

APP DISCLOSURES

PUBLISHED 18 SEPTEMBER 2026

Application

Name	Peptrend
Platform	iOS
Website	https://peptrend.app
Privacy policy	https://peptrend.app/privacy
Terms	https://peptrend.app/terms
Support	https://peptrend.app/support

Publisher

Company	Fluctus Limited, a California corporation
Address	2108 N St Ste N, Sacramento, CA 95816
Contact	support@fluctusltd.info

Data practices, in brief

Peptrend integrates with Apple Health. With your permission it reads body weight from Apple Health to draw your trend line and track goal progress, and, if you allow it, saves weigh-ins you enter back to Apple Health so your other apps show the same numbers.

Your data syncs through your own iCloud account using CloudKit. Fluctus Limited does not operate its own server for this data and cannot read it.

Purchases, if any, are handled by Apple. We never see your payment details.

The complete and controlling privacy policy for Peptrend is the one published at peptrend.app/privacy. This document is a summary for reference from the publisher's site.

Application

Name	Contrast: Sauna & Plunge Log
Platform	iOS and watchOS
Website	None. Published from fluctusltd.info
Privacy policy	https://fluctusltd.info/privacy , together with this section
Terms	https://fluctusltd.info/terms
Support	https://fluctusltd.info/support

Publisher

Company	Fluctus Limited, a California corporation
Address	2108 N St Ste N, Sacramento, CA 95816
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Data practices, in brief

Contrast times sauna, hot bath and cold plunge sessions and integrates with Apple Health. With your permission it reads workouts, heart rate, water temperature and daily resting heart rate to show your history, charts and longevity metrics. It saves each session to Apple Health as a Cooldown workout with its water temperatures, and deletes a session's workout from Apple Health only when you choose Delete from Apple Health on that session. Health data is never used for advertising, never sent to Fluctus Limited or anyone else, and never stored in iCloud outside Apple Health.

On Apple Watch, Contrast reads water temperature and whether the watch is under water to start and time rounds. These readings are processed on the watch.

Contrast keeps its own copy of each session on your iPhone (the rounds, heart rate and water temperatures) so your history survives a workout deleted from Apple Health. Your Apple Watch sends each finished session directly to your iPhone and deletes its own copy once the iPhone has it. The copy stays on your devices and in their backups, and you can delete it in Contrast under Settings > Data.

Settings, which sessions you've archived or combined, sauna temperatures you type in, and the time of the last session your watch finished sync through iCloud key-value storage in your own iCloud account. Fluctus Limited cannot read it.

Contrast has no accounts, analytics, advertising or third-party code. Purchases are handled by Apple; the app learns only whether Contrast Pro is active. Contrast is not directed to children under 13.

Contrast has no website of its own. Its complete privacy policy is the Fluctus Limited Privacy Policy at fluctusltd.info/privacy together with this section.