

Terms and Conditions

Manal Nutritionist

Owner: Manal Al Hadaui

Chamber of Commerce (kvk): bn.

Website: www.manalnutritionist.com - www.manalnutritionist.nl

Contact: contact@manalnutritionist.com

Base: The Netherlands

1. Definitions

- "We, "Us or "Our " refers to Manal Nutritionist, the business operated by Manal Al Hadaui. "She" refers to Manal Al Hadaui
- "The Client" and "you" refers to any individual who pays for services provided by Manal Nutritionist.

By agreeing to these terms and conditions, you confirm that you have read, understood, and agree to these terms.

2. General Information

Manal Nutritionist is an online nutrition service run by Manal Al Hadaui, a certified nutritionist specialising in weight gain, healthy eating habits and sports nutrition. Manal has earned her certification from TCI institution in The Netherlands, which qualifies her to provide professional nutrition guidance, focusing on helping individuals achieve their health and fitness goals.

Specialisations

Manal's expertise lies in designing personalised nutrition plans that cater to the unique needs of individuals looking to gain weight healthily or improve their overall nutritional habits. She is dedicated to helping clients sustain a healthy weight through balanced, structured eating habits and long-term lifestyle changes. As a specialist in sports nutrition, Manal also tailors plans for those seeking to optimise their athletic performance and muscle growth.

Health and Medical Disclaimer

The nutrition services offered by Manal Nutritionist are exclusively for healthy adults (18+). It's important to note that these services do not constitute medical advice. If you have specific medical conditions, dietary restrictions, or health concerns, please consult a doctor or registered dietitian before beginning any nutrition program. The meal plans and consultations provided by Manal Nutritionist are meant to support your wellness journey but should not replace medical care when needed.

Commitment to Your Health

By choosing Manal Nutritionist, you are embarking on a personalised health journey. Manal's approach emphasises building a positive relationship with food, understanding your body's needs, and making informed choices that support sustainable well-being.

3. Services Offered

Free Services

- Introduction Meeting

Paid Services

- Initial Consultation (Intake)
- Follow-Up Consultation
- Personalized Week Menu
- Platinum: 8-Week Intensive Program

Subscription Plans

- Silver Subscription
- Gold Subscription

To ensure meaningful progress and lasting results, all subscriptions have a minimum commitment of 3 months.

4. Copyright and Confidentiality

All personalised meal plans, and consultation materials created by Manal Nutritionist are protected by copyright. These materials are exclusively designed for your personal use and are intended to support you on your unique nutrition journey. Reproduction, distribution, or sharing of these resources in any form with third parties is strictly prohibited and constitutes a violation of copyright law.

To safeguard the integrity of our services and protect our clients' investments, we actively monitor for any unauthorised use or distribution of our materials. If Manal Nutritionist suspects that shared access to our services has been compromised or that meal plans and other exclusive content have been provided to unauthorised individuals, we reserve the right to take immediate action. This action may include the cancellation of services without a refund, as well as potential legal measures to address the breach of confidentiality.

Your understanding and adherence to these terms ensure that we can continue to provide high-quality, personalised guidance and protect the value of the resources created for you. Thank you for respecting the confidentiality and intellectual property rights of Manal Nutritionist.

5. Payment and Cancellation Policy

5.1 Payment Terms

All payments for Manal Nutritionist's services are processed securely through STRIPE. Prices are inclusive of VAT and are listed in Euros (€).

Subscription payments are collected on the first of each month. If your subscription begins before the first of the month, you will be billed a prorated amount to cover the days before the next full billing cycle.

5.2 Subscription Start and Billing

Your subscription officially starts on the date when the first service is delivered, such as the initial intake consultation. The first full payment will cover the next billing cycle, ensuring continuous service.

5.3 Cancellation Policy

- You may cancel your subscription or service without any penalty up to 24 hours before the agreed start date.
- Cancellations during the subscription period (after the 3 months) require a one-month notice. The subscription will remain active for 30 days after your cancellation request, allowing for a smooth transition.
- If Manal Nutritionist is unable to deliver services within a week of the agreed time, you are entitled to a refund for the lost time.
- Services may be cancelled immediately, without a refund, if the terms of service are violated or if there is a breach of the copyright and confidentiality agreement.

6. Personalised Services and Right of Withdrawal

6.1 Personalised Services

All services offered by Manal Nutritionist, including meal plans and consultations are fully customised to meet each client's unique needs and health goals. These services are designed based on personal data provided by the client, such as dietary preferences, health information, and lifestyle habits. Because of the level of customization, it is important to understand that once a service has been delivered, it cannot be repurposed or offered to another client.

6.2 Waiver of Right of Withdrawal

By agreeing to these terms and purchasing a subscription or service from Manal Nutritionist, you acknowledge and accept that you waive your standard right of withdrawal. This waiver comes into effect immediately after the first service is delivered (e.g., the initial intake consultation or a personalised meal plan).

7. Service and Delivery Timeliness

Manal Nutritionist is committed to delivering services according to the agreed-upon schedule. However, unforeseen circumstances such as technical issues, personal emergencies, illness, or extreme weather conditions may occasionally cause delays in service delivery.

In the event of such delays, Manal Nutritionist will communicate these changes to clients promptly and transparently to keep them informed.

If there is a delay in service delivery that exceeds one week from the initially agreed-upon timeframe, clients are entitled to compensation for the lost time. This compensation may include a partial refund or an extension of services at no additional cost, depending on the nature and extent of the delay. Manal Nutritionist values your time and strives to ensure that you receive the full benefit of our services.

8. Complaints and Response Times

Should you have any concerns or complaints about our services, you may contact us via email at contact@manalnutritionist.com. Complaints will be responded to within 14 days.

9. Liability

Manal Nutritionist will not be held liable for any damages arising from the use of our services, except in cases where laws require otherwise. We are not responsible for potential health issues that arise from following meal plans. Clients are advised to consult their healthcare providers if they have concerns.

10. Changes to Terms and Conditions

Manal Nutritionist reserves the right to modify these Terms and Conditions at any time. Clients will be informed of any changes prior to their next subscription renewal.

11. Governing Law

These Terms and Conditions are governed by the laws of the Netherlands, and any disputes will be resolved in the relevant Dutch courts.