

# COOKIES

## What are Cookies?

A cookie is a small amount of data, which often includes a unique identifier that is sent to your computer or mobile phone (referred to here as a "device") browser from a website's computer and is stored on your device's hard drive. Each website can send its own cookie to your browser if your browser's preferences allow it, but (to protect your privacy) your browser only permits a website to access the cookies it has already sent to you, not the cookies sent to you by other websites. Many websites do this whenever a user visits their website in order to track online traffic flows.

## How we use them?

Information supplied by cookies can help us to analyse the profile of our visitors and help us to provide you with a better user experience.

## How to control and delete them?

Your Body Business Limited will not use cookies to collect personally identifiable information about you. However, if you wish to restrict or block the cookies which are set by Your Body Business Limited or indeed any other website, you can do this through your browser settings. The Help function within your browser should tell you how.

## Third Party Cookies we use on this website

### Google Analytics & Adwords:

Google stores the information collected by the cookie on servers in the United States. Google may also transfer this information to third parties where required to do so by law, or where such third parties process the information on Google's behalf. Google will not associate your IP address with any other data held by Google. By using the website, you consent to the processing of data about you by Google in the manner and for the purposes set out above.

How to reject or delete these cookies:

For more information on how to reject or delete this cookie, please see:

<http://www.google.com/intl/en/privacypolicy.html>

## Further Reading

For further reading on cookies, please see:

<http://www.aboutcookies.org>

[http://www.ico.gov.uk/for\\_organisations/privacy\\_and\\_electronic\\_communications/the\\_guide/cookies.aspx](http://www.ico.gov.uk/for_organisations/privacy_and_electronic_communications/the_guide/cookies.aspx)

# PRIVACY POLICY

This website privacy policy describes how Your Body Business Limited protects and makes use of the information you give the company when you use this website.

If you are asked to provide information when using this website, it will only be used in the ways described in this privacy policy.

This policy is updated from time to time. The latest version is published on this page.

This website privacy policy was updated on: 01/12/2019.

## Introduction

We gather and use certain information about individuals in order to provide products and services and to enable certain functions on this website.

We also collect information to better understand how visitors use this website and to present timely, relevant information to them.

By using this website, you consent to us collecting this data for the purposes specified.

## What data we gather

We may collect the following information:

- Name and job title
- Contact information including email address
- Demographic information, such as postcode, preferences and interests
- Website usage data
- Other information relevant to client enquiries
- Other information pertaining to special offers and surveys

## How we use this data

Collecting this data helps us understand what you are looking from the company, enabling us to deliver improved products and services.

Specifically, we may use data:

- For our own internal records.
- To improve the products and services we provide.
- To contact you in response to a specific enquiry.
- To customise the website for you.
- To send you promotional emails about products, services, offers and other things we think might be relevant to you.
- To send you promotional mailings or to call you about products, services, offers and other things we think might be relevant to you.
- To contact you via email, telephone or mail for market research reasons.

## Controlling information about you

When you fill in a form or provide your details on our website, you will see one or more tick boxes allowing you to:

- Opt-in to receive marketing communications from us by email, telephone, text message or post.
- Opt-in to receive marketing communications from our third-party partners by email, telephone, text message or post.

If you have agreed that we can use your information for marketing purposes, you can change your mind easily, via one of these methods:

- Sign in to our website and change your opt-in settings.
- Write to us at: Your Body Business Limited, First Floor, 57 High Street, Yatton, BS49 4EQ.

We will never lease, distribute or sell your personal information to third parties unless we have your permission, or the law requires us to.

Any personal information we hold about you is stored and processed under our data protection policy, in line with the Data Protection Act 1998.

## Security

We will always hold your information securely.

To prevent unauthorised disclosure or access to your information, we have implemented physical and electronic security safeguards.

We also follow stringent procedures to ensure we work with all personal data in line with the Data Protection Act 1998.

### Links from our site

Our website may contain links to other websites.

Please note that we have no control of websites outside the of Your Body Business Limited domain. If you provide information to a website to which we link, we are not responsible for its protection and privacy.

Always be wary when submitting data to websites. Read the site's data protection and privacy policies fully.