

Privacy Policy

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This Privacy Policy explains how we collect, use, store, and protect your personal information when you enquire about, book, or attend the Atlantic Reset Retreat.

What information we collect

We may collect the following information:

Full name.

Email address.

Phone number.

Address.

Emergency contact details.

Dietary requirements.

Health information, injuries, allergies, or medical conditions that you choose to share with us.

Booking and payment information.

How we use your information

We use your information to:

Respond to enquiries.

Process retreat bookings.

Confirm your place on the retreat.

Manage payments and invoices.

Share important retreat updates and practical information.

Make reasonable adjustments where needed.

Comply with legal and accounting requirements.

Lawful basis for processing

We process your personal data on the basis of:

Contract — to manage your booking and provide the retreat services.

Legitimate interests — to respond to enquiries and run our business effectively.

Consent — where you choose to provide health or other sensitive information.

Legal obligation — where we need to keep records for tax, accounting, or regulatory purposes.

How we store your information

We take appropriate steps to keep your information secure. Your details will only be accessed by people who need them in order to manage your booking and deliver the retreat.

Sharing your information

We may share relevant information with trusted third parties where necessary to run the retreat, such as accommodation providers, instructors, chefs, transport providers, or payment processors. We will only share the minimum information needed for the service.

How long we keep your information

We keep your personal information only for as long as necessary for booking administration, legal, accounting, or operational purposes.

Your rights

You have the right to:

Request access to the information we hold about you.

Ask us to correct inaccurate information.

Ask us to delete your information where appropriate.

Object to or restrict certain types of processing.

Withdraw consent at any time, where consent is the legal basis for processing.

Contact us

If you have any questions about this Privacy Policy or how your information is handled, please contact us at: tsilvawellnessretreat@gmail.com

Changes to this policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page.