

# GIFT VOUCHER

FOR A CORE SESSION



Step into a healthier, stronger, and more vibrant of YOU! Discover the power of cold water with my Core Session where you learn foundations of ice-bathing. Unlock your body's natural resilience, improve mental clarity, and experience the powerful benefits of cold exposure in a safe, guided environment. Ready to take the plunge?

ISSUED DATE:

[WWW.MARTINALENK.COM](http://WWW.MARTINALENK.COM)

# TERMS AND CONDITIONS

This voucher is valid for 6 months from the date of issue.

Advanced booking is required. Please, call Martina at +41 78 838 7335 or email [martina.lenk@gmail.com](mailto:martina.lenk@gmail.com) to schedule your session.

This voucher is non-refundable and cannot be exchanged for cash.

A minimum of 24 hours' notice is required for rescheduling.

Sessions are subject to weather conditions and may be rescheduled at the discretion of the thermalist instructor, who reserves the right to change or cancel the session with prior notice.

Please, inform Martina of any medical or health issues prior to the session. Participation is at your own risk.

Participants must be 18 years or older.

*Enjoy your journey into the cold and happiness!*

