

PRIVACY POLICY

This Policy explains when and why I collect personal information. The processing of personal data is governed by the General Data Protection Regulation (GDPR).

**How do I process your personal data?**

Body Essence complies with its obligations under the GDPR by:

* keeping personal data up-to-date;
* by not collecting or retaining excessive amounts of data;
* by protecting personal data from loss, misuse, unauthorised access and disclosure and by ensuring that appropriate technical measures are in place to protect personal data:
* by storing electronic data securely by use of password protection and by having up-to-date virus protection software;
* by storing paper data in a lockable filing cabinet;
* I use your personal data for the following purposes:
  + To administer clinical records;
  + To send information about special offers.

Mailing list data collection and storage

My website is hosted on the Wix.com platform. When you contact me via the Body Essence website, it collects the personal information you give (e.g. your name and email address).

Your data is stored through Wix.com’s data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall. I access your data via a password-protected log in process.

I only collect and store information you enter via the ‘Contact’ form on the website and I only retain this information for the purposes of contacting you either to respond to your query or to send out special offers.

I may also collect personally identifiable information gathered via comments, feedback, reviews, and recommendations via social media in order to respond to your messages and to share positive feedback via our website and social media channels.

**Sharing your personal data**

Your personal data is treated as strictly confidential and will not be shared with any third parties.

Updating the Privacy Policy

I reserve the right to modify the Body Essence Privacy Policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.

Unsubscribe from our mailing list

You may unsubscribe from my mailing list at any time by clicking on the ‘Unsubscribe’ link in the footer of an e-newsletter or by emailing me at this address: [juliechaigh@googlemail.com](mailto:juliechaigh@googlemail.com) and asking to be removed from the mailing list.