

Cookies Policy for www.hypnotherapy4change.co.uk

Last updated: 26 June 2026

This Cookies Policy explains how **Hypnotherapy 4 Change** (“we”, “us”, “our”) uses cookies and similar technologies on our website www.hypnotherapy4change.co.uk.

We are committed to protecting your privacy and ensuring transparency about how your data is used when you visit our site.

1. What Are Cookies?

Cookies are small text files placed on your device when you visit a website. They help websites function properly, improve user experience, and provide information to website owners.

Cookies can be:

- **Essential** – required for the website to function
- **Functional** – enhance your experience
- **Analytical** – help us understand how visitors use the site
- **Marketing** – used to deliver relevant ads (only if used)

2. How We Use Cookies

We use cookies to:

- Ensure the website works correctly
- Improve site performance and user experience
- Understand how visitors use our website
- Keep the site secure

We **do not** use cookies to collect personal information that directly identifies you.

3. Types of Cookies We Use

Essential Cookies

These are required for the website to function and cannot be switched off. Examples include:

- Security and session cookies
- Cookies that remember your cookie preferences

Analytics & Performance Cookies

These help us understand how visitors use the site so we can improve it. We may use tools such as **Google Analytics**, which collect:

- Pages visited
- Time spent on the site
- Browser type
- Device type

All data is anonymised.

Functional Cookies

These allow the website to remember choices you make, such as:

- Contact form preferences
- Display settings

Marketing Cookies (If Applicable)

If we run advertising campaigns (e.g., Facebook Ads or Google Ads), cookies may be used to:

- Measure campaign performance
- Deliver relevant ads

These cookies are only used with your consent.

4. Third-Party Cookies

Some cookies may be set by third-party services embedded on our site, such as:

- Google Analytics
- Google Maps
- Social media platforms (e.g., Facebook, Instagram)
- Booking or payment systems (if used)

These providers have their own privacy and cookie policies.

5. Managing Your Cookie Preferences

When you first visit our website, you will see a **cookie consent banner** allowing you to:

- Accept all cookies
- Reject non-essential cookies
- Customise your preferences

You can change your preferences at any time by revisiting the banner or adjusting your browser settings.

Most browsers allow you to:

- Block cookies
- Delete cookies
- Receive alerts before cookies are stored

Please note: disabling certain cookies may affect website functionality.

6. How Long Cookies Are Stored

Cookies may be stored:

- **Session cookies** – deleted when you close your browser
- **Persistent cookies** – remain on your device for a set period or until deleted

We only keep cookies for as long as necessary.

7. Updates to This Policy

We may update this Cookies Policy from time to time to reflect changes in technology, law, or our services. The “Last updated” date at the top of this page will be revised accordingly.

8. Contact Us

If you have any questions about this Cookies Policy or how we use cookies, please contact:

Hypnotherapy 4 Change Email: hypnotherapy4change@outlook.co.uk

Phone: 07419981888

Website: www.hypnotherapy4change.co.uk