



MICHELLE MILTON EFT  
Emotional Freedom Technique

## **Privacy Policy**

### **Who We Are**

This website is operated by Michelle Milton EFT, offering Emotional Freedom Techniques (EFT) services for women navigating midlife changes. We are based in Dunstable, UK, and provide services online.

### **What Information We Collect**

We may collect personal information such as your name, email address, phone number, and any other details you choose to provide when contacting us or booking a session.

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

Your information is used solely for the purpose of:

- Responding to enquiries
- Booking and delivering EFT sessions
- Providing relevant updates or information relating to your enquiry or sessions
- Managing and improving our services

### **How We Store Your Information**

All personal information is stored securely and is only accessible to Michelle Milton. We do not share or sell your data to third parties. Any data processed via third-party tools (e.g. Kartra or email software) is compliant with GDPR and managed securely.

### **Your Rights**

You can request access to the personal data we hold about you at any time. You also have the right to ask us to delete or amend your information. For any requests, email [hello@michellemiltoneft.co.uk](mailto:hello@michellemiltoneft.co.uk).

### **Cookies**

This site may use cookies to enhance your browsing experience. You can adjust your cookie settings in your browser.

### **Contact**

If you have any concerns or questions about how your data is handled, please contact us at [hello@michellemiltoneft.co.uk](mailto:hello@michellemiltoneft.co.uk).