



# Cookie Policy – Vitality Balance

Last updated: April 2026

## 1. What Are Cookies?

Cookies are small text files stored on your computer or device when you visit a website. They help websites function properly and improve the user experience.

Cookies may:

- Enable website functionality
- Remember user preferences
- Help website owners understand how visitors use the site
- Improve performance and usability

## 2. Types of Cookies We Use

### Essential Cookies

These cookies are necessary for the website to function correctly and cannot be switched off in our systems.

They may include cookies that:

- Enable secure access to website areas
- Allow appointment booking systems to operate
- Maintain website security
- Ensure forms function correctly

### Functional Cookies

Functional cookies allow the website to remember choices you make such as preferences, form information, or user settings.

### Analytics Cookies

Analytics cookies help us understand how visitors interact with the website.

They may collect information such as pages visited, time spent on pages, and general visitor behavior.

This information is usually anonymous and aggregated and helps improve the website.

## **3. Third-Party Cookies**

Some cookies may be placed by third-party services used on the website.

These may include:

- Website hosting providers
- Website analytics services
- Booking system providers
- Website development platforms

For example, our website may use services provided by WebHealer which may set cookies necessary for the operation of the booking system or website functionality.

## **4. Managing Cookies**

Most web browsers allow you to control cookies through browser settings.

You can:

- Block cookies
- Delete cookies
- Receive notifications when cookies are set

However, disabling some cookies may affect how the website functions.

## **5. Cookie Consent**

When you first visit our website, you may be presented with a cookie banner allowing you to accept cookies, reject non-essential cookies, or manage cookie preferences.

You can update your cookie preferences at any time through your browser settings or website controls.

## **6. Changes to This Policy**

We may update this Cookie Policy from time to time to reflect changes in technology, legislation, or website functionality.

Any updates will be posted on this page.

## **7. Contact Information**

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