

This privacy policy explains how Take A Breather UK may use any personal information we collect about you when you use this website. Please read the following carefully to understand how your personal data will be used.

What information do I collect?

We collect your name and email address when you get in touch via the website or email. By submitting personal data via these methods, you give your consent that all personal data that you submit will be processed by us in the manner and for the purposes described below.

Client consultation forms are strictly private and confidential, these are kept for 7 years and locked away in a filing cabinet and/or stored digitally password protected. The information on a consultation form will be updated as and when there is changes in medical history.

How will I use information about you?

We are committed to protecting the privacy of my clients and the users of my website. We are the sole owner of the information collected from my email, website and client consultation forms. We collect information about you to process your request, and if you agree, to email you about other products and services I think may be of interest to you. Client consultation forms are carried out to ensure your safety during a treatment. All the information held about you is strictly not shared with any third parties.

Marketing

We would like to send you information about products and services which may be of interest to you. If you have consented to receive marketing emails, you may opt out at a later date. You have a right at anytime to stop me from contacting you for marketing. If you no longer wish to be contacted for marketing purposes, please email "STOP" to "hello@takeabreatheruk.com".

Access to your information and correction

You have the right to request a copy of the information I hold about you. If you would like a copy of this information, please email "hello@takeabreatheruk.com". There is no charge for this service, except in extreme situations such as when a request is unnecessary, excessive or repetitive. We want to make sure that your personal information is accurate and up to date. You may request for us to correct or remove information you think is inaccurate at any time.

Cookies

Cookies are text files placed on your computer to collect standard internet log information and visitor behaviour information. This information is used to track visitor use of the website and to compile statistical reports on website activity. You can set your browser not to accept cookies.

Data controller

We make every effort to ensure that my practices, procedures and systems comply with the relevant data protection legislation and I am registered as a data controller with the ICO for the purposes of the GDPR Data Protection act. Christopher Haddon is the Data Controller for Take A Breather UK.

Changes to my privacy policy

We keep our privacy policy under regular review. This privacy policy was last updated on 6th January 2021 . Please contact us if you have any questions about my privacy policy or information I hold about you. hello@takeabreatheruk.com