

Privacy Policy

Love Yourself Wellness, LLC

Updated: November 2025

Love Yourself Wellness, LLC (“we,” “us,” or “our”) is committed to protecting your privacy and honoring the trust you place in us. This Privacy Policy explains how we collect, use, protect, and share your information when you visit our website, make a purchase, or participate in our services.

1. Information We Collect

Information You Provide Directly

We collect personal information that you voluntarily share, including:

- Name
- Email address
- Phone number
- Billing and shipping address
- Payment information (processed securely through third-party processors)
- Health or preference information voluntarily provided for coaching or class customization
- Messages or inquiries submitted through our website or email

Automatically Collected Information

When you visit our website, we may automatically collect:

- IP address
- Browser type and device information
- Pages viewed and time spent on the site
- Cookies and similar tracking technologies

This data helps improve website performance and user experience.

2. How We Use Your Information

We use the information collected to:

- Process payments and complete purchases

- Manage class registrations, coaching sessions, and memberships
- Send confirmations, receipts, and necessary service updates
- Communicate regarding schedule changes, policies, and customer service needs
- Deliver newsletters, promotions, and wellness content (with your consent)
- Improve website functionality and user experience
- Ensure safety and compliance with legal obligations

We do **not** sell your information, ever.

3. How We Protect Your Information

We use reasonable administrative, technical, and physical safeguards to protect your personal information from unauthorized access, disclosure, or misuse.

Payment information is processed through secure, PCI-compliant third-party processors; we do **not** store full credit card details.

4. Sharing Your Information

We only share your information with:

- **Trusted service providers** (payment processors, website hosts, email platforms)
- **Legal authorities**, if required by law, court order, or to protect the rights and safety of our clients or business

We do **not** sell or rent your personal information to third parties for marketing.

5. Cookies & Tracking Technologies

Our website may use cookies to improve user experience and analyze site traffic.

You can disable cookies in your browser settings, though some site features may not function properly.

6. Email Communications

By providing your email, you agree to receive updates related to:

- Class reminders
- Schedule changes
- Receipts and confirmations

- Wellness content
- Promotions or product announcements

You may unsubscribe from promotional emails at any time using the link in the message.

7. Health Information Disclosure

Any health-related details shared (voluntarily) for coaching, safety, or class modifications are kept confidential and used only to deliver safe, personalized services.

We do **not** share health information with third parties except when required by law.

8. Data Retention

We retain personal information only as long as necessary to:

- Provide services
- Maintain business records
- Comply with legal or tax requirements

You may request deletion of your data at any time, subject to legal retention requirements.

9. Children's Privacy

Our services are intended for individuals age 18 and older unless accompanied by a parent or guardian.

We do not knowingly collect personal information from children under 13. If such information is discovered, it will be deleted promptly.

10. Your Rights

Depending on your location, you may have the right to:

- Access your personal data
- Update or correct information
- Request deletion of your data
- Opt-out of marketing communications

To exercise these rights, contact us using the information below.

11. Third-Party Links

Our website may contain links to external sites.

We are not responsible for the privacy practices or content of third-party websites.

12. Updates to This Policy

We may update this Privacy Policy from time to time.

Changes will be posted with a revised “Updated” date.

Continued use of our site or services signifies acceptance of the updated Policy.

13. Contact Information

For questions or requests related to this Privacy Policy:

Love Yourself Wellness, LLC

Email: loveyourselfshoppe@gmail.com

Phone: **484-918-0665**

Website: www.loveyourselfwithrose.com