

# Privacy Policy

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## Effective Date:

October, 2025.

## Last Updated:

25/10/2025

Prayanaa Ayurveda values your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, and safeguard your data when you visit our Ayurvedic website, use our services, or make purchases.

## 1. Information We Collect

We may collect the following types of information:

- Personal Information: Name, Email address, phone number only.
- Health-Related Information: If you voluntarily share health-related details (e.g., symptoms, wellness goals) for consultation purposes, we use them only to provide services and never disclose them without your consent.
- Technical Data: IP address, browser type, device details, and pages visited (through cookies or analytics).
- Communication Data: Feedback, queries, or customer support messages.

## 2. How We Use Your Information

Your information is used for:

- Bookings and Newsletter Subscription.
- Providing Ayurvedic consultation.
- Improving our website and services.
- Sending updates, offers, or wellness tips (only if you opt-in).
- Ensuring legal compliance and preventing fraud.

## 3. Sharing of Information

We do not sell or rent your personal data. We may share information only with:

- Service providers (analytics tools verified by Google).
- Legal authorities if required by law or for safety purposes.

#### 4. Cookies and Tracking

Our website may use cookies or similar technologies to:

- Improve user experience.
- Remember your preferences.
- Track website traffic and performance.

You may disable cookies through your browser, but some features may not work properly.

#### 5. Data Security

We implement industry-standard security measures to protect your personal data.

However, no method of online transmission or storage is 100% secure.

#### 6. Your Rights

Depending on your location, you may have rights to:

- Access, update, or delete your personal data.
- Withdraw consent for marketing communications.
- Request a copy of the data we hold about you.

To exercise these rights, contact us at: [prayanaawellness@gmail.com](mailto:prayanaawellness@gmail.com).

#### 7. Health Disclaimer

All information on this website, including Ayurvedic remedies, tips, and consultations, is provided for general wellness and educational purposes only.

It should not replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before starting any new treatment or product.

#### 8. Third-Party Links

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

#### 9. Updates to Privacy Policy

We may update this Privacy Policy from time to time. The latest version will always be available on this page with the updated 'Effective Date'.

#### 10. Contact Us

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

**Email:** [prayanaawellness@gmail.com](mailto:prayanaawellness@gmail.com)

**Location:** Raja Annamalai Road Near Vinayaka Temple  
Sai Baba Colony, Coimbatore-641011