

Privacy Policy

Effective Date: June 21, 2025

Last Updated: June 21, 2025

Welcome to **Balanced Body Solutions- Therapy & Wellness** ("we", "our", "us"). Your privacy is important to us. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our websites balancedbodysolutionsok.com or thepatternreset.com and/or interact with our services.

1. Information We Collect

We may collect personal information that you voluntarily provide to us, including:

- Name
- Email address
- Phone number
- Payment information (for purchases)
- Any other information you choose to provide

We may also collect non-personal information automatically, such as:

- IP address
 - Browser type
 - Device information
 - Pages visited and time spent on the site
 - Cookies and usage data
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2. How We Use Your Information

We use the collected data to:

- Provide and maintain our services
 - Process transactions
 - Respond to inquiries and provide customer support
 - Send marketing emails (with your consent)
 - Improve website performance and user experience
 - Comply with legal obligations
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3. Sharing Your Information

We do **not** sell your personal information. We may share it with third parties only when necessary:

- With service providers (e.g., payment processors, email services)
 - To comply with legal requirements
 - To protect our rights and safety
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4. Cookies and Tracking Technologies

We use cookies and similar technologies to:

- Understand how you use our site
- Improve your user experience
- Provide personalized content or ads

You can control cookies through your browser settings.

5. Your Privacy Rights

Depending on your location, you may have rights such as:

- Access to your personal data

- Correction or deletion of your data
- Objection to processing
- Data portability

To exercise any of these rights, please contact us at: balancedbodysolutionsok@gmail.com

6. Data Security

We implement appropriate technical and organizational measures to protect your data. However, no system is 100% secure.

7. Third-Party Links

Our website may contain links to other websites. We are not responsible for the privacy practices of those sites.

8. Children's Privacy

Our services are not intended for individuals under the age of 13. We do not knowingly collect personal information from children.

9. Changes to This Policy

We may update this Privacy Policy from time to time. We will notify you of any significant changes by updating the "Last Updated" date.

10. Contact Us

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

Email: balancedbodysolutionsok@gmail.com

Phone: 405-928-3008