

Privacy Policy

Effective Date: April 4, 2026

Hervana Women's Wellness ("we," "us," or "our") is committed to protecting the privacy and security of your personal information. This Privacy Policy explains how we collect, use, and safeguard the information you provide when visiting our website, hervanawomenswellness.ca (the "Site"), in compliance with Canada's *Personal Information Protection and Electronic Documents Act* (PIPEDA) and Nova Scotia's *Personal Information International Disclosure Protection Act* (often referred to as "Nova Scotia PIPA").

Please note that this policy applies specifically to our website operations (e.g., contact forms, basic site analytics, and cookies) and covers personal information collected through the Site under PIPEDA and Nova Scotia's PIPA.

Our clinical operations, appointment booking, and clinical/patient records are managed through Jane App via Berwick Chiropractic Health & Wellness Centre. Jane App and Berwick Chiropractic Health & Wellness Centre may collect and process personal information (including clinical or health-related information) under their own privacy policies, terms, and privacy compliance practices.

For certain restorative experiences, including Nordic/sauna sessions held at Saltair Nordic Spa & Wellness, Saltair may collect personal information and its own privacy policies and data collection practices may apply in addition to ours.

We collect information that identifies, relates to, or could reasonably be linked to you ("Personal Information"). The types of information we collect depend on how you interact with our Site:

- **Contact Information (Contact Forms):** When you fill out a contact form or inquiry on our Site, we collect your name, email address, phone number, and any details provided in your message.
- **Technical and Usage Data (Basic Analytics):** We automatically collect certain information about your device and how you interact with our Site, including your IP address, browser type, pages viewed, referring/exit pages, and the time/date of your visit.
- **Cookies and Similar Technologies:** We use cookies (and similar technologies) that help the Site function, remember preferences, and provide basic analytics about Site usage. You can manage your cookie preferences through your browser settings.

Note on Clinical Information (Jane App): If you book an appointment or use clinical services through Berwick Chiropractic Health & Wellness Centre (Jane App), any information you submit through Jane App (including personal health information) is collected and managed by Jane App under its own privacy policy and security practices.

We use the information collected via the Site for the following purposes:

- To respond to your inquiries regarding pelvic physiotherapy or wellness services.
- To improve our Site functionality and user experience through basic analytics and cookies.
- To send occasional newsletters or updates if you have voluntarily opted-in to our mailing list.
- To comply with legal and regulatory obligations.

We do not use information collected through the Site for unrelated purposes. We do not sell your personal information.

By using our Site and submitting your information, you consent to the collection and use of your information as described in this policy. You may withdraw your consent for marketing communications at any time by clicking the "unsubscribe" link in our emails or by contacting us directly.

We do not sell, trade, or rent your Personal Information to third parties. We may share your information with trusted service providers who assist us in operating our website and conducting our business (e.g., website hosting, website analytics, or email service providers), provided these parties agree to keep this information confidential and use it only to provide services to us.

We may also disclose information if required by law or to protect the safety and rights of Hervana Women's Wellness or our clients.

Our Site may include links to third-party websites and services, including Jane App for clinical booking and management of clinical information. While we choose partners who value privacy, we are not responsible for the privacy practices of third-party websites or platforms. We encourage you to review the privacy policies of any external services you visit, including Jane App's privacy policy.

Note on Off-Site Sessions (Saltair Nordic Spa & Wellness): If you attend sauna and Nordic-style sessions held at Saltair Nordic Spa & Wellness, Saltair's own privacy policies and data collection practices may apply in addition to ours.

We implement reasonable administrative, technical, and physical safeguards to protect your personal information against loss, theft, and unauthorized access. While we strive to protect your data, no method of transmission over the internet is 100% secure, and we cannot guarantee absolute security.

We retain your personal information only as long as necessary to fulfill the purposes for which it was collected, or as required by law.

Under Canadian privacy laws, you have the right to:

- Access the personal information we hold about you.
- Request the correction of inaccurate or incomplete information.
- Inquire about how your data is being used and shared.

We may update this Privacy Policy from time to time to reflect changes in our practices or for legal reasons. Any updates will be posted on this page with an updated "Effective Date."

If you have any questions or concerns about this Privacy Policy or our privacy practices, please contact our Privacy Officer:

Jodi Bremner

Owner, Hervana Women's Wellness Kings County, Annapolis Valley, Nova Scotia

Email: jodi@hervanawomenswellness.ca

Website: hervanawomenswellness.ca