Privacy Policy

Last updated: 10 November 2026

This Privacy Policy explains how **Szilvia Molnar Nutrition & Lifestyle** collects, uses and protects personal information when you visit my website, subscribe to communications, purchase or participate in a programme, book an appointment or receive personalised nutritional therapy.

The data controller is:

Szilvia Molnar, trading as Szilvia Molnar Nutrition & Lifestyle
Horgen, Switzerland
support@szilviamolnarnutrition.com

Szilvia Molnar Nutrition & Lifestyle is based in Switzerland. Swiss data-protection law applies to my processing activities, together with other applicable data-protection laws where relevant.

1. Information I collect

Depending on how you interact with Szilvia Molnar Nutrition & Lifestyle, I may collect:

- your name, email address and other contact details;
- programme, account and enrolment information;
- payment and transaction information;
- appointment and scheduling information;
- communications and support requests;
- newsletter and marketing preferences;
- information you choose to share through programme communities;
- website, device, IP address, cookie and similar technical information; and
- where you receive personalised nutritional therapy, relevant health, nutrition and lifestyle information.

For **Inner Circle** participants, this may include information relating to symptoms, eczema and health history, diagnoses you disclose, medication, supplements, allergies, diet, lifestyle, laboratory results, photographs you choose to provide, consultation records, check-ins and other information relevant to personalised nutritional therapy.

For Core participants, I may also collect weekly accountability check-in responses, programme participation records, group coaching attendance and information voluntarily provided about progress with programme activities.

Health information is treated as sensitive personal data.

I collect only information that is reasonably necessary for the purposes for which it is processed.

2. How I use personal information

I may use personal information to:

- respond to enquiries;
- provide requested resources;
- process purchases and payments;
- create and administer programme access;
- deliver programme content and communications;
- schedule and provide appointments and consultations;
- provide group coaching and programme community support;
- provide personalised nutritional therapy;
- maintain appropriate professional and business records;
- provide customer support;
- administer weekly check-ins, monitor programme participation and assess eligibility for any complimentary support extension offered as part of the purchased programme;
- send marketing communications where permitted;
- operate and protect my website, accounts and services;
- comply with legal, tax, accounting and regulatory obligations; and
- establish, exercise or defend legal claims.

Where applicable data-protection law requires a legal basis for processing, processing may be based on performance of a contract, compliance with legal obligations, legitimate interests or consent, depending on the circumstances.

Where required, explicit consent will be obtained for the processing of health information used to provide personalised Inner Circle services.

3. Health information and Inner Circle

Detailed health information used for personalised nutritional therapy is principally managed through the designated private client platform.

I currently use **Practice Better** for Inner Circle client records, including intake information, professional records, personalised recommendations, check-ins and secure communications.

Detailed health information is not used for unrelated advertising or marketing.

If processing of information is necessary for personalised nutritional therapy and you withdraw the consent required for that processing, I may be unable to continue providing the relevant service.

A separate health-data consent may be used as part of Inner Circle onboarding.

4. Service providers and other recipients

I use third-party service providers to operate the business.

Current principal providers include:

- **Squarespace** for website hosting;
- **Acuity / Squarespace Scheduling** for appointment scheduling;
- **ClickFunnels** for sales funnels and programme delivery;
- **ActiveCampaign** for email communications and marketing;
- **Practice Better** for individual client records and secure communications;
- Google (Google Forms and Google Sheets) for Core programme weekly accountability check-ins, response collection and participation tracking;
- **Stripe** for payment processing;
- **Zoom** for online calls; and
- **Meta / Facebook and Instagram** for social media and programme community functions.

I may also use other service providers for functions such as social-media automation, technology support or business administration.

Personal information may also be disclosed where reasonably necessary to professional advisers, insurers, accountants, authorities or other recipients where there is a lawful basis for doing so.

I do not sell or rent personal information.

Where I arrange or facilitate functional laboratory testing, relevant personal and health information may be shared with the laboratory or testing provider where necessary, subject to any consent required by applicable law.

Where you purchase laboratory testing directly, the provider may collect and process your information in accordance with its own privacy policy. With your permission, I may receive and review your results as part of your personalised nutritional therapy programme.

5. Payments

Payments are currently processed through **Stripe**.

Stripe processes payment and transaction information necessary to complete payments and operate its payment services.

I do not receive or store your full payment-card number or card security code.

6. Programme communities and social media

The programme community may be operated through a private Facebook group.

Information you choose to post in that group can be seen by other members and is also processed by Meta.

Facebook and other social-media platforms should therefore not be used to provide confidential medical records, laboratory reports or other information that you do not wish to share in that environment.

Inner Circle participants should use the designated private client platform for confidential information requiring individual review.

Programme participants are required to respect the confidentiality and privacy of other members, but I cannot guarantee the actions of individual participants.

7. Marketing communications

If you subscribe to marketing communications, I may send information about educational content, resources, programmes, masterclasses and services.

You may unsubscribe at any time using the unsubscribe link included in marketing emails.

Unsubscribing from marketing does not prevent necessary communications relating to an existing purchase, appointment or programme participation.

8. Cookies and similar technologies

My websites and online services may use cookies and similar technologies required for functionality, security, account access and checkout.

Analytics or marketing technologies may also be used.

Where consent is required for non-essential cookies or tracking technologies, an appropriate consent mechanism will be used.

9. International processing

Some service providers operate outside Switzerland. Personal information may therefore be processed in other countries, including the United States, Canada, the United Kingdom and countries within the European Economic Area.

Where required, appropriate legal safeguards are used for international transfers of personal data.

These may include recognised adequacy arrangements, data-privacy frameworks, contractual safeguards or other lawful transfer mechanisms.

Further information about safeguards applicable to a particular provider may be requested by contacting me.

10. Retention

I retain personal information only for as long as reasonably necessary for the purposes for which it was collected and to meet applicable professional, legal, accounting, tax, insurance and recordkeeping requirements.

In general:

- marketing information is retained while you remain subscribed, with limited information retained where necessary to respect an unsubscribe request;
- accounting and transaction records are retained for the period required by applicable law;
- programme and administrative information is retained for as long as reasonably necessary for the customer relationship and related obligations; and
- Inner Circle professional client records may be retained for up to **10 years after the end of the client relationship**, or longer where reasonably necessary for legal, insurance or claims-related purposes.

When information is no longer reasonably required, it will be deleted or anonymised where practicable.

Where lifetime access to educational course materials is provided, basic account, enrollment and access information may be retained for as long as necessary to administer that access. This is separate from the retention of professional health records and other personal information, which remains subject to the applicable retention periods described in this Policy.

11. Security and confidentiality

I take reasonable technical and organisational measures appropriate to the nature and sensitivity of the personal information I process.

Access to personal and health information is limited as appropriate, and sensitive information is handled through systems selected for the relevant purpose.

No electronic system can guarantee absolute security.

Where required by law, appropriate action will be taken in response to a personal-data breach.

Information obtained through individual nutritional therapy is treated confidentially, subject to lawful disclosures or other circumstances in which disclosure is permitted or required.

12. Testimonials and case studies

Identifiable testimonials, photographs or client case studies will not be published without appropriate permission.

Where health information is included, additional consent will be obtained where required.

Providing a testimonial is voluntary.

13. Your privacy rights

Depending on the law applicable to you, you may have rights including the right to:

- request information about personal data held about you;
- request access to your personal data;
- request correction of inaccurate information;
- request deletion where applicable;
- object to or restrict certain processing where applicable;
- withdraw consent;
- object to direct marketing;
- request data portability where applicable; and
- complain to an appropriate data-protection authority.

These rights may be subject to lawful limitations. For example, certain records may need to be retained despite a deletion request where required for legal, professional, insurance or recordkeeping purposes.

To exercise a privacy right, contact:

support@szilviamolnarnutrition.com

I may request reasonable information to verify your identity before responding to a request.

14. Complaints

If you have a concern about the handling of your personal information, please contact:

support@szilviamolnarnutrition.com

You may also have the right to complain to the relevant data-protection authority.

In Switzerland, the relevant authority is the **Federal Data Protection and Information Commissioner (FDPIC / EDÖB)**.

Where EU or UK data-protection law applies, you may also have rights to contact the relevant EU supervisory authority or the UK Information Commissioner's Office.

15. Children

The Anti-SKINflammation Method is intended for adults aged **18 and over**.

I do not knowingly provide the programme to children or intentionally collect children's health information through the programme.

16. Changes to this Privacy Policy

I may update this Privacy Policy where my services, data-processing practices, providers or legal requirements change.

The current version will be published on my website with the date of the latest update.