CERTIFICATE OF BUSINESS INSURANCE

Policy Number Name of **INSURED**	158118 Alina Painter trading as The 1:1 Diet, Holistic Health Clinic & Training
TRADE or **BUSINESS**	**Angel Card Reading** **Acupressure** **Aromatherapy** **Astro-Therapy** **Astrology** **Back Massage** **Beauty Facial** **Bio Detox Therapy** **Body Facial** **Breath Therapy** **Cognitive Behavioural Therapy** **Candle Massage** **Channelling** **Chi Kung/Qigong** **Coaching - Life and Executive Coaching** **Coach Supervision** **Coach Training/Tuition** **Colour Reflexology** **Colourworks** **Cooking Demonstrations** **Cosmology** **Counselling** **Craniosacral Reflexology** **Craniosacral Therapy** **Crystal Healing** **Crystal Readings** **Cupping** **Dance Movement Therapy / Psychotherapy** **De-cluttering Practitioner** **Deep Tissue Massage** **Dietary Cooking** **Dietary Supplements Advisor** **Dowsing** **Ear Irrigation / Micro-Suction** **Energy Healing** **Sacred Esoteric Healing** **Eyebrow Treatments** **Family and Systemic Constellations** **Faith Healing** **First Aid Training** **First Aid at Work Training** **Flower Remedies** **Frequency Therapy - Health** **Guided Self Healing** **Gem Remedies** **Gestalt** **Health & Lifestyle Training** **Healing Codes** **Health and Wellness Coaching** **Health Kinesology**

	Herbalism **Holistic Massage** **Holistic Psychotherapy** **Homeopathy** **Hopi Ear Candling / Thermo-Auricular Therapy** **Hot & Cold Stone Massage** **Hypnotherapy** **Indian Head Massage** **Interpreting and Translating** **Intuitive Counselling** **Iridology** **Karuna Reiki** **Kinesiology** **LaStone Therapy** **Laughter Therapy** **Lava Shells Massage** **Leadership Training** **Life Coaching** **Light Therapy** **Lomi Lomi Massage** **Lymph Drainage Massage** **Manual Lymphatic Drainage** **Magnetic Therapy** **Manipulative Therapy** **Massage** **Meditation Guidance** **Mental Health Support** **Mentoring** **Meridian Energy Therapy** **Mindfulness Meditation** **Neuro Linguistic Programming** **Neuro Linguistic Programming Training** **Numerology** **Naturopathy** **Nutritional Therapy** **Oriental Face Massage / Natural Facelift Massage and Exercises** **Oriental Body Massage** **Pendulum Dowsing** **Personal Development** **Pilates** **Pregnancy Massage** **Reflexology** **Reiki** **Relaxation Therapy** **Reverse Therapy** **Runes** **Seated Chair massage** **Sports and Exercise Nutritional Advisor** **Shadow Work Therapy** **Somatic Therapy** **Spiritual Healing** **Sport Massage** **Sports Injury Therapy** **Story Massage** **Storytelling** **Stress Management** **Stress Massage** **Stress Counselling** **Swedish Massage** **Tai chi** **Thai Hot Herb Massage** **Therapeutic Touch Therapy** **Thermal Palms** **Theta DNA Healing**

	Tutor **Vitamin Therapy** **Voice tutor, training and teaching** **Warm Bamboo Massage** **Food and Wellness Coaching** **Wicca Practice** **Aromatouch** **Arts and Crafts** **Body Slimming Wrap/Scrub** **Cuddle Therapy** **Kinesiology Taping** **Manual Handling Instruction** **Mind Calm Practitioner** **Myofascial Therapy** **Nature Therapy** **Educational Coaching and Tuition** **Reconnective Healing** **Shamanic Healing** **Sound Therapy / Sound Healing / Vibrational Therapy** **Sports Coaching** **Sport Taping** **Weight Loss Practitioner** **Whole woman** **and no other for the purpose of this policy** A detailed definition and description of each of the business practices listed above is contained in the Policy Schedule
Date of commencement of insurance	30 December 2026
Date of expiry of insurance	29 December 2027 expiring at Midnight
Retroactive Date	Nil Up to £5 million coverage: Nil £5 million to £10 million coverage: RDI (Date of inception)
Limit of Cover Professional Indemnity and Public Liability and Medical Malpractice	 £ 1,000,000

Signed for and on behalf of
Westminster Insurance Ltd



Gail O'Donovan