

Privacy Policy

Brambleside Holistics

Last updated: 31 August 2026

At Brambleside Holistics, your privacy is important. This policy explains what personal information I may collect, why I use it, and how it is stored and protected.

Who I am

Brambleside Holistics is operated by Emma Whittaker and provides holistic wellbeing services and related products. If you have questions about this policy, please contact me using the details on my Contact page.

Information I may collect

- Your name
- Telephone number
- Email address
- Information you provide when making an enquiry or booking
- Appointment and treatment records where appropriate
- Order, delivery and transaction information where relevant

How your information is used

- Respond to enquiries
- Arrange and manage appointments
- Provide holistic wellbeing services
- Process and fulfil orders where applicable
- Maintain appropriate business and treatment records
- Meet legal, regulatory and accounting obligations

I will not sell your personal information. I will only use it for marketing where I have an appropriate basis to do so, and you can opt out of marketing communications at any time.

Treatment information and confidentiality

Information shared with me in connection with a holistic treatment is treated respectfully and confidentially. Information will only be disclosed where there is a legal requirement, a safeguarding concern, or another appropriate reason to do so.

How your information is stored

Personal information is stored securely using password-protected systems and/or secure physical storage. Records are kept only for as long as reasonably necessary for the purpose for which they were collected and to meet applicable legal, insurance or professional requirements, after which they are securely deleted or destroyed.

Website data and cookies

The website may collect technical or usage information, such as browser type, device information and pages visited. Cookies and similar technologies may also be used. Where required, you will be given choices about non-essential cookies.

Your rights

Under UK data protection law, you may have rights to access your personal information, ask for inaccurate information to be corrected, request deletion or restriction in certain circumstances, object to certain processing, and withdraw consent where consent is relied upon.

If you have concerns about how your personal information is handled, you can contact me first so I can try to resolve them. You also have the right to raise a concern with the Information Commissioner's Office (ICO).

Changes to this Privacy Policy

This policy may be updated from time to time to reflect changes to Brambleside Holistics, the website or legal requirements. The latest version will always be available on the website.