

Privacy Policy

Effective Date: August 06, 2025

Website: <https://www.poundit.today>

Who We Are

Pound It Inc. is a wellness and self-care company providing holistic services and products to support your physical, emotional, and mental well-being. We value your privacy and are committed to protecting your personal information.

What Personal Information We Collect

We may collect the following types of personal information:

- Name
- Email address
- Phone number (including mobile numbers)
- Mailing/shipping address
- Payment and billing details (via third-party processors)
- Any personal wellness information you voluntarily share through forms or service intake

How We Use Your Personal Information

We use your information to:

- Provide our products and services
- Communicate with you about your orders or appointments
- Send you SMS or email updates (if you've opted in)
- Offer personalized wellness tips and promotions
- Respond to your inquiries and provide customer support
- Improve our services and user experience

SMS Consent and Compliance

When you provide your mobile number and opt in, you consent to receive SMS messages from Pound It Inc. related to:

- Wellness tips and marketing
- Order confirmations and delivery updates
- Appointment reminders
- Customer care communications

SMS consent is not shared with third parties or affiliates.

You may opt out of SMS messages at any time by replying "STOP." Message and data rates may apply.

Who We Share Your Information With

We do not sell your personal information. We may share it with trusted service providers who help us operate our business, such as:

- Payment processors (e.g. Stripe, Square)
- Email/SMS marketing platforms (e.g. RingCentral, Mailchimp)
- Shipping/delivery services (e.g. USPS, FedEx)

These parties are only given access to data needed to perform their services and are required to keep your information confidential.

Data Security

We take reasonable security measures to protect your data against unauthorized access, alteration, disclosure, or destruction.

Your Rights

You have the right to:

- Access and review your personal information
- Correct inaccurate or outdated information
- Withdraw consent or delete your data (unless we are legally required to retain it)

To exercise your rights, contact us at: privacy@poundit.today

Cookies & Tracking

Our website may use cookies and analytics tools to improve performance and track usage patterns. You can manage cookie settings through your browser.

Children's Privacy

We do not knowingly collect personal information from individuals under the age of 13.

Policy Updates

We may update this policy from time to time. The latest version will always be available on our website with the effective date noted above.

Contact Us

If you have questions about this policy or how we handle your data, contact us at:

Pound It Inc.

195 Hickory Grove Dr E, Larchmont, NY 10538

Email: support@poundit.today

Website: <https://www.poundit.today/privacy-policy>