



Privacy Policy

At The Little Brook Retreat, we are committed to protecting your personal information and respecting your privacy. This policy explains how we collect, use and store your data when you interact with us.

Information We Collect

We may collect the following information when you make a booking or enquiry:

- Name and contact details (email address, phone number)
- Booking details
- Emergency contact information (if provided)
- Dietary requirements and allergies
- Relevant health information (where necessary for treatments or your safety)

How We Use Your Information

We use your information to:

- Manage and administer your booking
- Communicate with you about your visit
- Ensure your safety, comfort and wellbeing during your time with us
- Tailor your experience (e.g. dietary requirements or treatments)

We will only use your data where necessary and will not use it for unrelated purposes.

Special Category Data

Some information you provide (such as health details or allergies) is considered sensitive under data protection law.

We only collect this where necessary and will:

- Use it solely to ensure your safety and wellbeing
- Keep it strictly confidential
- Only share it with relevant therapists if required for your treatment

Sharing Your Information

We will **never sell or share your personal data** with third parties for marketing purposes.

Your information may be shared only where necessary, for example:

- With trusted therapists delivering your treatment
- Where required by law

How We Store Your Data

Your information is stored securely and only kept for as long as necessary to:

- Manage your booking
- Meet legal or accounting requirements

Your Rights

Under UK data protection law, you have the right to:

- Access the personal data we hold about you
- Request correction of inaccurate information
- Request deletion of your data where appropriate
- Withdraw consent at any time

To do so, please contact us using the details below.

Contact Us

If you have any questions about this policy or how your data is handled, please email; hello@thelittlebrookretreat.com

Updates to This Policy

We may update this Privacy Policy from time to time. The latest version will always be available on our website.