

Privacy Policy

Last Updated: November 8, 2023

As the owner of this Site, we hold your privacy in the highest regard. The purpose of this Privacy Policy is to provide you with clear and comprehensive information on how we collect, utilize, safeguard, and, when necessary, share your personal and non-personal data. Your privacy is of utmost importance to us, and we are committed to ensuring the protection and responsible handling of your information.

This Privacy Policy governs the manner in which the website collects, uses, maintains, and discloses information collected from users (each, a 'User') of the website ('Site'). This privacy policy applies to the Site and all products and services offered by Valerie Diane Nutrition and Wellness LLC. We kindly ask that you review this Privacy Policy in its entirety before navigating the Site.

INFORMATION WE COLLECT

We collect various types of personal information from Users in the following ways:

- When Users visit our site, register on the site, subscribe to the newsletter, and in connection with other activities, services, features, or resources we make available on our Site.
- Information you provide when registering on the Site, which may include, but is not limited to, your name, age, telephone number, postal address, and email address.
- Information about your usage of the Site.
- Information you provide to us in emails or letters.
- Information about transactions, orders placed, and the fulfillment of orders.
- Data submitted to use the Site, including data related to your customers, clients, or others using your services.

Additionally, we may receive information that you submit to any third-party website or application accessed through the Site. The owner or operator of such third-party websites will be the data controller for the information submitted. Please review their respective privacy policies to understand how they use your personal information.

COOKIES

The Site uses cookies to enhance your experience. Cookies are small text files stored on your computer. Cookies allow us to:

- Monitor usage of the service.
- Improve the Site's usability.
- Personalize content for you.

If you do not wish us to install cookies on your computer for these purposes, you can change your internet browser settings to reject cookies. Please consult your browser's "Help" section for guidance. However, note that rejecting cookies may limit your ability to use certain features of the Site, including the ability to place orders, as cookies enable account login.

We may also use an analytics service provider to analyze and report on service usage. Analytics service providers use cookies stored on users' computers to generate statistical information about Site usage.

Third-party advertisers whose ads appear on the Site may also use and place cookies on your computer. We have no control over these cookies. Please consult the terms and conditions and privacy policies of such third-party advertisers to understand their data collection and usage practices.

HOW WE USE YOUR INFORMATION

We may use your information for the following purposes:

- Ensure effective delivery of the Site.
- Provide information, products, or services you request or may interest you, subject to your consent.
- Fulfill obligations arising from contracts between you and us.
- Provide customer service, address inquiries, and handle complaints.
- Notify you of changes to our service.
- Administer, support, improve, optimize, and develop our Site.
- Produce reports for internal use, sale, or publication, with data anonymized to prevent individual user identification.
- Conduct internal marketing and demographic studies to enhance our products and services.
- Enhance security.

We may also use your information to send you email notifications, newsletters, and other marketing communications based on your requests or consent. You can opt out of these communications at any time by notifying us in writing or by following the unsubscribe procedure specified in the emails you receive.

DISCLOSURE OF YOUR INFORMATION

Except as expressly outlined in this Privacy Policy or as required or permitted by law, we will not share, sell, or distribute any information you provide to us without your consent.

Please be aware that information posted in public sections of the Site may be visible to users worldwide. Exercise caution when submitting personal information on the Site.

We may disclose your personal information in the following circumstances:

- (i) To third parties necessary for order fulfillment and subscribed services.
- (ii) When required by law or court order.
- (iii) To individuals or entities necessary to enforce our rights under this Privacy Policy or our Terms and Conditions.

We may disclose your personal information to Facebook Inc for the purpose of providing Sites.

You can review Facebook's Terms of Site here:

<https://www.facebook.com/ads/manage/customaudiences/tos.php>

THIRD-PARTY SITES

The Site may contain links to websites or applications operated by third parties. We do not control these third-party websites, and this Privacy Policy does not apply to them. Please review the terms and conditions and privacy policies of these third-party websites to understand their data collection, usage, and cookie practices.

Advertisements on our Site link to the advertiser's website, where information collected through your clicks will be collected and used by the advertiser in line with their privacy policy.

DATA SECURITY

Your data may be transferred to a cloud service provider with data servers located outside the European Economic Area (EEA). By submitting your data, you agree to this transfer and the storage/processing of your data on these servers. We will implement appropriate security measures to protect your data from unauthorized access, unlawful processing, accidental loss, destruction, and damage. Please note that data transmission over the internet is inherently insecure, and we cannot guarantee the security of data transmitted online.

DATA COLLECTION & RETENTION

We collect and retain specific user data, which includes names and email addresses. Access to this data is restricted to the Site owner and the designated advertising manager. The primary purpose of collecting this information is to facilitate marketing and retargeting ad services associated with the offerings of Valerie Diane Nutrition and Wellness.

Your personal information will be retained for as long as you wish to maintain a connection with us. The exact duration may vary as it depends on your preferences and choices. As a general guideline, we will continue to send you email messages and newsletters through our email subscription, which you may have either voluntarily subscribed to or been automatically enrolled in as a result of other activities on our Site, until you choose to opt out of these communications.

ACCESSING YOUR INFORMATION

You have the right to request access to and, if necessary, rectification of your personal data. To exercise these rights, please contact us at the address provided in this Privacy Policy or email valerie@embody-wellness.com. We may request proof of your identity and charge a fee of twenty US dollars (\$20) to cover our costs associated with data access requests. We also reserve the right to refuse access to such information if we suspect the request is fraudulent.

ADDITIONAL PROTECTIONS

Depending on your territory, you may be eligible for additional protections based on territory specific laws. The following policies cover data protection and privacy for users in different regions:

General Data Protection Regulation (“GDPR”):

- If you're in the EU or EEA, GDPR applies.
- We require your consent for data processing, offer opt-out options, and respect your data rights.
- We'll notify you of data breaches within 72 hours.
- We process data for legitimate business purposes and may contact you about services.
- Our Privacy Policy complies with GDPR.

United Kingdom’s GDPR (“Uk Gdpr”):

- If you're in the UK, UK GDPR and DPA 2018 apply.
- UK GDPR replaces Data Protection Act of 1998, effective from May 25, 2018. If data was collected before 2021, it follows EU/EEA GDPR.
- We require your consent for data processing, offer opt-out options, and respect your data rights.
- We'll notify you of data breaches within 72 hours.
- We process data for legitimate business purposes and may contact you about services.

- Our Privacy Policy complies with UK GDPR.

Brazil's LGPD (Lei Geral De Protecao De Dados Pessoais):

- If you're in Brazil, LGPD applies, effective September 18, 2020.
- We require your consent for data processing, offer opt-out options, and respect your data rights.
- Data is retained as needed and we will notify you of breaches in a timely manner.
- Data is processed for legitimate business purposes.
- Our Privacy Policy complies with LGPD.

Personal Information Protection And Electronic Documents Act ("PIPEDA")

- If you're in Canada, PIPEDA applies.
- We can collect, use, and disclose your data in a commercial setting.
- Consent can be withdrawn.
- Our Privacy Policy complies with PIPEDA.

Australian Privacy Act of 1988 (APA):

- If you are in Australia, APA applies.
- This policy protects Australian data and regulates data collection, use, and disclosure.
- Our Privacy Policy complies with the Australian Privacy Act.

New Zealand Privacy Act of 2020:

- If you're in New Zealand, the New Zealand Privacy Act applies.
- This policy regulates data collection, use, disclosure, and protection.
- Our Privacy Policy complies with the New Zealand Privacy Act.

California Residents:

- Additional rights apply under CalOPPA and CCPA.
- We may not respond to "Do Not Track" signals.
- You can request your data, business purposes, and third-party sharing.
- You can request data deletion.
- Our Privacy Policy complies with CalOPPA and CCPA.

CAN-SPAM Act:

- We comply with CAN-SPAM Act requirements for commercial emails.

CHANGES TO OUR PRIVACY POLICY

We reserve the right to update this privacy policy at any time. When updated, the revised date will be noted at the bottom of this page. We encourage Users to regularly review this page to stay informed about our efforts to protect your personal information.

CONTACTING US

If you have any questions about this Privacy Policy, your rights, the practices of this Site, or would like to update/remove your personal information, please contact us:

valerie@embody-wellness.com
Valerie Diane Nutrition and Wellness LLC
35322 Marabella Court, Winchester, CA 92596

YOUR ACCEPTANCE OF THESE TERMS

By using this Site, you signify your acceptance of this policy. If you do not agree with this policy, please refrain from using our Site. Continued use of the Site following changes to this policy will be deemed acceptance of those changes.

Please review this privacy policy periodically and make any necessary edits to align it with your specific data handling practices and legal requirements.