

Privacy Policy for Breathwork Zen

(including Botanical Blends by Breathwork Zen)

Last updated: 11 June 2025

Breathwork Zen (“we”, “us”, “our”), a sole trader business based in Milton Keynes, UK, operates both in-person wellness services and an online tea shop under the brand **Botanical Blends by Breathwork Zen**. We are committed to protecting your personal information. This policy explains how we collect, use, disclose, and safeguard your data when you:

- Visit our website: <https://www.breathworkzen.com>
- Book services including **Breathwork, Tibetan Bowl Massage, Tibetan Chair Massage, Zen Massage**
- Place orders through our online tea shop: **Botanical Blends by Breathwork Zen**
- Contact us via email or website forms

1. Information We Collect

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

- **Contact details:** your name, email address, phone number (when you contact us, book a service, or place an online order).
- **Booking information:** details of services you book (type of service, session dates/times).
- **Order information:** details of tea shop purchases via **Botanical Blends by Breathwork Zen** (items ordered, delivery details).
- **Payment information:** if you pay via bank transfer, we may receive your name or reference number in our bank statements. If you pay cash in person, no payment data is collected.
- **Health & wellbeing information:** any relevant information you provide to enable safe participation in **Breathwork, Tibetan Bowl Massage, Tibetan Chair Massage, or Zen Massage**.

2. How We Use Your Data

We use your personal data to:

- Manage and deliver your bookings for **Breathwork, Tibetan Bowl Massage, Tibetan Chair Massage, and Zen Massage**.
- Process and fulfil **online tea shop orders** placed through **Botanical Blends by Breathwork Zen**.
- Communicate booking confirmations or order updates.
- Respond to your enquiries.

- Maintain financial records as required by law.
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3. Legal Bases for Processing

Our processing of your personal data is based on:

- **Performance of contract** – to fulfil your bookings and online orders.
 - **Legal obligations** – compliance with tax and accounting requirements.
 - **Legitimate interests** – maintaining and improving our services.
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4. Sharing and Disclosure

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

- Trusted service providers who help us operate our website (e.g. web hosting and email services).
 - Delivery services to fulfil orders from **Botanical Blends by Breathwork Zen**.
 - Legal authorities where required by law.
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5. Data Security & Storage

Your data is stored securely in GDPR-compliant systems. Sensitive health-related data is treated with strict confidentiality and only accessed when necessary to provide safe services.

6. Cookies

We do not actively use cookies or similar tracking technologies on our website.

7. Third-Party Links

Our website may contain links to external platforms (e.g. Instagram, Facebook). We are not responsible for their privacy practices.

8. Your Rights

Under UK GDPR, you have the right to:

- Request access to your personal data.
- Request correction or deletion of your data.
- Object to, or restrict, our processing of your data.
- Lodge a complaint with the Information Commissioner's Office (ICO).

To exercise your rights, contact us at: **breathworkzen@outlook.com**.

9. Policy Updates

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

10. Contact Us

Breathwork Zen

Milton Keynes, UK

Email: **breathworkzen@outlook.com**