or request
- Send marketing or promotional updates (with your consent)
- Maintain internal records and analytics

Your data will never be sold or shared beyond necessary service platforms (e.g., Wix, PayPal, Calendly, Zoom, Mailchimp).

Cookies & Analytics

This website may use cookies or tracking tools to enhance user experience and monitor site performance. You can manage cookies via your browser settings.

Your Rights

You may:

- Request to access or delete your stored personal information
- Opt out of marketing emails at any time

- Update your personal preferences by contacting us at: [insert your email]
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Consent

By using this website, booking a service, or participating in a program, you acknowledge that:

- You have read and understood this Privacy Policy and Disclaimer
 - You are 18 years or older
 - You agree to the terms stated herein
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Contact Us

For questions regarding this policy or your data, please contact:

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