

# CEDAR AND STONE

## Recurring SMS Message Privacy Policy

EFFECTIVE DATE: 03/10/25

Cedar and Stone Nordic Sauna (“we,” “us,” “our”) respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how Cedar and Stone Nordic Sauna collects and uses information about you when you opt-in to receive SMS messages from us.

### INFORMATION WE COLLECT

When you opt-in to receive SMS messages, we collect:

- Your basic contact information (including your name and email address)
- Your phone number
- Consent to send SMS messages

### HOW WE COLLECT YOUR INFORMATION

We may collect your information directly from you, such as when you complete a form or contact us; automatically, such as when you interact with our website; or from others, such as when we receive information about you from third parties.

### HOW WE USE YOUR INFORMATION

We use your information to:

- Send you the SMS messages you’ve opted in to receive.
- Provide appointment confirmation, reminders and updates, as well as answers to any questions that you message us about, based on your preferences.

You can opt out of receiving SMS messages at any time by replying STOP to any message we send you. You can review our Messaging Terms below for additional information about the opt-out process.

### TO WHOM WE DISCLOSE YOUR INFORMATION

We may disclose your information to our affiliated companies; business advisors, or consultants who provide services to us; in connection with a merger, acquisition, reorganization, or restructuring; as required by law or administrative order; and to assert claims or rights or to defend against claims. However, we do not share your personal information, phone number, or SMS consent opt-in data with third parties or affiliates for marketing or promotional purposes. We do not share your mobile opt-in or SMS consent with anyone.

## PROTECTION OF INFORMATION

We take steps to protect your information against unauthorized use or disclosure.

## UPDATES

We may periodically update this privacy policy. If we make material changes that have a substantive and adverse impact on your privacy, we will provide notice on this website prior to the change becoming effective. We encourage you to periodically review this page for the latest information about our privacy practices.

## HOW TO CONTACT US

You can reach us by texting the word HELP for support to 218-451-2183. You may also contact us directly at [office@cedarandstonesauna.com](mailto:office@cedarandstonesauna.com).

# Recurring SMS Messages Terms and Conditions

EFFECTIVE DATE: 3/10/25

By opting in to receive SMS messages from Cedar and Stone Nordic Sauna (“we,” “us,” “our”), you agree to these Terms and Conditions (Terms).

## SMS MESSAGING SERVICE

By providing my phone number, I consent to receive SMS text messages from Cedar and Stone Nordic Sauna for appointment confirmation, reminders and updates, as well as answers to any questions that you message us about Guided Sauna Experiences and other services offered by Cedar and Stone Nordic Sauna. Message and Data Rates may apply.

## MESSAGE FREQUENCY

You will get more than one message from us unless you opt-out, and while messaging frequency varies, you will likely receive 2-3 messages for each session you book with us. Cedar and Stone Nordic Sauna reserves the right to alter the frequency of messages at any time to increase or decrease the total number of messages. Cedar and Stone Nordic Sauna and carriers are not liable for delays or undelivered messages.

## MESSAGE AND DATA RATES

Message and data rates may apply based on your mobile carrier’s terms.

## PRIVACY POLICY

Your information will be handled in accordance with our Privacy Policy as outlined above.

#### CANCELLATION/OPT-OUT INSTRUCTIONS

You can opt out of receiving SMS messages at any time by replying STOP to any message we send you. After you opt out of text messaging, you will receive one additional message confirming your request has been processed.

#### HELP/CUSTOMER SUPPORT

You can reach us by texting the word HELP for support to 218-451-2183. You may also contact us directly at [office@cedarandstonesauna.com](mailto:office@cedarandstonesauna.com).

#### LIABILITY

We are not responsible for any charges, errors, or delays in SMS delivery or undelivered messages caused by your carrier or third-party service providers.

LEARN MORE:

[cedarandstonesauna.com/about/opportunities/](http://cedarandstonesauna.com/about/opportunities/)

218.451.2183

