

Terms and Conditions

Realistic Health & Beauty

Effective Date: July 1, 2025

Welcome to **Realistic Health & Beauty**, founded by Barbara Lancaster. By accessing this website or purchasing any service, program, or course, you agree to abide by the following Terms and Conditions. Please read carefully.

1. Eligibility

You must be **18 years of age or older** to use this website or participate in any of the services, sessions, or offerings provided by Realistic Health & Beauty. By engaging with this site, you affirm that you meet this requirement.

2. Services Provided

Barbara Lancaster offers services including but not limited to:

- Spiritual life coaching
- Intuitive energy healing
- Meditation instruction
- Psychic mediumship
- Non-therapeutic hypnotherapy
- Faith-based support through Stephen Ministry
- Online courses, healing circles, and group workshops

All services are designed to support personal, spiritual, and emotional development. They are not medical, psychological, or therapeutic treatments.

3. Disclaimers

Personal Disclaimer

Barbara Lancaster is **not a licensed physician, psychologist, psychotherapist, or registered healthcare provider**. The services and content provided through **Realistic**

Health & Beauty are not intended to replace medical, psychological, or therapeutic care. You should always consult your healthcare provider before beginning any new health regimen or discontinuing medications.

Psychic Mediumship Disclaimer

Mediumship sessions are intended for spiritual and emotional insight only. They are not guaranteed to produce specific results and should not be used as a substitute for mental health counseling or decision-making authority. Spirit-led messages are offered in integrity, and you are solely responsible for your interpretation and application of the information received.

Hypnotherapy Disclaimer

Barbara Lancaster provides **non-therapeutic hypnotism**, defined as the use of hypnosis to promote relaxation, positive thought patterns, and self-hypnosis skills. These services are **not** represented as any form of healthcare or psychotherapy.

Despite supportive research, **by law, no medical health benefit claims are made** regarding hypnosis services.

4. Payment Terms

- All sessions and course enrollments must be paid in full at the time of booking.
- Payments are processed securely through third-party platforms (e.g., Wix, PayPal, Apple and Google).
- Session access is not granted until payment is confirmed.

5. Cancellation & Refund Policy

- You may reschedule a session with at least 24 hours' notice.
 - Cancellations made with less than 24 hours' notice are non-refundable.
 - No-shows or missed appointments are considered forfeited and are not eligible for refunds.
 - All digital course sales, memberships, and group sessions are **non-refundable**.
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6. Confidentiality

All personal information shared in sessions is treated as confidential. However, Barbara Lancaster reserves the right to break confidentiality if required by law or if there is risk of harm to the client or others.

7. Intellectual Property

All content on **RealisticHealthAndBeauty.com**—including text, graphics, course material, meditations, and program content—is the intellectual property of Barbara Lancaster and may not be reproduced, copied, or distributed without explicit written permission.

8. Personal Responsibility

By participating in any service or consuming content from Realistic Health & Beauty, you agree to take full responsibility for your own health, decisions, and outcomes.

9. Personal Liability Clause

Barbara Lancaster and Realistic Health & Beauty shall not be held liable for any direct, indirect, incidental, consequential, or special damages arising from your use of this website, services, or content. This includes but is not limited to:

- Emotional or psychological responses
- Decisions made from intuitive or spiritual guidance
- Technical interruptions or platform outages
- Any perceived failure to achieve desired results

By using this site, you release Barbara Lancaster and Realistic Health & Beauty from any liability associated with your participation, **except where prohibited by law.**

10. Modification of Terms

Realistic Health & Beauty reserves the right to update these Terms and Conditions at any time without prior notice. It is your responsibility to review these terms periodically.

11. Governing Law

These Terms and Conditions are governed by the laws of the State of Minnesota, United States, without regard to its conflict of law principles.

12. Contact Information

For questions or concerns regarding these Terms and Conditions, please contact:

Barbara Lancaster

Phone (612) 223-4849

Email: barb@realistichandbeauty.com

Website: <https://www.realistichandbeauty.com>