

Melissa Laity Nutrition - 12-Week 1:1 Packages

Combined Terms & Conditions, Program Agreement, Disclaimer & Privacy Notice

- Life After GLP-1: Metabolic Reset Program
- Peri to Post: Menopause Weight & Symptom Support Program
- Sustainable Weight & Habit Reset Program

By booking and paying for a package, you confirm that you have read, understood, and accepted these Terms & Conditions.

1. Scope of Services

Your package includes personalised 1:1 nutrition and lifestyle coaching as described in the package details.

- Sessions are delivered one-to-one and are not group sessions unless explicitly stated.
- Optional extras (e.g., meal plans, pathology testing) are not included in the base package and are billed separately.

2. Payment and Confirmation

- Full payment is required prior to the first scheduled session.
- A booking confirmation will be sent once payment is received.
- The package commencement date is confirmed once both payment and your first session are scheduled.

3. Session Delivery and Rescheduling

- Sessions are scheduled in advance; both client and practitioner agree on times.
- Rescheduling requires **at least 24 hours' notice**.
- Missed sessions without adequate notice are forfeited and are not refunded or rescheduled at no cost.

4. Refunds

- Due to the personalised nature of coaching, **refunds are not offered** once a package has been paid for and the first session has been scheduled.

- In exceptional circumstances (e.g., medical emergency), partial refunds may be considered at the practitioner's discretion.

5. Client Responsibilities

- Clients agree to provide accurate health, medical, and lifestyle information as relevant to their coaching.
- Clients understand that results vary based on individual commitment, consistency, and other health factors.

6. Scope of Advice

- Coaching, guidance, and recommendations provided are evidence-based and designed to support behaviour change and metabolic health.
- This coaching is **not medical treatment** or a substitute for medical advice. Clients should consult their own healthcare providers regarding medical conditions, medications, or pathological concerns.

7. Confidentiality and Privacy

- All personal information provided during consultations is treated as confidential and managed in accordance with privacy regulations.
- Client information will not be shared without consent unless required by law.

8. Intellectual Property

- Package materials, resources, templates, and checklists are the intellectual property of Melissa Laity Nutrition.
- Clients may use these resources for personal use only and may not redistribute or resell them.

9. Liabilities

- Melissa Laity Nutrition and its representatives are not liable for any adverse outcomes resulting from a client's refusal to follow professional advice or from circumstances beyond the control of the practitioner.

10. Agreement

By booking, paying for, and participating in any package, you agree to these Terms & Conditions in full.

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