



1. Who are we?

La'alsauņa is run and founded by Debbie Noble in Cumbria. Its aim is to bring an authentic, wood fired sauna experience to The Lake District. Set outside in the natural environment offering the local community a unique experience with social, health and wellbeing benefits.

This policy covers how we collect, use, disclose and store your data.

2. How do we collect your data?

<https://laalsauna.co.uk/>

Signing Up for Newsletter – We only collect a limited amount of data when we have your consent and will retain it on a secure Mailchimp database. We store this data for five years after your last interaction with us, unless you withdraw consent.

Contact Form – When you complete a contact form, we collect your name, email address and any further information you choose to provide in your message.

Telephone Data – We will only collect personal information that you consent to provide it to us in order to deliver a service.

Email Data that you provide – When you contact us via email, we will retain your email and our response to it for as long as the business issue remains and there is a legitimate interest. We store this data for five years after your last interaction with us, unless you withdraw consent.

Face to Face Contact – If you provided your contact details to us at an event, we may contact you via email, post or telephone. The legal basis for this is legitimate interest. We store this data for five years after your last interaction with us, unless you withdraw consent.

3. Customers

If you are already a customer of La'alsuna, we will hold your data under the legal basis of legitimate interest and may send you marketing materials, unless you withdraw consent.

4. Your rights

Under the General Data Protection Regulations, you have rights as an individual which you can exercise in relation to the information we hold about you.

These rights are:

- The right to be informed
- The right of access
- The right to rectification
- The right to erasure
- The right to restrict processing
- The right to data portability
- The right to object
- Rights in relation to automated decision making and profiling.

5. Accessing your information

La'alsuna is happy to give people access to their personal information. You can find out if we hold any of your personal information by contacting us, or by making a 'right of access' request under the General Data Protection Regulation.

6. Links to other websites

This privacy policy does not cover the links within this site linking to other websites. We encourage you to read the privacy statements on the other websites you visit.

7.Changes to this Privacy Policy

We keep this policy under regular review so you may wish to check it from time to time. We will notify you if any significant changes are made to the policy.

8. How to contact us

Please email us at hello@laalsauna.co.uk or by calling Debbie on: 07956 168797