

## AO Wellness Giveaway (Instagram) - TERMS AND CONDITIONS

All competition entrants will be deemed to have accepted these terms and conditions and deemed to have agreed to be bound by them when entering this Competition.

1. The Promoters are AO Retail Limited, AO Park, 5a The Parklands, Lostock, Bolton, BL6 4SD

2. No Purchase is necessary to enter this Competition.

3. Each contestant must:

- 1) Like this post
- 2) Tag anyone & everyone (every comment is an entry)
- 3) Follow us [@ao](#)
- 4) Share on your stories (optional)

4. Competition details form part of these terms and conditions.

5. The Competition runs from 01/01/2026 until midnight on 07/01/2026. Entries received after this time will not be put forward for the draw.

6. The prize is:

1. <https://ao.com/product/mqtr3zma-beats-studio-pro-headphone-sandstone-98409-178.aspx>
2. <https://ao.com/product/tb201uk-ninja-detect-power-pro-blender-black-103075-71.aspx>
3. <https://ao.com/product/fn101ukst-ninja-crispi-4in1-portable-glass-air-fryer-brown-105198-672.aspx>
4. <https://ao.com/product/fb521srwt-fitbit-sense-2-smart-watche-white-104264-322.aspx>

In the instance that an item goes out of stock, AO can substitute to a similar item of equal or greater value.

7. For fulfilment purposes only, your details including full name and email will be required by AO Retail Limited.

8. All competition entrants must be aged 18 or over.

9. Entry is open to residents of the UK excluding Channel Islands or the Isle of Man, except employees (and their families) of ao.com, the suppliers of the prizes and any other companies associated with either ao.com or the Competition. Please note that, whilst we do offer home delivery to every UK postcode (excluding the Scottish Highlands, Scottish Islands, Channel Islands, the Isle of Man or the Republic of Ireland) certain products cannot be delivered to certain parts of Northern Ireland. Please refer to our website for full terms and conditions in respect of deliveries.

11. The winner will be selected at random.

12. Each user can enter as many times as they want.

13. You must have an open Instagram account to enable us to see your post to stories.

14. Winners will be notified through Instagram on or before midnight 14/01/2026.
15. Should the person selected be a previous winner from the last 6 months, the promoter reserves the right to select another winner.
16. The winner will have one calendar day to claim the prize by sending a message to the Instagram account of AO, failure to claim within this time period could result in loss of prize. AO Retail Limited will not be responsible for delay caused by third parties.
17. In the event that a winner is unreachable, is ineligible or fails to claim the prize within the time required (one calendar day), the winner shall forfeit the prize and it will be awarded to a substitute winner, which shall be the next entry selected at random.
18. The decision of the Promoters is final and binding in all respects on all entrants. No correspondence will be entered into. Entries that do not comply in full with these entry terms and conditions will be disqualified.
19. The prizes are as offered when the winner is contacted, and no cash or other alternatives will be offered. The prize is non-refundable and non-transferable.
20. The Promoters reserve the right to substitute the prize for a prize of equivalent or greater monetary value if this is necessary for reasons beyond its control.
21. Except in the case of death or personal injury arising from its negligence or in respect of fraud and so far as is permitted by law, the Promoter and its associated companies exclude responsibility and all liabilities arising any postponement, cancellation, delay or changes to the prize details beyond the Promoter's control and for any act or default of any third party supplier.
22. The Promoters will not be liable for any prize(s) that do not reach the winner for reasons beyond the Promoter's reasonable control.
23. The winner(s) agree(s) to the use of their name, location and will co-operate with any other reasonable requests by AO Retail Limited.
24. Use of a false name or details will result in disqualification.
25. All entries must be made directly by the person entering the Competition, no group, mass or software entries will be accepted.
26. Entries made online using methods generated by a script, macro or the use of automated devices will be void.
27. No responsibility can be accepted for entries lost, delayed or corrupted, or due to computer, network or software failure which may restrict or delay entry.
28. The Promoters may refuse or disqualify any entry (including winning entries) if the entrant concerned or anyone authorised by the entrant to deal with their entry, acts in a way towards the Promoter which the Promoter reasonably considers to be inappropriate, unlawful or offensive. If the winning entry is disqualified the Promoter reserves the right to award the prize to another entrant.

29. Entrants will be deemed to have accepted these terms and conditions and agreed to be bound by them when entering this Competition.

30. The promoters reserve the right to amend or alter these terms of Competitions at any time and reject entries from entrants not entering into the spirit of the Competition.

31. Competitions may be modified or withdrawn at any time.

32. The first name and town of competition winners may be announced on the @AO Instagram. If you would prefer for this information not to be published, please let us know in advance by sending an email to [Rachael.balmforth @ao.com].

33. This Competition, and any dispute or claim arising out of or in connection with it, shall be governed and construed in accordance with English law. You irrevocably agree that the courts of England and Wales shall have exclusive jurisdiction to settle any dispute or claim that arises out of or in connection with this Promotion.

34. Due to the nature of this Competition, entries shall not be returned.