

Privacy Policy

Effective Date: July 31st 2025

At **Beara Bodyworks** (“we”, “our”, or “us”), your privacy is important to us. This Privacy Policy explains how we collect, use, disclose, and protect your personal data when you visit our website: **bearabodyworks.ie** (“Site”), in accordance with the General Data Protection Regulation (EU) 2016/679 (“GDPR”).

1. Data Controller

The data controller responsible for your personal data is:

Beara Bodyworks

Bank Place, Knockaneroe, Castletownbere, Co. Cork

info@bearabodyworks.ie

+353 85 844 6884

2. What Personal Data We Collect

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

a. Information You Provide Voluntarily

- Name
- Email address
- Contact details (e.g., through a contact form or newsletter signup)
- Any other information you provide directly

b. Information Collected Automatically

- IP address
- Browser type
- Device type

- Pages visited, time spent, and referring URLs
 - Cookies and usage data (see section 6)
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3. Legal Bases for Processing

We process your personal data based on one or more of the following legal grounds:

- **Consent** (e.g., for newsletters or cookies)
 - **Contract** (e.g., to fulfill a service you requested)
 - **Legal obligation** (e.g., for tax or regulatory reasons)
 - **Legitimate interests** (e.g., to improve our website or prevent fraud)
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4. How We Use Your Data

We use your personal data for the following purposes:

- To provide and maintain the Site
 - To respond to inquiries or support requests
 - To send newsletters or updates (only if you've opted in)
 - To monitor and improve the website
 - To comply with legal requirements
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5. Sharing of Your Data

We do **not sell** or rent your personal data.

We may share your data with:

- **Hosting providers** (e.g., for website operation)

- **Analytics services** (e.g., Google Analytics – data anonymized where possible)
- **Email services** (e.g., Mailchimp for newsletters)
- **Legal or regulatory authorities**, where required by law

All service providers are bound by confidentiality agreements and are GDPR-compliant where required.

6. Cookies and Tracking Technologies

We may use cookies or similar technologies to enhance your experience.

Upon your first visit to our Site, you may see a **cookie banner** asking for your consent to use non-essential cookies. You can manage or withdraw your consent at any time.

Types of Cookies We Use:

- **Essential cookies** – necessary for basic site functionality
- **Analytics cookies** – help us understand how visitors use the site
- **Marketing cookies** – used only if you accept

To learn more or manage your preferences, contact us at info@bearabodyworks.ie.

7. Data Retention

We retain your personal data only as long as necessary for the purposes outlined in this Policy, unless a longer retention period is required by law.

You may request deletion of your data at any time (see Section 8).

8. Your GDPR Rights

Under GDPR, you have the following rights:

- **Right to Access** – Request a copy of the personal data we hold about you.
- **Right to Rectification** – Correct inaccurate or incomplete data.
- **Right to Erasure** – Request deletion of your data (“right to be forgotten”).
- **Right to Restrict Processing** – Ask us to limit how we process your data.
- **Right to Data Portability** – Request your data in a commonly used format.
- **Right to Object** – Object to data processing in certain circumstances.
- **Right to Withdraw Consent** – At any time, where processing is based on consent.
- **Right to Lodge a Complaint** – With your local data protection authority.

To exercise any of these rights, please contact us at:

Email: info@bearabodyworks.ie

9. International Data Transfers

If we transfer your personal data outside the EU/EEA (e.g., to the United States), we ensure that appropriate safeguards are in place, such as **Standard Contractual Clauses (SCCs)** or ensuring the service provider is certified under a recognized data protection framework.

10. Security of Your Data

We implement appropriate technical and organizational measures to protect your data. However, no system can guarantee absolute security.

11. Changes to This Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with an updated effective date. Please review it periodically.

12. Contact Us

If you have any questions or concerns about this Privacy Policy or our data practices, you may contact us at:

Beara Bodyworks

Email: info@bearabodyworks.ie

Address: Bank Place, Knockaneroe, Castletownbere, Co. Cork

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