



MICHELLE MILTON EFT  
Emotional Freedom Technique

## **Terms & Conditions**

### **1. Services**

All EFT services are provided by Michelle Milton, an accredited EFT International Practitioner. Sessions are offered online via video call. By exception sessions may be conducted in person.

### **2. Booking & Payment**

Sessions must be booked in advance. Payment is required at the time of booking unless otherwise agreed. Payment can be made via bank transfer or secure payment link.

### **3. Cancellations & Rescheduling**

Please provide at least 24 hours' notice to cancel or reschedule a session. Missed sessions without notice may not be refunded or rebooked.

### **4. Confidentiality**

All sessions are confidential. Information shared during sessions will not be disclosed to third parties unless required by law or if there is a risk of harm to yourself or others.

### **5. Disclaimer**

EFT is a complementary therapy and not a substitute for medical or psychological care. It is not intended to diagnose, treat, or cure any condition. By engaging in EFT services, you accept full responsibility for your own well-being.

### **6. Results**

While many clients experience positive results, outcomes cannot be guaranteed. Every client is different, and results may vary.

### **7. Changes to These Terms**

Michelle Milton EFT reserves the right to update these terms at any time. Continued use of the site or services implies acceptance of any updated terms.

### **8. Contact**

For any queries about these terms, please email [hello@michellemiltonaft.co.uk](mailto:hello@michellemiltonaft.co.uk).