COOKIES POLICY

www.glowpilates.es

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1. What are cookies?

Cookies are text files containing small amounts of information that are downloaded to the user's device when they visit a website.

Cookies make it easier to navigate, improve the user experience and analyse the use made of the website.

Some cookies may involve the processing of personal data, such as IP address or unique identifiers.

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2. What types of cookies do we use?

Depending on the entity that manages them

• First-party cookies: managed directly by the owner of the website.• Third-party cookies: managed by external providers.

According to their duration

• Session cookies: they are deleted when you close your browser.• Persistent cookies: they remain stored for a certain period.

According to its purpose

• Technical cookies: necessary for the operation of the website.• Personalisation cookies: they allow us to remember the user's preferences.• Analytical cookies: they allow us to analyse browsing behaviour.• Advertising cookies: they allow personalised advertising to be displayed.

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3. Cookies used on the website

The website www.glowpilates.es uses its own and third-party cookies for technical, analytical, personalisation and advertising purposes.

Specifically, this website uses cookies from the following providers:

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• Google (Google Analytics 4)• Meta (Facebook / Instagram)• Hotjar• HubSpot (in case of active use)• CookieFirst (consent management)

These cookies make it possible to analyse browsing behaviour, measure advertising campaigns and improve the user experience.

Likewise, the website can integrate third-party functionalities through embedded systems (such as iframes), such as booking or service management platforms.

These integrations may use their own or third-party cookies necessary for their operation, being managed directly by these providers.

The user will be able to consult the updated details and configure their preferences in the cookie configuration panel managed by CookieFirst.

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4. Who uses cookies?

The information obtained through cookies may be processed by:

• The owner of the website• ONE WELLNESS VENTURES S.L., in relation to the management and promotion of the GlowPilates network• External providers indicated above

Each provider will treat the information in accordance with its own privacy policies.

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5. Managing cookies

The user can accept, reject or configure the use of cookies at any time through the cookie configuration panel enabled on the website, managed by CookieFirst.

The user may:

• Accept all cookies• Reject all non-necessary cookies• Configure cookies by categories

The withdrawal of consent may be made at any time.

Disabling certain cookies may affect the proper functioning of the website.

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6. Browser Settings

The user can also manage cookies through the settings of their browser.

Common options include:

• Block all cookies• Allow only necessary cookies• Delete stored cookies

The main browsers offer tools to manage cookies:

• Google Chrome• Safari• Firefox• Edge• Opera

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7. International Data Transfers

Some of the above providers may carry out international data transfers outside the European Economic Area.

In these cases, an adequate level of protection is ensured by:

• standard contractual clauses• adequacy decisions• other valid legal mechanisms

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8. Updates

This Cookies Policy may be modified according to regulatory or technical changes.

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