

## PLEASE READ THESE TERMS AND CONDITIONS CAREFULLY BEFORE USING THIS SITE

### WHAT'S IN THESE TERMS?

These terms tell you the rules for using our website [www.dilanabeya.com](http://www.dilanabeya.com) (our site). Please read them carefully as they affect your rights and liabilities under the law.

Click on the links below to go straight to more information on each area:

- [Who we are and how to contact us.](#)
- [By using our site you accept these terms.](#)
- [We may make changes to these terms.](#)
- [We may make changes to our site.](#)
- [There are other terms that may apply to you.](#)
- [Disclaimer.](#)
- [We may suspend or withdraw our site.](#)
- [We may transfer this Agreement to someone else.](#)
- [International Use.](#)
- [How you may use material on our site.](#)
- [We are not responsible for websites we link to.](#)
- [How to complain or report content.](#)
- [Our responsibility for loss or damage suffered by you.](#)
- [We are not responsible for viruses and you must not introduce them.](#)
- [Sponsored content and advertising.](#)
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### WHO WE ARE AND HOW TO CONTACT US

[www.dilanabeya.com](http://www.dilanabeya.com) is a site operated by DILAN ABEYA LTD ("We"). We are a company registered in England and Wales under company number 15370650 and have our registered office at Suite 1, 7th Floor 50 Broadway, London, United Kingdom, SW1H 0DB.

We are a limited company.

To contact us, please use our registered office address or email [dilan@dilanabeya.com](mailto:dilan@dilanabeya.com).

## **BY USING OUR SITE YOU ACCEPT THESE TERMS**

**By using our site, you confirm that you accept these terms of use and that you agree to comply with them.**

**If you do not agree to these terms, you must not use our site.**

We recommend that you print a copy of these terms for future reference. Alternatively, you can download a pdf version of these terms [here](#).

## **WE MAY MAKE CHANGES TO THESE TERMS**

We amend these terms from time to time. Every time you wish to use our site, please check these terms to ensure you understand the terms that apply at that time.

## **WE MAY MAKE CHANGES TO OUR SITE**

We may update and change our site from time to time for reasons including (but not limited to) legal or regulatory reasons, to allow the proper operation of our site, to reflect our users' needs or our business priorities.

If you do not wish to accept the new terms you should not continue to use our site. If you continue to use our site after the date on which the change comes into effect, your use of our site indicates your agreement to be bound by the new terms.

## **THERE ARE OTHER TERMS THAT MAY APPLY TO YOU**

These terms of use refer to the following additional terms, which also apply to your use of our site:

- Our [Privacy Policy](#). We will only use your personal information as set out in our Privacy Policy.
- Our [Cookie Policy](#), which sets out information about the cookies on our site.

## **DISCLAIMER**

**We are not doctors, nutritionists, psychologists nor psychiatrists and we do not provide medical advice. In an emergency, always contact the emergency services.**

**We are not qualified personal health / fitness trainers.**

**We are not financial advisors and we do not provide financial or investment advice.**

**The content on our site is provided for general information only. It is not intended to amount to advice on which you should rely and we do not accept any responsibility for any loss which may arise from your reliance on the information or materials on our site.**

**The information on our site is not intended as a substitute for informed advice from a professional. In particular, you should not use any information on our site to diagnose or treat a health problem or disease without consulting with a qualified healthcare professional. You must obtain professional or specialist advice before taking, or refraining from, any action on the basis of the content on our site.**

Although we make reasonable efforts to update the information on our site, we make no representations, warranties or guarantees, whether express or implied, that the content on our site is accurate, complete or up to date.

## **WE MAY SUSPEND OR WITHDRAW OUR SITE**

Our site is made available free of charge.

We do not guarantee that our site, or any content on it, will always be available or be uninterrupted. We may suspend or withdraw or restrict the availability of all or any part of our site for business and operational reasons. We will try to give you reasonable notice of any suspension or withdrawal.

You are also responsible for ensuring that all persons who access our site through your internet connection are aware of these terms of use and other applicable terms and conditions, and that they comply with them.

## **WE MAY TRANSFER THIS AGREEMENT TO SOMEONE ELSE**

We may transfer our rights and obligations under these terms to another organisation. We will always tell you in writing if this happens and we will ensure that the transfer will not affect your rights under the contract.

## **INTERNATIONAL USE**

We do not represent that content available on or through our site is appropriate for use or available in your country. If you choose to access our site, you do so on your initiative and are responsible for compliance with local laws and regulations.

## **HOW YOU MAY USE MATERIAL ON OUR SITE**

This site is for personal use by individuals. Companies or businesses should not use our site without our permission.

We are the owner or the licensee of all intellectual property rights in our site, and in the material published on it. Those works are protected by copyright laws and treaties around the world. All such rights are reserved.

You may print off a copy, and may download extracts, of any page(s) from our site for your personal use and you may draw the attention of others to content posted on our site.

You must not modify the paper or digital copies of any materials you have printed off or downloaded in any way, and you must not use any illustrations, photographs, video or audio sequences or any graphics separately from any accompanying text.

Our status as the authors of content on our site must always be acknowledged.

You must not use any part of the content on our site for commercial purposes without obtaining a licence to do so from us or our licensors.

If you print off, copy, download, share or repost any part of our site in breach of these terms of use, your right to use our site will cease immediately and you must, at our option, return or destroy any copies of the materials you have made.

You shall not to disassemble, decompile, reverse-engineer or create derivative works based on the whole or any part of our site or attempt to do any such thing. You shall not conduct, facilitate, authorise or permit any text or data mining or web scraping in relation to our site or any services provided via, or in relation to, our site. This includes using (or permitting, authorising or attempting the use of):

- Any "robot", "bot", "spider", "scraper" or other automated device, program, tool, algorithm, code, process or methodology to access, obtain, copy, monitor or republish any portion of our site or any data, content, information or services accessed via the same.
- Any automated analytical technique aimed at analysing text and data in digital form to generate information which includes but is not limited to patterns, trends and correlations.

The provisions in this clause should be treated as an express reservation of our rights in this regard, including for the purposes of Article 4(3) of Digital Copyright Directive ((EU) 2019/790).

This clause shall not apply insofar as (but only to the extent that) we are unable to exclude or limit text or data mining or web scraping activity by contract under the laws which are applicable to us.

### **WE ARE NOT RESPONSIBLE FOR WEBSITES WE LINK TO**

Where our site contains links to other sites and resources provided by third parties, these links are provided for your information only. Such links should not be interpreted as approval by us of those linked websites or information you may obtain from them.

We have no control over the contents of those sites or resources and we accept no liability for them.

### **HOW TO COMPLAIN ABOUT OR REPORT CONTENT**

If you become aware of any material that is illegal or could comprise or be connected to child sexual abuse or exploitation or could comprise terrorist content or be connected to terrorism, please [contact us](#) immediately.

If you wish to complain about any other content, please [contact us](#).

### **OUR RESPONSIBILITY FOR LOSS OR DAMAGE SUFFERED BY YOU**

We do not exclude or limit in any way our liability to you where it would be unlawful to do so. This includes liability for death or personal injury caused by our negligence or the negligence of our employees, agents or subcontractors and for fraud or fraudulent misrepresentation.

**Our site is provided 'as is' and to the fullest extent permissible by law, we exclude all implied conditions, warranties, representations or other terms that may apply to our site or any content on it.**

**Although we make reasonable efforts to update the information on our site, we make no warranties or representations of any kind as to the accuracy, completeness, reliability, operability, or legality of any of the information or opinions contained or expressed within our site and we are not responsible or liable for any errors or omissions in such information or for the results of any use of such information.**

**We will not be liable to you for any loss or damage, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, even if foreseeable, arising under or in connection with:**

- **use of, or inability to use, our site; or**
- **use of or reliance on any content displayed on our site.**

**In particular, we will not be liable for:**

- **loss of profits, sales, business, or revenue;**
- **business interruption;**
- **loss of anticipated savings;**
- **loss of business opportunity, goodwill or reputation; or**
- **any indirect or consequential loss or damage.**

Please note that we only provide our site for domestic and private use. You agree not to use our site for any commercial or business purposes, and we have no liability to you for any loss of profit, loss of business, business interruption, or loss of business opportunity.

We cannot guarantee that our site will be fault-free or free from inaccuracies. If a fault occurs on our site or there is inaccurate information, you should report it to us and we will attempt to correct the issue if doing so is within our reasonable control.

### **WE ARE NOT RESPONSIBLE FOR VIRUSES AND YOU MUST NOT INTRODUCE THEM**

We do not guarantee that our site will be secure or free from bugs or viruses.

You are responsible for configuring your information technology, computer programmes and platform to access our site. You should use your own virus protection software.

You must not misuse our site by knowingly introducing viruses, trojans, worms, logic bombs or other material that is malicious or technologically harmful. You must not attempt to gain unauthorised access to our site, the server on which our site is stored or any server, computer or database connected to our site. You must not attack our site via a denial-of-service attack or a distributed denial-of service attack.

By breaching this provision, you would commit a criminal offence. We will report any such breach to the relevant law enforcement authorities and we will co-operate with those authorities by disclosing your identity to them. In the event of such a breach, your right to use our site will cease immediately.

## **SPONSORED CONTENT AND ADVERTISING**

Parts of our site may contain advertising and sponsored content from selected organisations where we feel the information may be useful for users. Advertisers and sponsors are responsible for ensuring that material submitted for inclusion on our site complies with relevant laws and codes. We will not be responsible to you for any error or inaccuracy in advertising and sponsorship material.

## **RULES ABOUT LINKING TO OUR SITE**

You may link to any page on our website, provided you do so in a way that is fair and legal and does not damage our reputation or take advantage of it.

You must not establish a link in such a way as to suggest any form of association, approval or endorsement on our part where none exists.

You must not establish a link to our site in any website that is not owned by you.

Our site must not be framed on any other site, nor may you create a link to any part of our site other than the home page.

We reserve the right to withdraw linking permission without notice.

If you wish to link to or make any use of content on our site other than that set out above, please [contact us](#).

## **WHICH COUNTRY'S LAWS APPLY TO ANY DISPUTES?**

Please note that these terms of use, their subject matter and their formation, are governed by English law. You and we both agree that the courts of England and Wales will have exclusive jurisdiction.

## **MISCELLANEOUS**

You may not transfer any of your rights under these terms to any other person.

Each of these terms operates separately. If any court or competent authority decides that any of them are unlawful or unenforceable, the remaining terms will remain in full force and effect.

Last update: These terms were most recently updated in January 2024.