

Privacy Policy

Effective Date: March 1, 2025

Owner: Rooted Wellness | Anne Lupo, FDN-P

1. Overview

Your privacy is important to me. This Privacy Policy outlines how I collect, use, and protect your personal information when you visit this website or interact with my services.

2. What I Collect

I may collect the following types of information:

- **Personal Information** (name, email address, phone number, etc.) when you fill out forms, book a consultation, or sign up for my newsletter.
 - **Non-Personal Information** like browser type, device, and pages visited, through cookies and analytics tools.
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3. How I Use Your Information

I use the information you provide to:

- Communicate with you (respond to inquiries, send newsletters, appointment reminders, etc.)
 - Deliver and improve my services
 - Share promotional offers (only with your permission)
 - Analyze website traffic and improve user experience
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4. Email Marketing

If you subscribe to my newsletter, you may receive occasional emails from me. You can unsubscribe at any time by clicking the link at the bottom of any email.

5. Cookies and Tracking

I use cookies and third-party services like Google Analytics to track user behavior and improve the website. You can disable cookies through your browser settings.

6. Sharing Your Information

I do **not** sell, trade, or rent your personal information.

7. Protecting Your Information

I use industry-standard security measures to protect your data. However, no method of transmission over the internet is 100% secure, so I cannot guarantee absolute security.

8. Your Rights

You may request to access, update, or delete your personal information by contacting me at: hello@annelupowellness.com

9. Third-Party Links

This website may contain links to third-party websites. I am not responsible for the privacy practices or content of those sites.

10. Changes to This Policy

I reserve the right to update this policy at any time. Changes will be posted on this page with a revised effective date.

Questions?

If you have any questions about this policy, please contact me at hello@annelupowellness.com