**✅ TERMS AND CONDITIONS**

**Last updated: [July 2025]**

Welcome to **Rest Your Mind**. By accessing or using our website, you agree to be bound by the following terms and conditions. If you do not agree with any part of these terms, please do not use our website.

**1. Introduction**

This website is operated by **Rest Your Mind**, a business based in the United Kingdom. These Terms and Conditions govern your use of our website.

**2. Use of the Website**

You agree to use this website only for lawful purposes. You must not use it in a way that may impair the performance, corrupt content, or reduce the overall functionality of the site.

**3. Intellectual Property**

All content on this site, including text, graphics, logos, and images, is the property of **Rest Your Mind** and is protected by applicable intellectual property laws. You may not use, reproduce, or distribute any content without prior written permission.

**4. Disclaimer**

Our website content is provided for general information only. While we aim to keep it up to date, we make no warranties or guarantees about the accuracy or completeness of the content.

**5. Limitation of Liability**

To the fullest extent permitted by law, **Rest Your Mind** will not be liable for any direct or indirect loss or damage arising from your use of our website.

**6. External Links**

We may include links to external websites. We do not control those sites and are not responsible for their content or availability.

**7. Changes to Terms**

We reserve the right to modify these Terms at any time. Changes will be posted on this page, and your continued use of the site constitutes acceptance of those changes.

**8. Governing Law**

These Terms are governed by the laws of England and Wales. Any disputes arising will be subject to the exclusive jurisdiction of the courts of England and Wales.

**9. Contact Us**

If you have any questions about these Terms, please contact us at:
**Email:** [sandrafrancojulia@gmail.com]
**Phone:** [+44 7553133139]