



COOKIE POLICY

What Are Cookies

As is common practice with almost all professional websites this site uses cookies, which are tiny files that are downloaded to your computer, to improve your experience. This page describes what information they gather, how we use it and why we sometimes need to store these cookies. We will also share how you can prevent these cookies from being stored however this may downgrade or 'break' certain elements of the site's functionality.

For more general information on cookies see the Wikipedia article on HTTP Cookies.

How We Use Cookies

We use cookies for a variety of reasons detailed below. Unfortunately, in most cases there are no industry standard options for disabling cookies without completely disabling the functionality and features they add to this site. It is recommended that you leave on all cookies if you are not sure whether you need them or not in case they are used to provide a service that you use.

Disabling Cookies

You can prevent the setting of cookies by adjusting the settings on your browser (see your browser Help for how to do this). Be aware that disabling cookies will affect the functionality of this and many other websites that you visit. Disabling cookies will usually result in also disabling certain functionality and features of this site. Therefore, it is recommended that you do not disable cookies.

The Cookies We Set

When you submit data to through a form such as the contact pages or the Make a Booking forms cookies may be set to remember your user details for future correspondence.

This site offers newsletter/email subscription services and cookies may be used to remember if you are already registered. See our [privacy policy](#) for information on how we collect subscription data.

Third Party Cookies

This site uses Google Analytics to understand how you use the site and ways that we can improve your experience. These cookies may track things such as how long you spend on the site and the pages that you visit but will not store, save or collect personal information.

For more information on Google Analytics cookies, see the official Google Analytics page <https://safety.google/>.

More Information

If you are still looking for more information then you can contact karen@balancedyounutrition.com