

Privacy Policy

Effective Date: 5/11/2026

Last Updated: 5/23/2026

Welcome to Unwind My Health Services LLC. We respect your privacy and are committed to protecting the personal information you share with us through our website, services, programs, consultations, courses, memberships, and digital platforms (collectively, the “Services”).

This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you use our Services.

1. Information We Collect

We may collect the following types of information:

Personal Information

When you interact with our Services, you may voluntarily provide:

- Full name
- Email address
- Phone number
- Billing and payment information
- Mailing address
- Wellness goals and lifestyle information
- Intake forms or health-related information you choose to share
- Appointment details
- Communication preferences

Automatically Collected Information

When you visit our website, we may automatically collect:

- IP address
- Browser type

- Device information
- Operating system
- Website usage data
- Cookies and analytics data

Sensitive Health Information

As a wellness and holistic service provider, you may voluntarily share information related to your physical, emotional, spiritual, or mental wellness. We treat this information with heightened confidentiality.

However, unless explicitly stated, our services are not medical services and may be subject to HIPAA regulations.

2. How We Use Your Information

We use your information to:

- Provide wellness services and consultations
- Schedule and manage appointments
- Process payments
- Send newsletters and promotional communications
- Improve our website and services
- Respond to inquiries and customer support requests
- Maintain records and internal administration
- Comply with legal obligations
- Protect against fraud or unauthorized activity

We only use your information for legitimate business purposes and in accordance with applicable laws.

3. Sharing of Information

We do not sell your personal information.

We may share information with trusted third parties, including:

- Payment processors
- Email marketing providers
- Scheduling platforms
- Website hosting providers
- Analytics services
- Legal or regulatory authorities when required by law

These third parties are permitted to use your information only to provide services on our behalf.

4. Cookies and Tracking Technologies

Our website may use cookies, pixels, and similar technologies to:

- Improve website functionality
- Analyze traffic and user behavior
- Personalize user experience
- Support marketing efforts

You can modify your browser settings to decline cookies; however, some features of the website may not function properly.

5. Data Security

We implement reasonable administrative, technical, and physical safeguards to protect your information from unauthorized access, disclosure, alteration, or destruction.

However, no electronic transmission or storage method is 100% secure, and we cannot guarantee absolute security.

6. Your Rights and Choices

Depending on your location, you may have the right to:

- Access your personal information
- Correct inaccurate information
- Request deletion of your data
- Withdraw consent
- Opt out of marketing communications
- Request data portability

To exercise these rights, contact us at: contactus@unwindmhs.com

7. Third-Party Links

Our website may contain links to third-party websites or services. We are not responsible for the privacy practices of those external sites.

We encourage you to review their privacy policies separately.

8. Children's Privacy

Our Services are not intended for individuals under the age of 18. We do not knowingly collect personal information from children.

If we become aware that we have collected information from a child, we will promptly delete it.

9. Disclaimer

Our holistic wellness services are intended for educational and informational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment.

Always consult a qualified healthcare provider regarding medical concerns.

10. Changes to This Privacy Policy

We may update this Privacy Policy periodically. Changes will be posted on this page with an updated effective date.

Your continued use of the Services after updates constitutes acceptance of the revised policy.

11. Contact Information

If you have questions about this Privacy Policy or your personal information, contact:

Unwind My Health Services LLC

514 Millburn Avenue, Short Hills, NJ 07078

Email: contactus@unwindmhs.com

Tel: 973-992-0741 / 201-704-0812

<https://www.unwindmhs.com>