

GDPR Privacy Notice for Soul 2 Sole Wellness

Effective Date: 28th June 2025

Who We Are

Soul 2 Wellness
4 Clos Meurig, Pentre Meyrick, Cowbridge, CF71 7RR
Email: soul2solewellnessinfo@gmail.com
Phone: 07404321653
Data Controller: Yasmin Lima

We are committed to protecting your personal data and respecting your privacy. This notice explains how we collect, use, and protect your information.

What Information We Collect

As part of your reflexology treatment, we collect the following personal information:

- Full name
 - Date of birth
 - Contact details (email, phone number, address)
 - Medical history and relevant health information
 - Emergency contact details
 - Payment and appointment records
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Why We Collect Your Data

We collect this information for the following lawful purposes:

- To provide safe and effective reflexology treatments (Legitimate Interest / Vital Interests)
- To manage appointments and communicate with you (Consent)
- To comply with legal obligations (e.g., health and safety, insurance requirements)

How Your Data is Stored

Your information is securely stored:

- Digitally on a password-protected device/system
- Paper records (if used) are stored in a locked cabinet
- Access is limited to the therapist and any authorized personnel (e.g., admin)

How Long We Keep Your Data

We retain client records for **7 years** after your last appointment, as recommended by professional and insurance guidelines. After this period, your data is securely destroyed.

Sharing Your Data

We will **not** share your personal data with third parties unless:

- Required by law (e.g., legal or insurance claim)
- You provide explicit written consent

We do **not** sell or trade your information.

Your Rights Under GDPR

You have the right to:

- Access the personal data we hold about you
- Request correction of incorrect data
- Request deletion of your data (unless legally required to keep it)
- Withdraw consent at any time
- Lodge a complaint with the ICO (Information Commissioner's Office)

Consent

By completing our consultation form and booking services, you agree to the collection and use of your information as described in this notice.

Contact Us

If you have questions or wish to exercise your rights, please contact:

Yasmin Lima

Email: soul2solewellnessinfo@gmail.com

Phone: 07404321653