# Privacy Policy

Angela Skinner, Eat Well Nutrition & Lifestyle Coaching

www.eatwell-nutrition.com

This page informs you of our policies regarding the collection, use and disclosure of Personal Information when you use our Service.

We will not use or share your information with anyone except as described in this Privacy Policy.

We use your Personal Information for providing and improving the Service. By using the Service, you agree to the collection and use of information in accordance with this policy.

**Information Collection And Use**

While using our Service, we may ask you to provide us with information that can be used to contact or identify you. This may include, but is not limited to, your email address, mobile number and name.

We collect this information to provide services (workshops, therapies, newsletters), to identify and communicate with you and to respond to your enquiries.

Information will only be used for the purposes for which we have your permission.

**Log Data**

We collect information that your browser sends whenever you visit our website. This may include information such as your computer Internet Protocol (IP) address, browser type, browser version, the pages of our website that you visit, the time and date of your visit, the time spent on those pages and other statistics.

In addition, we use third party services such as Facebook and Google Analytics that collect, monitor and analyse this type of information to improve your online experience. These third party service providers have their own privacy policies addressing how they use such information.

**Cookies**

Cookies are files with a small amount of data, which may include an anonymous unique identifier. Cookies are sent to your browser from a web site and transferred to your device. We use cookies to collect information in order to improve our services for you.

You can instruct your browser to refuse all cookies or to indicate when a cookie is being sent. The Help feature on most browsers provide information on how to accept cookies, disable cookies or to notify you when receiving a new cookie.

If you do not accept cookies, you may not be able to use some features of our Service and we recommend that you leave them turned on.

**Behavioural Remarketing**

Eat Well Nutrition & Lifestyle Coaching uses remarketing services to advertise on third party web sites to you after you visited our website. We, and our third party vendors, use cookies to inform, optimise and serve ads based on your past visits to our Service.

**Google**

Google AdWords remarketing service is provided by Google Inc.

You can opt-out of Google Analytics for Display Advertising and customize the Google Display Network ads by visiting the Google Ads Settings page: http://www.google.com/settings/ads

Google also recommends installing the Google Analytics Opt-out Browser Add-on https://tools.google.com/dlpage/gaoptout for your web browser. Google Analytics Opt-out Browser Add-on provides visitors with the ability to prevent their data from being collected and used by Google Analytics.

For more information on the privacy practices of Google, please visit the Google Privacy & Terms web page: http://www.google.com/intl/en/policies/privacy/

**Do Not Track Disclosure**

We support Do Not Track (DNT). Do Not Track is a preference you can set in your web browser to inform websites that you do not want to be tracked.

You can enable or disable Do Not Track by visiting the Preferences or Settings page of your web browser.

**Service Providers**

We use various companies to provide services on our behalf and to assist us in analyzing how our Service is used.

We use Mailchimp for sending newsletters, webhealer for online appointment booking and Stripe for processing payments online.

These third parties have access to your Personal Information only to perform specific tasks on our behalf and are obligated not to disclose or use your information for any other purpose.

**Communications**

We will only send you our newsletters with offers, workshop information and our wellness tips when you specifically opt in for this service, either through our website or verbally.

You may opt out of receiving any, or all, of these communications from us by following the unsubscribe link or instructions provided in any emails or texts we send.

When you book a workshop or consultation via our website, we will only use the information to give you the best and safest experience possible and to contact you regarding the workshop or consultations.

When you submit a contact form, we will only use the information supplied for dealing with your enquiry.

**Consultation Forms**

To provide the NLC consultation, and give you the best and safest treatment possible, we will complete a consultation form.

Consultation forms are securely stored and can only be accessed by our therapists.

Our therapists are bound not to remove the consultation forms, share the information with any third party or contact you without your consent.

**Compliance With Laws**

We will disclose your Personal Information where required to do so by law or subpoena or if we believe that such action is necessary to comply with the law and the reasonable requests of law enforcement or to protect the security or integrity of our Service.

**Secure Storage of your information.**

The security of your Personal Information, including consultation forms, registration information for qualifications and contact information, stored in physical form, on a mobile or desktop device or in the cloud, is important to us. We strive to implement and maintain commercially acceptable security procedures and practices appropriate to the nature of the information we store, in order to protect it from unauthorized access, destruction, use, modification, or disclosure.

However, please be aware that no method of transmission over the internet, or method of electronic or physical storage is 100% secure and we are unable to guarantee the absolute security of the Personal Information we have collected from you.

​**Links To Other Sites**

Our Service may contain links to other sites that are not operated by us. If you click on a third party link, you will be directed to that third party site. We strongly advise you to review the Privacy Policy of every site you visit.

We have no control over, and assume no responsibility for the content, privacy policies or practices of any third party sites or services.

**Children's Privacy**

Only persons age 18 or older have permission to access our Service. Our Service does not address anyone under the age of 13 (Children).

We do not knowingly collect personally identifiable information from children under 13. If you are a parent or guardian and you learn that your Children have provided us with Personal Information, please contact us. If we become aware that we have collected Personal Information from a children under age 13 without verification of parental consent, we take steps to remove that information from our servers.

**Changes To This Privacy Policy**

This Privacy Policy is effective as of 1st June 2021

We reserve the right to update or change our Privacy Policy at any time and you should check this Privacy Policy periodically. Your continued use of the Service after we post any modifications to the Privacy Policy on this page will constitute your acknowledgment of the modifications and your consent to abide and be bound by the modified Privacy Policy.

**Your Rights**

Under GDPR (General Data Protection Regulations) you have the you have the following rights:-

The right to be informed about how your personal information is collected and used.

The right of access to the personal data held about you;

The right to have any incorrect or incomplete information corrected.

The right to be forgotten i.e. the right to have any personal information deleted.

The right to restrict how your personal information is used.

**Contact Us**

If you have any questions about this Privacy Policy, please contact us.

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