



# Privacy Policy

Last updated: 16th of August 2025

This Privacy Policy explains how Living Well Daily (“we”, “us”, or “our”) collects, uses, and protects your personal data when you visit our website [www.livingwelldaily.co.uk](http://www.livingwelldaily.co.uk). We are committed to safeguarding your privacy in compliance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

## 1. Who We Are

Data Controller: Living Well Daily  
Contact Email: [livingwelldailyinfo@gmail.com](mailto:livingwelldailyinfo@gmail.com)

## 2. Information We Collect

We may collect and process the following categories of personal data:

- **Information you provide directly:** such as your name, email address, phone number, and other contact details (e.g., when filling out a contact form or subscribing to a newsletter).
- **Technical data:** including IP address, browser type, operating system, and usage details collected through cookies and analytics tools.
- **Transaction data:** if you purchase products or services, we may collect billing and payment details.

## 3. How We Use Your Information

We process your personal data for the following purposes:

- To provide and improve our website and services.
- To respond to your enquiries or requests.
- To process transactions and deliver products/services.
- To send you marketing communications (only if you have given consent).
- To comply with legal or regulatory obligations.

## 4. Legal Basis for Processing

We process your data under one or more of the following lawful bases:

- Your consent (e.g., subscribing to newsletters).
- Performance of a contract (e.g., delivering services you purchased).
- Legal obligation (e.g., record-keeping, tax requirements).
- Legitimate interests (e.g., improving our website, preventing fraud).



## 5. Data Sharing

We do not sell your personal data. We may share your data with:

- Service providers and business partners (e.g., hosting providers, payment processors).
- Regulators or law enforcement if required by law.
- Third parties in the event of a business transfer (e.g., merger, acquisition).

## 6. International Transfers

If we transfer your data outside the UK, we ensure that appropriate safeguards (such as Standard Contractual Clauses) are in place to protect your information.

## 7. Data Retention

We keep your personal data only as long as necessary for the purposes outlined in this Privacy Policy or to comply with legal obligations.

## 8. Your Data Protection Rights

Under the UK GDPR, you have the following rights:

- The right to access your personal data.
- The right to request correction of inaccurate data.
- The right to request erasure of your data (“right to be forgotten”).
- The right to restrict or object to processing.
- The right to data portability.
- The right to withdraw consent at any time.
- The right to lodge a complaint with the Information Commissioner’s Office (ICO): <https://ico.org.uk>.
- To exercise your rights, please contact us at [livingwelldailyinfo@gmail.com](mailto:livingwelldailyinfo@gmail.com).

## 9. Cookies

Our website uses cookies to improve user experience and analyse traffic. You can manage your cookie preferences through your browser settings.

## 10. Security

We implement appropriate technical and organisational measures to protect your personal data against loss, misuse, or unauthorised access.

## 11. Changes to This Privacy 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.



## 12. Contact Us

If you have questions about this Privacy Policy or how we handle your personal data, please contact:

Email: [livingwelldailyinfo@gmail.com](mailto:livingwelldailyinfo@gmail.com)