

# PRIVACY POLICY

## Privacy Statement for "Self-Care With Li"

Last Updated: 11/15/2023

Welcome to Self-Care With Li! We respect your privacy and are committed to protecting the personal information you share with us. This Privacy Statement explains how we collect, use, disclose, and safeguard your information when you visit our website and use our services.

### Information We Collect:

#### Personal Information:

When you sign up for our newsletter, create an account, or engage with our services, we may collect personal information such as your name, email address, and other contact details.

#### Usage Information:

We may collect information about how you interact with our website, including the pages you visit, the time spent on each page, and the links you click.

#### Cookies and Similar Technologies:

We use cookies and similar technologies to enhance your experience on our website. These technologies help us analyze trends, administer the website, and track users' movements around the site.

## **How We Use Your Information:**

### **Provide and Personalize Services:**

**We use your personal information to give you our services, respond to your questions, and personalize your experience on our website.**

### **Communication:**

**We may use your contact information to send you newsletters, updates, and other communications related to our content and services. You can just go ahead and opt out of these communications anytime.**

### **Analytics:**

**We analyze usage data to improve our website, content, and services. This includes understanding user preferences and optimizing our site for a better user experience.**

### **Disclosure of Your Information:**

**We do not sell, trade, or otherwise transfer your personal information to third parties without your consent, except as described in this Privacy Statement or as required by law.**

### **Security:**

**We take reasonable measures to protect the confidentiality and security of your personal information. However, no method of transmission over the Internet or electronic storage is 100% secure, and we cannot guarantee absolute security.**

### **Your Choices:**

**You can access, update, or delete your personal information. You can also go ahead and opt out of receiving communications from us.**

### **Changes to This Privacy Statement:**

**We may update this Privacy Statement from time to time. The latest revision date will be indicated at the top of the statement.**

### **Contact Us:**

**If you have any questions or concerns about this Privacy Statement, please don't hesitate to contact us at [your email address].**

**Thank you for trusting [Your Website Name] with your information. We are committed to protecting your privacy.**