**After the Sound Bath**

The following are some guidelines to help you after your sound session :

1) Keep warm and drink plenty of water. This will help your body to flush any toxins out of your system.  
2) Take a little exercise every day if you are able.  
3) After your sound session be sensible and don’t overdo it if you immediately feel better. Give your body a chance to catch up and integrate the healing. Be kind to yourself.  
4) Allow the sound time to work – you may feel immediately better in some ways, or this may take several days, particularly if you have a chronic, i.e. long-term ailment. There is generally a three-day adjustment period after a sound healing session. All healing is self-paced.   
5) ''The College of Sound Healing' recommends that you have three weekly treatments, then review your progress at the end of these three sessions. If you have a serious illness you may need more sessions before you start to feel well again.  
6) If you have any questions after the session please feel free to ring or email me to discuss them.

**Pure Sound Privacy Policy version 1. May 2018 S Healy**

1.[What type of information do I collect?](https://support.wix.com/en/#what-type-of-information-do-you-collect)

Electronically - Clients have the option to subscribe to my monthly schedule, by writing down their name and email address after an event, which I then add to the database (Wix), or by self-subscribing over the website. There is always the option to unsubscribe. I also use Facebook, Twitter, Instagram to receive messages and to market events.

Personal Records – Clients personal records (written) are taken for private/individual treatments in my studio. These are held for 7 years, available at any time to the client in my home, in a locked filing cabinet.

Ticketing – Clients can pay for tickets to events over the website, or buy a CD or gift voucher. When you conduct a transaction on over website, as part of the process, I collect personal information you give, such as your name, address and email address. Your personal information will only be used for the specific reasons stated above only.

Phone numbers – Sometimes clients book a session over the phone/text. I do not pass this information on. My phone is password protected.

2.Why do I collect this information?

In order to be able to communicate with you via phone, e-mail or post if necessary, so that I have a record of your attendance and a note of important factual information that may be of significance in our healing sessions. (It is a requirement of my insurance provider.)

3.How do I collect, store and disclose information?

Electronically - At Gong Baths attendees have the option to write down their email address if they would like to subscribe to my monthly newsletter – my events schedule. I upload their details into They can unsubscribe at any time.

Personal records – at individual treatments records are taken (written) which are kept securely at my home, in a locked filing cabinet. These can be viewed by the client at any time.

Ticketing and purchasing cds or gift vouchers – Online system collects banking information when transactions occur.

Phone numbers – Sometimes clients book a session over the phone/text. My phone is password protected.

4. There are a limited number of circumstances in which I may share personal data and other information with third parties.

Where required by the court of law

If a client’s safety or that of a vulnerable adult or child is imminently at risk

If a client requests and/or give me consent to share their information with another health professional for the purposes of improving their care

I may discuss some aspects of my client work with my supervisor who is an experienced practitioner also bound by the rules of confidentiality.

My insurance provider requires me to keep any client records for 7 years after completing treatment. After 7 years from completion of treatment sessions, all electronic data will be permanently deleted, and any hard copies shredded and disposed of.

5. Third Party information

Pure Sound is hosted on the Wix.com platform. Wix.com provides me with the online platform that allows me to sell products and services to you. Your data may be stored through Wix.com’s data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall. All direct payment gateways offered by Wix.com and used by Pure Sound adhere to the standards set by PCI-DSS as managed by the PCI Security Standards Council, which is a joint effort of brands like Visa, MasterCard, American Express and Discover. PCI-DSS requirements help ensure the secure handling of credit card information by our store and its service providers.

All Social Media sites, such as FB, Twitter and Instagram state that they are also GDPR compliant.

4.Policy Updates

I reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If I make material changes to this policy, I will notify you here that it has been updated, so that you are aware of what information I collect, how I use it, and under what circumstances, if any, I use and/or disclose it.

If you would like to: access, correct, amend or delete any personal information I have about you, you are invited to contact me at [*pure.sound@outlook.com*](mailto:pure.sound@outlook.com) and I will send the information to you within 40days of receiving your request.

N.B If you don’t want me to process your data anymore, please contact me at [pure.sound@outlook.com](mailto:pure.sound@outlook.com) and or please unsubscribe from the mailing list.

Thank you. Steph Healy