

Privacy Policy for Resilient Light Wellness

Last Updated: September 26, 2024

Welcome to Resilient Light Wellness ("we," "us," or "our"). At Resilient Light Wellness, we prioritize your privacy and are committed to protecting the security of your personal information. This Privacy Policy outlines how we collect, use, disclose, and safeguard your personal information when you interact with our services and visit our website, www.resilientlightwellness.com (the "Website"). By accessing or using our Website or services, you acknowledge and agree to the practices described in this Privacy Policy.

We encourage you to read this Privacy Policy thoroughly and to contact us if you have any questions or concerns about our privacy practices. If you do not agree with the terms of this Privacy Policy, please do not use our Website or services.

1. Information We Collect

We may collect the following types of personal information when you use our services or visit our Website:

- **Information You Provide:** We collect personal information that you voluntarily provide to us, including your name, email address, phone number, and any other information you choose to provide when contacting us or using our services.
- **Automatically Collected Information:** We automatically collect certain information about your device when you visit our Website or use our services, including your IP address, browser type, operating system, and other technical information.
- **Cookies and Similar Technologies:** We use cookies and similar tracking technologies to collect information about your browsing activities on our Website.

2. How We Use Your Information

We use the personal information we collect for the following purposes:

- To respond to your inquiries and provide you with the services you request.
- To improve and personalize your experience on our Website.
- To send you marketing communications, only if you have explicitly consented to receive such communications.
- To analyze and understand user interaction with our Website and services to enhance functionality.
- To comply with legal obligations and protect our rights as well as the rights of others.

3. Disclosure of Your Information

We may share your personal information with third parties in the following circumstances:

- **Legal Compliance:** We may disclose your information when legally required or to respond to lawful requests by public authorities, including meeting national security

or law enforcement requirements.

4. Your Choices

Regarding your personal information, you have the following choices:

- You can update or correct your personal information by contacting us.
- You can opt out of receiving marketing communications by following the unsubscribe instructions included in our emails.

5. Security

We implement reasonable measures to protect your personal information from unauthorized access, disclosure, alteration, or destruction. However, no data transmission or storage system can be guaranteed to be 100% secure.

6. Changes to this Privacy Policy

We may update this Privacy Policy from time to time to reflect changes in our practices or for other operational, legal, or regulatory reasons. We will notify you of any material changes by posting the updated policy on our Website. We encourage you to review this Privacy Policy periodically.

7. Contact Us

If you have any questions or concerns about this Privacy Policy or our data practices, please contact us at:

info@resilientlightwellness.com

By using our Website and services, you agree to the terms of this Privacy Policy.

Effective Date: September 26, 2024