

## **Privacy Policy**

Recalibrate Wellness respects your privacy and is committed to protecting your personal information.

### **Information We Collect**

We may collect personal information that you voluntarily provide, such as your name, email address, or other details submitted through contact forms, consultation bookings, or email subscriptions.

### **How We Use Your Information**

Your information may be used to:

- Respond to inquiries or consultation requests
- Provide services or information you request
- Share occasional wellness-related updates or communications (if you opt in)

We do not sell, rent, or share your personal information with third parties for marketing purposes.

### **Email Communications**

If you choose to subscribe to our email list, you may receive occasional communications from Recalibrate Wellness. You may unsubscribe at any time using the link provided in our emails.

### **Cookies & Website Analytics**

This website may use cookies or similar technologies to improve functionality and understand website usage. You may adjust your browser settings to disable cookies if you prefer.

### **Third-Party Services**

This website may contain links to third-party websites or services (such as scheduling platforms or supplement dispensaries). Recalibrate Wellness is not responsible for the privacy practices of those third parties.

### **Data Security**

Reasonable measures are taken to protect your personal information; however, no method of transmission over the internet is completely secure.

### **Contact**

If you have questions about this Privacy Policy, please contact:

**info@recalibratewellness.com**