

Privacy Policy for Healing in the Harbour Website

At Healing in the Harbour, accessible at <https://healingintheharbour.co.uk>, one of my main priorities is the privacy of visitors. This Privacy Policy document contains types of information that is collected and recorded by my and how I use it.

If you have additional questions or require more information about my Privacy Policy, do not hesitate to contact me through email at info@healingintheharbour.co.uk

General Data Protection Regulation (GDPR)

I am a Data Controller of your information.

My legal basis for collecting and using the personal information described in this Privacy Policy depends on the Personal Information I collect and the specific context in which I collect the information:

- My needs to perform a contract with you
- You have given me permission to do so
- Processing your personal information is in my legitimate interests
- I need to comply with the law

Personal data that I process shall not be kept for longer than is necessary. I will retain and use your information to the extent necessary to comply with our legal obligations, resolve disputes, and enforce our policies.

If you are a resident of the European Economic Area (EEA), you have certain data protection rights. If you wish to be informed what Personal Information I hold about you and if you want it to be removed from my systems, please contact me by email.

Your Rights

In certain circumstances, you have the following data protection rights :

- The right to access, update or to delete the information I have on you.
- The right of rectification.
- The right to object.
- The right of restriction.
- The right to data portability
- The right to withdraw consent

Contact Form

When you contact me via our website Contact form, I will collect your name and email address. By using the Contact Form you consent to me using this information for correspondence purposes, notably to discuss your interest in holistic treatment and to book an appointment. To have your email deleted from my records, please contact me by email.

Blog Subscription Service

When you sign up to my blog subscription service, I will collect your email address. By using the blog subscription service you consent to me using this information in order to send you by email my blog posts as and when they are published. To unsubscribe and have your email deleted from this service, either click "Unsubscribe" at the bottom of a blog post email, or contact me by email.

Testimonials

Subject to your prior consent, I may publish information you provide about treatment you received from us as a Testimonial on our website. Such information may be available, via the internet, around the world. I cannot

prevent the use (or misuse) of such information by others. To have your testimonial deleted from my website please contact us by email.

Cookies

Like any other website, my website uses 'cookies'. These cookies are used to store information including visitors' preferences, and the pages on the website that the visitor accessed or visited. The information is used to optimize the users' experience by customizing my web page content based on visitors' browser type and/or other information.

You can choose to disable cookies through your individual browser options. More information on how to do this can be found by visiting the following links :

- <https://support.google.com/chrome/answer/95647?hl=en> (Chrome);
- <https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences> (Firefox);
- <http://www.opera.com/help/tutorials/security/cookies/> (Opera);
- <https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies> (Internet Explorer);
- <https://support.apple.com/kb/PH21411> (Safari); and
- <https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy> (Edge).

Note that if you block cookies, some features of the website may not be available to you.

Links to other sites

The website may contain links to other sites (Facebook, Twitter, PayPal etc). My Privacy Policy does not apply to other websites. Thus, I am advising you to consult the respective Privacy Policies of these other sites for more detailed information. It may include their practices and instructions about how to opt-out of certain options.

Log Files

The website follows a standard procedure of using log files. These files log visitors when they visit websites. All hosting companies do this and a part of hosting services' analytics. The information collected by log files include internet protocol (IP) addresses, browser type, Internet Service Provider (ISP), date and time stamp, referring/exit pages, and possibly the number of clicks. These are not linked to any information that is personally identifiable. The purpose of the information is for analyzing trends, administering the site, tracking users' movement on the website, and gathering demographic information.

Children's Information

Another part of my priority is adding protection for children while using the internet. I encourage parents and guardians to observe, participate in, and/or monitor and guide their online activity.

I do not knowingly collect any Personal Identifiable Information from children under the age of 18. If you think that your child provided this kind of information on my website, I strongly encourage you to contact me immediately and I will do our best efforts to promptly remove such information from my records.

Online Privacy Policy Only

This privacy policy applies only to my online activities and is valid for visitors to my website with regards to the information shared and/or collected online. This policy is not applicable to any information collected offline or via channels other than this website.

Consent

By using my website, you hereby consent to our Privacy Policy. I may update this Privacy Policy from time to time, and I invite you to check this page periodically to ensure you are happy with any changes to it.