

Therapy 4 Body and Mind TM – Cookie Policy

What Are Cookies?

Cookies are small text files placed on your device when you visit a website. They are widely used to make websites work more efficiently, as well as to provide information to the owners of the site.

Our Use of Cookies

At present, **we do not use cookies or similar tracking technologies** to collect or analyse data about visitors to our website.

Potential Future Use of Cookies

In the future, we may use cookies to help us understand how our website is used and to improve your experience. This could include:

- **Essential cookies** – to ensure the website functions correctly.
- **Analytics cookies** – to collect information about how visitors use the website (e.g., number of visits, pages viewed, and time spent on the site). This data would be aggregated and anonymous, and used only to improve site performance and usability.
- **Preference cookies** – to remember your choices and provide a more personalised experience.

If we introduce cookies, you will be informed and given a choice to accept or reject non-essential cookies when you first visit our website.

Managing Cookies

Most web browsers allow you to control cookies through their settings. If we begin using cookies in the future, you will be able to choose to accept, refuse, or delete them. Instructions for managing cookies can usually be found in your browser's "Help" or "Settings" menu.

Updates to This Policy

We may update this Cookie Policy from time to time to reflect changes in our practices or for other operational, legal, or regulatory reasons. Please revisit this page periodically to stay informed.

Contact Us

If you have any questions about this Cookie Policy, please contact us at:

therapy4bodyandmind@gmail.com