

Paula Victoria Health Disclaimer

Health Coach Disclaimer:

The information provided through my health coaching services is intended to support and guide you in making informed decisions about your health and well-being. Please note that I am not a licensed healthcare provider, and my services are not a replacement for medical, psychological, or psychiatric treatment. If you have any existing health concerns or medical conditions, I recommend consulting with your doctor or a qualified healthcare professional before making any changes to your diet, exercise, or lifestyle.

By working with me, you acknowledge that you are responsible for your own health and well-being, and any changes you make based on our sessions should be done with your personal judgment and care. While I strive to provide helpful guidance, I do not guarantee any specific results. I encourage you to approach all lifestyle changes thoughtfully and to seek professional healthcare advice when necessary.

Yoga Disclaimer:

The yoga sessions provided are designed to support your physical and mental well-being. However, please note that I am not a licensed healthcare provider, and yoga is not a substitute for medical or psychological treatment. If you have any pre-existing health conditions, injuries, or concerns, I recommend consulting with your doctor or a qualified healthcare professional before participating in yoga sessions.

By participating in yoga, you acknowledge that you are responsible for your own health and well-being during the practice. Please listen to your body and practice within your limits. If you experience any discomfort or pain during the session, please stop and inform me immediately. Yoga is intended to be a positive and beneficial practice, and individual results may vary.

Reiki Disclaimer:

Reiki is a complementary therapy intended to promote relaxation, stress reduction, and overall well-being. Please note that Reiki is not a substitute for medical or psychological treatment. If you have any physical or mental health conditions, please consult with your doctor or healthcare professional before receiving Reiki sessions.

By participating in a Reiki session, you acknowledge that you are responsible for your own well-being. While Reiki may support healing and relaxation, it is not intended to diagnose, treat, or cure any medical or psychological conditions. If you experience any discomfort or have concerns during or after the session, please let me know so we can adjust the treatment accordingly.