

Terms & Conditions

Last Updated: April 4, 2026

Welcome to **Hervana Women's Wellness**. We are so glad you are here. These Terms & Conditions ("Terms") govern your use of our website, hervanawomenswellness.ca (the "Site"), and your participation in our wellness events, Nordic sauna experiences, and other non-clinical services.

By accessing our Site or booking an event, you agree to these Terms.

Hervana Women's Wellness is located in Kings County, Annapolis Valley, Nova Scotia, Canada.

Hervana Women's Wellness provides two distinct types of services:

- **Clinical Services (Pelvic Floor Physiotherapy):** Pelvic Floor Physiotherapy services are hosted through **Berwick Chiropractic Health & Wellness Centre** and managed through our Electronic Medical Record (EMR) provider; **Jane App**. Clinical bookings, medical histories, and health records are subject to Jane App's specific privacy and security protocols and professional college standards in Nova Scotia.
- **Wellness & Event Services:** Our website provides information regarding our Nordic sauna, restorative retreats, and mindful movement sessions. Use of this website is intended for informational and booking purposes only.

The content on this Site—including text, graphics, and images—is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

- Always seek the advice of your physician or qualified pelvic health provider with any questions you may have regarding a medical condition.
- Never disregard professional medical advice or delay in seeking it because of something you have read on this Site.
- **No medical relationship is created by browsing this Site.** Your use of the Site (including reading content, downloading resources, signing up for emails, submitting a contact form, or booking a wellness event) does not create a physiotherapist-patient relationship or any other provider-patient relationship with Hervana Women's Wellness or its practitioners. A clinical relationship is only formed through a booked clinical appointment and appropriate intake/consent and assessment processes.
- Participation in wellness events (such as sauna use or mindful movement) does not establish a patient-provider relationship.

When you book or attend a restorative experience, Nordic sauna session, mindful movement class, retreat, or other non-clinical event (each a “Wellness Event”), you agree to the following:

- **Health Status / Suitability:** You confirm that you are in suitable physical condition to participate, and you have no medical condition (for example, cardiovascular disease, uncontrolled blood pressure, fainting, heat sensitivity, or pregnancy complications) that would make sauna use or gentle movement unsafe for you. If you are unsure, you agree to consult a physician or qualified healthcare provider before participating.
- **Assumption of Risk:** You understand and acknowledge that Wellness Events may involve inherent risks, including (without limitation) exposure to high heat, dehydration, dizziness, fainting, slips/falls, muscle strain, aggravation of pre-existing conditions, and other physical injury. **You voluntarily assume all risks** of participation, whether arising from your own actions, the actions of other participants, or the condition of the premises, to the fullest extent permitted by law.
- **Your Responsibilities:** You agree to follow all posted rules, staff instructions, and safety guidance (including hydration, time limits, and exiting the sauna if you feel unwell). You agree not to participate if you are feeling unwell, under the influence of alcohol or drugs, or if staff reasonably believe participation may be unsafe.
- **Third-Party Hosted Events (Saltair Nordic Spa & Wellness):** Hervana’s Nordic/sauna events and nordic-style sessions are held at **Saltair Nordic Spa & Wellness** (“Saltair”). When a Wellness Event is hosted at Saltair, you understand and agree that:
 - (a) your attendance and use of the venue is **subject to Saltair’s insurance coverage, terms, conditions, and onsite rules**.
 - (b) **you must review, agree to, and sign Saltair’s required waivers and policies** (as updated by Saltair from time to time) as a condition of participation; and
 - (c) while Hervana Women’s Wellness leads the experience and provides instruction/guidance, **Saltair’s venue rules and liability standards apply** while you are on Saltair’s premises and using Saltair’s facilities.
- **Liability Waiver / Release:** **To the fullest extent permitted by law**, you release and waive any claims you may have against Hervana Women’s Wellness, its owners, contractors, instructors, staff, and volunteers (collectively, “Hervana”) for any injury, loss, damage, or expense arising out of or related to your participation in a Wellness Event, including sauna use, except to the extent caused by Hervana’s gross negligence or wilful misconduct where such limitation is not permitted by law.

- **Emergency Medical Assistance:** If you become ill or injured during a Wellness Event, you authorize Hervana to obtain or provide emergency assistance at your expense, if reasonably necessary.

We value the time and energy put into creating our sanctuary. Our cancellation policy for wellness events and sauna sessions is as follows:

- **Wellness Events (Sauna, Movement, Retreats, and Non-Clinical Bookings):** Those events provided at Saltair are subject to Saltair's cancellation policies. Otherwise (if not at Saltair), you may cancel for a refund if you provide **at least 48 hours' notice** before your scheduled start time (unless a specific event listing states otherwise). Refunds, if approved, are processed to the original payment method.
- **Third-Party Hosted Wellness Events (Saltair):** For Nordic/sauna events and nordic-style sessions hosted at **Saltair**, you understand that additional venue policies may apply (including capacity, safety, or closure-related rules). Unless the event listing states otherwise, Hervana's notice periods above apply to your booking; however, **refunds may be limited to the extent Saltair or any third-party processing fees are non-refundable to us**, and you may be required to follow any onsite cancellation/arrival requirements set by Saltair to participate.
- **Transfers / Credits (Optional):** If you cancel with **24–48 hours' notice**, we may (at our discretion) offer a transfer to a future session or a credit instead of a refund.
- **Late Cancellations/No-Shows:** Cancellations made with **less than 24 hours' notice**, or failure to attend, are **non-refundable** and may result in forfeiture of the full booking cost.
- **Event Changes by Us:** We may reschedule or cancel a Wellness Event due to weather, safety concerns, instructor availability, low registration, or other circumstances outside our control. If we cancel, you will be offered a reschedule option or a refund for the cancelled session (excluding any third-party fees not refundable to us).
- **Clinical Appointments:** Physiotherapy appointments are subject to the specific cancellation policies outlined within Berwick Chiropractic Health & Wellness Centre's Jane App booking portal.

The "Hervana" name, logo, and all original content on this website are the property of Hervana Women's Wellness. You may browse and use the information for personal, non-commercial use. You may not reproduce, distribute, or "scrape" content from our Site without our written permission.

Our Site may link to third-party websites (like Jane App, Saltair Nordic Spa & Wellness, or social media platforms). We are not responsible for the content or privacy practices of these external sites.

Your privacy is important to us. Please review our **Privacy Policy**, which explains how we handle your data, including contact form submissions and website analytics, in compliance with PIPEDA and Nova Scotia's PIPA.

While we strive to keep our website accurate and up-to-date, we provide the Site on an "as-is" basis. Hervana Women's Wellness makes no representations or warranties regarding the availability or accuracy of the Site. We are not liable for any technical issues, errors, or omissions.

These Terms are governed by and construed in accordance with the laws of the Province of Nova Scotia and the federal laws of Canada. Any disputes relating to these terms shall be subject to the exclusive jurisdiction of the courts in Nova Scotia.

We may update these Terms from time to time to reflect changes in our services or legal requirements. The "Last Updated" date at the top of this page will indicate when changes were made.

[Contact Us](#)

If you have any questions about these Terms, please reach out to us:

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