

Journey with Nikita Ltd Privacy Policy

Our contact details:

Name: Mrs Nikita Thakrar

Address: 9 Buckler Ride, Crowthorne, Wokingham, RG45 6HQ

Phone Number: 07539 689147

E-mail: nikita@journeywithnikita.com

Website: <https://journeywithnikita.com/>

The type of personal information we collect.

We currently collect and process the following information:

- Personal identifiers, contacts, and characteristics (for example, name and contact details)
- Basic medical details including allergies or potential contraindications.

How do we get personal information and why do we have it

Most of the personal information we process is provided to us directly by you for one of the following reasons:

- To be able to contact you for marketing purposes.
- To allow us to contact you for reasons relating to your treatment, service, or course.
- To help us provide you with the best personally tailored treatments.
- For us to be aware of any illness, ailment, allergies or other contraindication that may affect how we provide our service.

Under the UK General Data Protection Regulation (UK GDPR), the lawful bases we rely on for processing this information are:

Your consent. You can remove your consent at any time. You can do this by contacting Nikita Thakrar via email. nikita@journeywithnikita.com

How we store your personal information

Your information is securely stored.

We keep any personal contact details or medical details for the time that we work with you. We will then dispose of your information by deleting all electronic files or securely shredding any paperwork with your details.

Your data protection rights.

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your personal information in certain circumstances.

Your right to object to processing - You have the right to object to the processing of your personal information in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the personal information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us at nikita@journeywithnikita.com if you wish to make a request.

Cookies

Cookies are small text files that can be used by websites to make a user's experience more efficient.

The law states that we can store Cookies on your device if they are strictly necessary for the operation of this site. For all other Cookies, we need your permission.

This site only uses Cookies that are strictly necessary for the operation of the site.

SiteGround Hosting may install Cookies on our Website Visitors' devices in accordance with their Privacy Policy which can be found here:

<https://www.siteground.com/privacy.htm>

How to complain

If you have any concerns about our use of your personal information, you can make a complaint to us at nikita@journeywithnikita.com.

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>