

COOKIES POLICY FOR SARAH WISEMAN THERAPIES

Our website uses cookies to distinguish you from other users of our website. This helps us to provide you with a good experience when you browse our website and also allows us to improve our site.

A cookie is a small file of letters and numbers that we store on your browser or the hard drive of your computer if you agree. Cookies contain information that is transferred to your computer's hard drive.

We use the following cookies:

- **Strictly necessary cookies.** These are cookies that are required for the operation of our website. They include, for example, cookies that enable you to log into secure areas of our website, use a shopping cart or make use of e-billing services.
- **Analytical or performance cookies.** These allow us to recognise and count the number of visitors and to see how visitors move around our website when they are using it. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.
- **Functionality cookies.** These are used to recognise you when you return to our website. This enables us to personalise our content for you, greet you by name and remember your preferences (for example, your choice of language or region).
- **Targeting cookies.** These cookies record your visit to our website, the pages you have visited and the links you have followed. We will use this information to make our website and the advertising displayed on it more relevant to your interests.

You can find more information about the individual cookies we use and the purposes for which we use them in the table below:

Cookie Title and Name	Purpose
<p>Google Analytics _ga</p>	<p>This cookie is installed by Google Analytics and will expire after 2 years.</p> <p>Examples of purposes for which a cookie may be used:</p> <p>This cookie enables us to:</p> <ul style="list-style-type: none"> a) distinguish users. b) store information anonymously and assign a randomly generated number to identify unique visitors. c) calculate visitor, session, campaign data and keep track of site usage for the site's analytic report.
<p>Google Analytics _gid</p>	<p>This cookie is installed by Google Analytics and will expire after 24 hours.</p> <p>Examples of purposes for which a cookie may be used:</p> <p>This cookie enables us to:</p> <ul style="list-style-type: none"> a) store information of how visitors use a website and helps in creating an analytics

	<p>report of how the website is doing.</p> <p>b) The data collected including the number visitors, the source where they have come from, and the pages visited in an anonymous form.</p>
<p>PHP PHPSESSID</p>	<p>This cookie is native to PHP applications.</p> <p>The cookie is a session cookies and is deleted when all the browser windows are closed.</p> <p>Examples of purposes for which a cookie may be used:</p> <p>This cookie is necessary for us to:</p> <p>a) store and identify a users' unique session ID for the purpose of managing user session on the website.</p>

We do not share the information collected by the cookies with any third parties.

You can block cookies by activating the setting on your browser that allows you to refuse the setting of all or some cookies. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of our website.