



Cookie Notice

Cookies

To make our website work properly, we sometimes place small data files called cookies on your computer or device. Most websites do this too. Our websites are:

www.Arunatherapy.com

What are cookies?

A cookie is a small text file that our website saves on your computer or mobile device when you visit one of our sites. It enables our website to remember your actions and preferences (such as login, language, font size and other display preferences) over a period of time, so you don't have to keep re-entering them whenever you come back to the site or browse from one page to another.

How do we use cookies?

We use cookies and other technologies to ensure everyone who uses our website has the best possible experience. Cookies also help us keep your account safe. By agreeing to this cookie policy, you are agreeing to the use of cookies and similar technologies for the purposes we describe in this policy.

What types of cookie are there, and which ones do we use?

There are two types of cookie:

- **Persistent cookies** remain on a user's device for a set period of time specified in the cookie. They are activated each time that the user visits the website that created that particular cookie.
- **Session cookies** are temporary. They allow website operators to link the actions of a user during a browser session. A browser session starts when a user opens the browser window and finishes when they close the browser window. Once you close the browser, all session cookies are deleted.

Cookies also have, broadly speaking, four different functions and can be categorised as follow: 'strictly necessary' cookies, 'performance' cookies, 'functionality' cookies and 'targeting' or 'advertising' cookies.

Strictly necessary cookies are essential to navigate around a website and use its features. Without them, you wouldn't be able to use basic services like viewing other pages etc. These cookies do not gather information about you that could be used for marketing or remembering where you've been on the internet.

Examples of how we use 'strictly necessary' cookies include:

- Setting unique identifiers for each unique visitor, so site numbers can be analysed.
- Navigation of the website pages

Performance cookies collect data for statistical purposes on how visitors use a website; they don't contain personal information such as names and email addresses and are used to improve your user experience of a website.

Here are some examples of how we use performance cookies:

- Gathering data about visits to the website, including numbers of visitors and visits, length of time spent on the site, pages clicked on or where visitors have come from.
- For comparison with other websites using data collected by industry-accepted measurement and research companies.

Information supplied by performance cookies helps us to understand how you use the website; for example, whether or not you have visited before, what you looked at or clicked on and how you found us. We can then use this data to help improve our services. We generally use independent analytics companies to perform these services for us and when this is the case, these cookies may be set by a third-party company (third party cookies).

Preference cookies allow users to customise how a website looks for them: they can remember usernames, language preferences and regions, and can be used to provide more personal services like local weather reports and traffic news.

Here is an example of how we use functionality cookies:

- Remembering if you've been to the site before so that messages intended for first-time users are not displayed to you.

Advertising and targeting cookies are used to deliver advertisements more relevant to you but can also limit the number of times you see an advertisement and be used to chart the effectiveness of an ad campaign by tracking users' clicks. They can also provide security in transactions. They are usually placed by third-party advertising networks with a website

operator's permission but can be placed by the operator themselves. They can remember that you have visited a website, and this information can be shared with other organisations, including other advertisers. They cannot determine who you are though, as the data collected is never linked to your profile.

How to control cookies

You can **control and/or delete** cookies as you wish – for details, see aboutcookies.org. You can delete all cookies that are already on your computer and you can set most browsers to prevent them from being placed. If you do this, however, you may have to manually adjust some preferences every time you visit a site and some services and functionalities may not work.

Cookies on our websites are used for:

Category	Name of Cookie	Purpose	Expiration
Necessary	beatSessionId	Registers which server-cluster is serving the visitor. This is used in context with load balancing, in order to optimise user experience	Persistent
	beatSessionTs		
	Hs	Ensures visitors browsing-security by preventing cross-site request forgery. This cookie is essential for the security of the website and visitor	Session
	RequestId	Preserves the visitor's session state across page requests	1 day
	TS#	Cookie placed by Wix.com to help site run correctly	Session
	XSRF-TOKEN	Ensures visitors browsing-security by preventing cross-site request forgery. This cookie is essential for the security of the website and visitor	Session
Performance	_ga	This helps us count how many people visit the website by tracking if you've visited it before	2 Years
	_gat	This is used to manage the rate that page view requests are made	10 Minutes
	_gid	Registers a unique ID that is used to generate statistical data	2 Years
	Collect	Used to send data to Google Analytics about visitor devices and behaviours	Session
	Fedops.logger.sessionId	Registers statistical data on visitors' behaviours on the website. Used for internal analytics by the website operator.	Persistent

Marketing	_fbp	Used by Facebook to deliver a series of advertisement products such as real time bidding from third party advertisers	3 Months
	Fr		
	svSession	Tracks a visitor across all Wix.com sites. The information collected can be used to make advertisement more relevant for the visitor	2 years