

GDPR & Privacy Policy

Arête Health & Wellness is committed to protecting your personal data and respecting your privacy. This policy explains how personal information is collected, used, stored, and protected in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

1. Data Controller

Arête Health & Wellness

2. Information We Collect

We may collect and process the following personal information: Name and contact details Information submitted through contact forms or enquiries Basic health and fitness information where relevant Website usage data Health-related information is only collected where necessary and with explicit consent.

3. How Your Information Is Used

Personal data is used to respond to enquiries, provide services, maintain professional records, improve services, and meet legal or regulatory obligations. Personal data is never sold or shared for marketing purposes.

4. Lawful Basis for Processing

Data is processed under consent, contractual necessity, legal obligation, or legitimate interests. Health-related data is processed only with explicit consent.

5. Data Storage and Security

All reasonable steps are taken to ensure personal data is stored securely and protected from unauthorised access, loss, or misuse. Data is retained only for as long as necessary and in line with legal and professional requirements.

6. Sharing of Information

Personal data will only be shared where required by law or where necessary to provide a service, and only with appropriate safeguards in place.

7. Your Rights

Under UK GDPR, you have the right to access your personal data, request correction, request deletion where appropriate, withdraw consent at any time, and raise concerns with the Information Commissioner's Office (ICO).

8. Cookies

This website may use cookies to improve user experience and website performance. Cookies can be controlled through browser settings.

9. Policy Updates

This policy may be updated periodically to reflect changes in legislation or services. The most recent version will always be available on this website.