



Wisdom
on Wellness
the community of wellness experts

Cookie Policy

About cookies

A cookie is a file containing an identifier (a string of letters and numbers) that is sent by a web server to a web browser and is stored by the browser. The identifier is then sent back to the server each time the browser requests a page from the server.

Cookies may be either "persistent" cookies or "session" cookies: a persistent cookie will be stored by a web browser and will remain valid until its set expiry date, unless deleted by the user before the expiry date; a session cookie, on the other hand, will expire at the end of the user session, when the web browser is closed.

Cookies do not typically contain any information that personally identifies a user, but personal data that we store about you may be linked to the information stored in and obtained from cookies.

Why we use cookies

Cookies are used in order to make websites work, or work more efficiently, as well as to provide information to the owners of the site.

The cookies in use on our website may relate to, but is not limited to:

- Functional cookies
- Video hosting websites such as YouTube or Vimeo
- User preference – storing information about a preference previously indicated on our website
- Newsletter and mailing list sign-ups
- Analytical and tracking information
- Search engines – ad tracking and conversion, previous visits to website
- Interaction with our marketing and CRM systems
- Social media sites – ad tracking and conversion, preferences, previous website activity

Managing cookies

You can manage your cookie preferences on this website at any time using our cookie management tool, which allow to adjust the available parameters such as 'On' or 'Off'. You may need to refresh your page for your settings to take effect.



Most browsers also allow you to refuse to accept cookies and to delete cookies. The methods for doing so vary from browser to browser, and from version to version. You can however obtain up-to-date information about blocking and deleting cookies via these links:

- Google Chrome: <https://support.google.com/chrome/answer/95647>
- Mozilla Firefox: <https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences>
- Opera: <https://help.opera.com/en/latest/security-and-privacy/>
- Microsoft Internet Explorer: <https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies>
- Apple Safari: <https://support.apple.com/en-gb/guide/safari/manage-cookies-and-website-data-sfri11471/mac>
- Microsoft Edge: <https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy>

To find information relating to other browsers, visit the browser developer's website.