

Harmonic Egg® Client Terms and Consent

For 1:1 sessions with Kerry Camden at Harmonic Haven

Please read these terms before agreeing to your booking. They explain what the session involves, when it may need to be adapted or postponed, and your choices throughout the experience.

1. Nature of the session

- A Harmonic Egg® session is a complementary wellbeing experience using music, coloured light, the acoustic environment of the Egg and a period of rest.
- It is intended to support relaxation, rebalancing and body awareness. It is not medical diagnosis or treatment, physiotherapy, psychotherapy, trauma treatment, or emergency or crisis support.
- Individual responses vary. Research evidence specific to the Harmonic Egg® is limited and developing, and no particular result can be guaranteed.
- You should continue to follow advice and treatment from your GP and other qualified healthcare or mental-health professionals. Do not stop medication or delay medical care because of a session.

2. Health information and suitability

- You must answer the health and suitability questions honestly and tell Harmonic Haven about relevant changes before future sessions.
- Please disclose pregnancy, seizures or blackouts, significant sound or light sensitivity, recent surgery, acute illness, mobility or reclining concerns, claustrophobia or enclosed-space concerns, and any other relevant medical or psychological concerns.
- Please confirm before booking that you are within the reclining chair's maximum weight limit of 300 lb (approximately 136 kg / 21 st 6 lb).
- The Harmonic Egg® Session Protocol supplied to practitioners states that pacemakers and metal plates or screws do not interfere with the Egg. These do not automatically prevent a session, but please tell Kerry about relevant implanted devices or health concerns and seek medical advice if you are unsure about suitability.
- A session may be adapted, postponed or declined if further information or medical advice is needed, or if proceeding would not be appropriate.
- Do not attend while intoxicated, acutely unwell, or experiencing a mental-health crisis, psychosis or a manic episode. Seek appropriate professional support where needed.

3. What happens during the session

- You remain fully clothed and remove your shoes. Please remove watches, belts and metal jewellery where practical before the session. Piercings that cannot be removed may remain in place.
- The reclining chair can be kept more upright or reclined according to your comfort, provided you are within its 300 lb (approximately 136 kg / 21 st 6 lb) maximum weight limit.
- At Harmonic Haven, the Egg doors are normally closed during the session. If you experience claustrophobia or feel uncomfortable in enclosed spaces, tell Kerry before the session. You will be shown the doorbell and how to exit if needed.
- You may keep your eyes open or closed and use or decline an eye mask. Kerry selects the sound and light settings based on your intake and Harmonic Egg® training. Tell Kerry if anything feels uncomfortable; you may ask to pause or stop the session at any time.

HARMONIC HAVEN

- The music portion is followed by approximately 10 minutes of silence before Kerry returns and opens the Egg.
- Touch is not normally required. If help with the chair, a blanket or positioning is offered, Kerry will explain it and ask for your clear agreement first.

4. Your control and comfort

- You remain in control throughout the session. You may ask questions, request practical comfort adjustments, pause, stop or leave the Egg at any time.
- Tell Kerry immediately if you experience pain, dizziness, nausea, breathlessness, panic, disorientation, sensory overload or anything that does not feel comfortable.
- You do not need to discuss, revisit or relive any traumatic experience. Sensations, emotions or memories may occasionally arise, but Kerry is not providing trauma or mental-health treatment.

5. Possible responses and aftercare

- You may feel relaxed, tired, alert, emotional, light-headed or groggy; you may notice tingling, temporary discomfort, memories or other sensations; or you may notice very little. There is no right or wrong response.
- Allow yourself time to settle afterwards. Do not drive or operate machinery until you feel fully alert and steady.
- Water and optional electrolytes may be offered for ordinary hydration. Tell Kerry about any relevant allergy or sensitivity before accepting them.
- The Harmonic Egg® protocol recommends allowing 5-7 days for the session to integrate. During that time, keep well hydrated, be gentle with yourself and, where possible, avoid other energy-based work and strenuous or stressful activity.
- Seek appropriate medical advice if anything is severe, unexpected, concerning or persistent.

6. Privacy and records

- Personal and health information is handled in accordance with the Harmonic Haven Privacy Notice and UK data-protection requirements.
- Health information is collected only to assess suitability, plan and document sessions, and provide appropriate support. Your separate explicit consent is requested in the booking form.

7. Consent and emergency support

- By ticking the agreement boxes in the booking form, you confirm that you have read and understood these terms and consent to receiving a 1:1 Harmonic Egg® session from Kerry Camden at Harmonic Haven.
- You authorise Kerry to contact emergency services if she reasonably believes urgent medical or safety support is required.

Business

Harmonic Egg Hastings Limited trading as Harmonic Haven

Version

1.1 - Effective 12 August 2026

This document should be read alongside the Harmonic Haven Privacy Notice and the information supplied in your booking confirmation.