

Your Body Electrician

Privacy Policy

Effective Date: 20th September 2026 **Last Updated:** 23th September 2026

Data Controller: Soler Foster Consulting SL, trading as Your Body Electrician

Registered Address: Calle Ciprian de Torres 13, 35310 Santa Brigida, Las Palmas. Spain

NIF : B88840806

Email: yourbodyelectrician@outlook.com

Website: www.yourbodyelectrician.com

If you have any questions about this policy or how I handle your personal data, please contact me using the details above.

About this Policy

This Privacy Policy explains how Your Body Electrician (“I”, “me”, “my” or “my practice”), operating the website www.yourbodyelectrician.com (the "Site"), collects, uses, discloses, and protects information about visitors and clients ("you"). I, via my company Soler Foster Consulting, work with clients globally, with a significant number based in the United Kingdom and the European Union. As such I am registered with the UK’s Information Commissioner’s Office (ICO) and follow Spain’s Agencia Espanola de Proteccion de Datos (AEPD). This policy is therefore written to comply with the UK ICO and General Data Protection Regulation (UK GDPR), Spain’s AEPD and the EU General Data Protection Regulation (EU GDPR), as well as other applicable data protection laws.

By using the Site or my services, you agree to the collection and use of information in accordance with this policy.

Personal Information I Collect

Depending on how you interact with me, my practice or the Site, I may collect:

Information You Provide Directly

- **Contact details:** name, email address, phone number, postal address
- **Booking/appointment information:** preferred dates/times, service selected
- **Payment information:** I issue invoices and accept payment by electronic bank transfer only. I therefore receive details of the account paid from. I do not process or store card payment details. If you choose to pay via a third-party currency conversion or transfer service (such as Wise), your use of that service is governed by that provider’s own privacy policy and terms, and I am not responsible for how that third party handles your data.

- **Health, health-adjacent data and wellness information:** intake forms, health history, symptoms, therapeutic goals, or notes related to sessions, where relevant to the services I provide.
- **Communications:** messages sent via contact forms or email, phone or WhatsApp chat. Blog comments and any name or information included in them.
- **Testimonials:** at the end of our work together I may contact you for an anonymous testimonial. Testimonials come with complex ethical dilemmas. Many professional bodies within the field of health and wellness services have strict ethical codes around testimonials for this very reason. I agree with these ethical codes and therefore adhere to these voluntarily. I also believe that testimonials can help potential clients to make the first step of reaching out which sometimes requires a great deal of bravery on their part, which is why I may ask you for one. I only publish a testimonial after agreeing the exact wording with a client. If I suspect there is any possible identifiable information within the testimonial I will review this with you.

Information Collected Automatically

- **Usage data:** pages visited, time spent, referring URLs, browser type, device type, IP address
- **Cookies and similar technologies:** see Section 6 (Cookies) below

Information from Third Parties

- Information from Rehab Guru as my appointment scheduling and session notes platforms, Microsoft Outlook as my email platform, Revolut as my bank and/or possible marketing platforms that I may use to operate the business.

Health and Health-Adjacent Information (Special Category Data)

Because my services may involve health, wellness, and body-related information, some data I collect may qualify as "**special category data**".

If you become a client, I may collect the following health and health-adjacent data:

- Information on your GP and other relevant healthcare professionals
- Medical history, diagnoses, medications and symptoms
- Clinical information and correspondence supplied by you or an authorised clinician or wellness practitioner

The purpose of this information is to ensure that I am the appropriate therapist for your needs, to ensure that I tailor my service to you as an individual and to check for conditions that are contraindicated to the tools that I use. I will also ask you for the details of your next of kin. This is only used in emergency situations or where you have specifically requested that I contact your next of kin. It may also be necessary to contact your G.P. before commencing therapy and if this is the case I will discuss this with you during our first appointment.

I only process this data where:

- You have given **explicit consent** for a specified purpose (e.g., to receive services or personalised recommendations), and/or
- Processing is necessary for the provision of wellness services you have requested, and /or
- It is deemed best practice by the professional body, EFT International, that I am a voluntary member of.

You may withdraw consent for the processing of health-related data at any time by contacting me, though this may affect my ability to provide certain services.

How I Use Your Information

I use collected information to:

- Communicate with you about appointments, enquiries, or updates
- Provide, schedule, and manage my services and sessions
- Obtain mentoring support as part of the requirements of my voluntary membership to EFT International (all information is anonymised)
- Discuss your case with other therapists and healthcare professionals and only with your explicit consent (for example with other members of Beyond The Therapy Room – www.beyondthetherapyroom.com – a multidisciplinary team that I am a part of)
- Introduce you to therapists and healthcare professionals I am referring you to only when you have explicitly asked me to
- Maintain business/financial records
- Send newsletters or marketing communications (only with your consent, and you may opt out at any time)
- Publish a testimonial that you have provided
- Improve and maintain the Site (analytics, troubleshooting, security)
- Comply with legal obligations (e.g., tax, accounting)
- Respond to legal requests and prevent fraud or misuse of the Site
- To notify you and provide you with a clear option for ongoing care (if you so wish) should I become unexpectedly or ongoingly incapacitated and I cannot inform you myself

Why I Use Your Information and the Legal Bases for Doing So

I use and process your personal and health-adjacent information only where I have a lawful basis to do so under the various regulations I must abide by. This depends on the purpose and circumstances;

Purpose	Main Lawful Basis
Responding to enquires and taking steps before you engage with my services	Steps requested before entering a contract; legitimate interests where appropriate
Providing services you've booked	Performance of a contract; legitimate interests in administering and protecting my practice, legal obligation for required records.
Health-related information	Legitimate interest / necessary for running practice, explicit consent where relevant
Marketing communications	Consent
Site analytics and security	Legitimate interests
Financial record-keeping	Legal obligation

You have the right to withdraw consent at any time where processing is based on consent.

Cookies and Tracking Technologies

I use cookies and similar technologies to operate and improve the Site. These may include:

- **Essential cookies** – required for the Site to function
- **Analytics cookies** – e.g., Google Analytics, to understand visitor behaviour
- **Marketing cookies** – if I run advertising or retargeting campaigns

On your first visit, you will be shown a cookie consent banner allowing you to accept or reject cookies.

You will also be given the option to customise non-essential cookies. Note that disabling cookies may affect Site functionality.

If you consent, I use two forms of analytics to help me improve my services; Go Daddy's built in SEO Tool and Google Analytics. GoDaddy's built-in Search Engine Optimisation tool helps my website to be found by potential clients online. This tool may process limited technical data (such as keyword and site-performance data) as part of its standard operation.

You can read GoDaddy's own privacy policy at: <https://www.godaddy.com/legal/agreements/privacy-policy>

In relation to Google, for more information, please refer to the following:

- **Google's main Privacy Policy:** <https://policies.google.com/privacy>
- **How Google uses data when you use Analytics/partner sites:**
<https://policies.google.com/technologies/partner-sites>

Sharing Your Information

I do not sell your personal data. I may share information with the following third-parties. All third-party processors are required to implement appropriate safeguards for your data.

My EFT International Clinical Supervisor and Peer Supervisees: As part of my professional registration with EFT International, I am required to undertake regular peer supervision where your case may be discussed. This is conducted on the Zoom Platform and sessions are not recorded. Your identity remains completely anonymous and you have the right to refuse this but if you do so I may no longer be able to work with you as supervision is an important part of my continued professional development.

Healthcare Clinicians and other Wellness Service Providers: I also consult other healthcare and health-adjacent professionals on specific cases if your permission, as my client, is expressly given to do so. Your identity remains totally anonymous unless you provide consent for any personal identifiable data to be provided to them to facilitate an introduction to them and their services.

Business Service Providers: I use Rehab Guru which is my scheduling/booking and client notes software, Go Daddy as my website hosting provider, Microsoft Outlook as my email cloud storage provider and Revolut as my bank. All are bound by data processing agreements.

Professional Advisors: accountants and lawyers, where necessary.

Legal Authorities: where required by law, court order, or to protect my or the company's rights

The Executor of my Clinical Will: In the unlikely event that I become seriously or ongoingly incapacitated and I am unable to inform you of the situation myself, Samantha Quemby of Samantha Quemby Therapy (<https://samanthaquembytherapy.co.uk/>), will be given permission to access your personal contact details that are stored on my cloud-based notes system on Rehab Guru in order to inform you of the situation and support you with appropriate next steps. She is based in the UK and her ICO registration number is ZBo81964. Samantha Quemby is a trusted professional colleague of mine, and — separately from this arrangement — she has also provided a testimonial that appears on my website. I want to be transparent about this connection: it does not affect the arrangement described above, and she is bound by the same confidentiality and data protection obligations as any other party accessing your records in this context.

Contact by Phone and WhatsApp

I do not have a dedicated business phone number or WhatsApp account, do not publicise my personal phone number or WhatsApp details and always prefer to communicate via the email associated with Your Body Electrician. However, there are a number of time sensitive and/or administrative reasons why we may communicate via phone or WhatsApp:

- If you initiate first contact via this method or, once you become a client of mine, if you request it for extenuating circumstances.
- If we have unexpected technical issues with the teleconferencing system during a session. I will always email you first but may call you as well

- If I have to reschedule your session at short notice and I have not received an email response from you within 3 hours of sending one.
- If you directly request automated WhatsApp appointment reminders.
- If you are unable to use a computer or the internet for any reason and sessions need to be conducted via telephone.

I will store your data in the following way:

Phone number: if you make initial contact with me by phone or text or WhatsApp, I will store your phone number in my personal Gmail account under your first name (or the first part of your WhatsApp handle) only until our first session. Within 48 hours of this first session I will create a set of client notes on my scheduling/booking and client notes software (Rehab Guru). At this point I will transfer your phone number to Rehab Guru and delete all the data from my phone and Gmail account. Your phone number, along with other personal data will be appropriately stored in accordance with this privacy policy.

WhatsApp: in exceptional circumstances I will communicate with you via WhatsApp if you request it directly for brief, time sensitive administrative communication only. Once these extenuating circumstances are over I will transfer any relevant information to my appointments and notes platform and then delete all WhatsApp messages related to you. I will do this within 3 working days. Any personal information that you have shared on WhatsApp will be transferred to Rehab Guru my scheduling/booking and client notes system. Please note that WhatsApp is operated by Meta Platforms, Inc. Messages sent through WhatsApp are subject to WhatsApp's own privacy policy and terms of service, and may be processed, stored, or transmitted internationally (including to the US) by WhatsApp/Meta in accordance with their own practices, which are outside my control. I recommend reviewing WhatsApp's privacy policy if you have concerns about how the platform itself handles your data.

I do not use your phone number or WhatsApp details for unsolicited marketing.

You may request that we communicate with you through an alternative method (e.g., email) instead of phone or WhatsApp at any time. Equally I will suggest it at the earliest appropriate time.

International Data Transfers

As the company – Soler Foster Consulting Sociedad Limitada – is run is based in Spain and works with clients globally under the trading name Your Body Electrician, international transfers of your data may occur in the following situations:

- Via service providers (like Microsoft) whom may be located outside the UK/EU.
- With your explicit consent I may put you in contact with a healthcare or wellness provider outside of the country that you reside in.
- If I am unexpectedly or ongoingly incapacitated and you need to be informed of the situation by Samantha Quemby, as the executor of my clinical will.

Where this occurs, I take reasonable steps to ensure a lawful transfer mechanism and appropriate protection, such as the UK International Data Transfer Agreement (IDTA) or UK Addendum and EU Standard Contractual Clauses (SCCs). Since provider arrangements can change, I review relevant terms and safeguards periodically. You may request further information about these safeguards by contacting me.

How Long I keep Information

I retain personal data only as long as necessary for the purposes outlined in this policy, including to satisfy legal, accounting, or reporting requirements. My retention periods are in line with typical and required periods and are as follows:

- Client session records: my insurance company require me to retain client session records for 10 years.
- Financial and business records: 5 years as required for all Spanish companies (Sociedad Limitada).
- Marketing contact data: until you unsubscribe or request deletion
- Website analytics data: 26 months

Your Rights

If you are located in the UK or EU, you have the following rights regarding your personal data:

- **Right of access** – to request a copy of the data I hold about you
- **Right to rectification** – to correct inaccurate or incomplete data
- **Right to erasure** ("right to be forgotten") – to request deletion of your data, subject to legal exceptions
- **Right to restrict processing**
- **Right to data portability**
- **Right to object** to processing based on legitimate interests or for direct marketing
- **Right to withdraw consent** at any time, without affecting prior lawful processing
- **Right to lodge a complaint** with a supervisory authority:
 - **For UK Clients:** Information Commissioner's Office (ICO) www.ico.org.uk
 - **For EU Clients:** Your local Data Protection Authority

To exercise any of these rights, contact me at yourbodyelectrician@outlook.com. I will respond within one month, as required by GDPR.

If you are located elsewhere (e.g., the US), you may have similar rights under applicable state or federal law, and I will honour reasonable requests to access, correct, or delete your data.

Data Security

I implement appropriate technical and organisational measures to protect your personal data against unauthorised access, alteration, disclosure, or destruction, including encryption, access controls, and secure hosting. However, no method of transmission or storage is 100% secure, and I cannot guarantee absolute security.

Children's Privacy

My services are not directed to individuals under 18. I do not knowingly collect personal data from children. If you believe a child has provided us with personal data, please contact me so I can delete it.

Third-Party Links

The Site may contain links to third-party websites. I am not responsible for the privacy practices or content of those sites. I encourage you to review their privacy policies.

Changes to This Policy

I may update this Privacy Policy from time to time to reflect changes in our practices or legal requirements. The "Last Updated" date at the top of this page will indicate when changes were made. Significant changes will be communicated via the Site or by email where appropriate.

Contact Me

If you have questions, concerns, or requests regarding this Privacy Policy or your personal data, please contact me directly:

Nikkie Foster at Soler Foster Consulting SL trading as Your Body Electrician;

www.yourbodyelectrician.com / yourbodyelectrician@outlook.com

Please sign, date and return this Privacy Policy along with a completed copy of the Client Intake Form and Client Contract in order to consent to therapy services. Please keep a copy of all three documents for your reference and note that you can withdraw your consent at any time.

Printed Name and your Signature:

Today's Date:
