

Privacy Policy

Last updated: 25/09/2025

At Aleo Wellness Studio, we respect your privacy and are committed to protecting your personal data. This policy explains how we collect, use, and safeguard your information when you visit our website, book classes, or interact with us online.

1. Information We Collect

We may collect the following types of information:

- Personal details such as your name, email address, phone number, and billing information when you create an account, purchase memberships, or book classes.
- Health-related information you provide voluntarily when completing studio forms (e.g., injuries, pregnancy, or medical notes relevant to safe participation).
- Technical information such as IP address, browser type, and cookies when you use our website.

2. How We Use Your Information

We use your data to:

- Manage bookings, memberships, and payments.
- Communicate with you about classes, updates, and offers.
- Ensure your safety and tailor sessions to your needs.
- Improve our website, services, and customer experience.

3. Sharing Your Information

We will never sell your data. We may share information with trusted third parties who help us operate our business (e.g., booking platforms, payment processors, or email providers), but only as necessary to provide our services.

4. Cookies

Our website uses cookies to improve browsing and track usage. You can disable cookies in your browser settings, but some parts of the site may not function properly.

5. Data Security

We take appropriate technical and organisational measures to protect your data from loss, misuse, or unauthorised access.

6. Your Rights

You have the right to:

- Access the personal data we hold about you.
- Request corrections or updates to your information.

- Withdraw consent for marketing communications at any time.
- Request deletion of your personal data, subject to legal requirements.

To exercise your rights, please contact us at: info@aleowellnessstudio.co.uk

7. Changes to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page with a revised "last updated" date.