



Terms and Conditions for SMS Marketing and Messaging Services

1. Acceptance of Terms

By subscribing to Essential Elements Health and Wellness's SMS marketing or messaging services, you agree to the following terms and conditions. These terms apply to all subscribers and users of the service.

2. Service Description

Essential Elements Health and Wellness offers SMS marketing and messaging services to provide you with updates, promotions, and important information about our services. By subscribing, you consent to receive text messages from us.

3. Opt-In and Consent

By providing your phone number, you opt-in to receive text messages from Essential Elements Health and Wellness. You confirm that you are the owner of the mobile number provided or have the consent of the owner to receive text messages at this number. **Clear Consent:** To subscribe to SMS alerts, text START to 719-569-4770. By doing so, you consent to receive text messages from Essential Elements Health and Wellness. **Confirmation:** Upon opting in, you will receive a confirmation message: Thank you for opting into SMS messaging from Essential Elements Health and Wellness. You may receive 10 messages per day. To opt out, text STOP. For assistance, text HELP or visit www.eehealthspa.com. Message & data rates may apply.

4. Opt-Out Instructions

To opt-out of receiving text messages, reply "STOP" to any message received. **Automatic Unsubscription:** Users who text 'STOP' or similar keywords will be automatically unsubscribed and will receive a confirmation message: You will no longer receive messages from Essential Elements Health and Wellness. To opt back in at any time reply

START. **Alternative Opt-out Method:** Additionally, you can opt-out by emailing us at support@eehealthspa.com.

5. Message Frequency

Message frequency may vary depending on your interactions with Essential Elements Health and Wellness. You may receive messages related to appointment reminders, promotions, health tips, and other relevant information. **Clear Statement on Frequency:** Users will receive up to 5 messages per day. Our interaction with you may vary depending on your SMS interactions with us. If you reach out via SMS to Essential Elements Health and Wellness we will reply to your questions or concerns via SMS as well.

6. Data Privacy

Your privacy is important to us. We collect and use your personal information as described in our Privacy Policy. Your information is used solely for providing you with SMS marketing and messaging services and is not shared with third parties without your consent. **Online Privacy Policy:** For more details on how your personal data will be collected, used, and protected, please review our Privacy Policy. **Compliance with Data Protection Laws:** Our privacy policy complies with relevant data protection regulations and outlines how your data is handled.

LINK to Privacy Policy:

<https://firebasestorage.googleapis.com/v0/b/dpcspot.appspot.com/o/Wv5LW7OnUzScbGKGzr9zNVhfUws2%2FPrivacyPolicy2024.pdf?alt=media&token=756c726f-524f-417e-b154-9f154a3070b8https://firebasestorage.googleapis.com/v0/b/dpcspot.appspot.com/o/Wv5LW7OnUzScbGKGzr9zNVhfUws2%2FPrivacyPolicy2024.pdf?alt=media&token=602599f8-071e-4bdd-a933-3213ed2afc4d>

7. Costs and Fees

Essential Elements Health and Wellness does not charge for receiving text messages; however, standard message and data rates may apply as per your mobile carrier's terms and conditions. Please contact your carrier for details.

8. Limitation of Liability

Essential Elements Health and Wellness is not responsible for any delays or failures in the receipt of any SMS messages. Delivery of SMS messages is subject to effective transmission from your network operator and is outside our control.

9. Changes to Terms

We reserve the right to modify or update these terms and conditions at any time. Any changes will be effective immediately upon posting. Your continued use of the service constitutes acceptance of any changes.

10. Contact Information

For questions or concerns regarding these terms and conditions, you can contact us at:

- **Email:** support@eehealthspa.com
- **Phone:** 719-569-4770

By subscribing to our SMS marketing or messaging services, you agree to abide by these terms and conditions. Thank you for choosing Essential Elements Health and Wellness.

11. Other Legal Information

- **Disclaimer and Liability:** Essential Elements Health and Wellness is not responsible for any delays or failures in the receipt of any SMS messages. Delivery of SMS messages is subject to effective transmission from your network operator and is outside our control.
- **Changes to Terms:** We reserve the right to modify or update these terms and conditions at any time. Any changes will be effective immediately upon posting. Your continued use of the service constitutes acceptance of any changes.
- By subscribing to our SMS alerts, you agree to receive up to 5 messages per day regarding our services. Standard message and data rates may apply. To opt-in, text START to 719-569-4770. To opt-out, text 'STOP' to 719-569-4770. For assistance, reply with 'HELP.' For more details, please visit our Privacy Policy.