

Cookie Policy

Amaris Raiana Therapy Last updated: 9 July 2026

What Are Cookies

Cookies are small text files that websites place on your device when you visit. They help websites remember information about your visit, such as your preferences. Some cookies are essential for a website to function properly, while others are used for analytics or advertising purposes.

Cookies We Use

Essential Cookies (Strictly Necessary)

This website is built on Wix, which sets a number of essential first-party cookies to operate and secure the site. These cookies are required for the website to function and cannot be switched off. They do not require your consent under UK GDPR or PECR.

Cookie Name	Purpose	Duration
XSRF-TOKEN	Security	Session
hs	Security	Session
svSession	Identifies unique visitors and manages your session (e.g. for booking or contact forms)	Up to 2 years
SSR-caching	Indicates how the site was rendered	Session
consent-policy	Remembers your cookie banner preference	12 months

Analytics, Advertising and Non-Essential Cookies

I do not use any analytics, advertising, tracking, or other non-essential cookies on this website. No cookies are set that monitor your browsing behaviour or collect data for marketing purposes, beyond the essential Wix platform cookies listed above.

How Consent Works on This Website

When you first visit this website, you will see a notice banner informing you that we only use essential cookies. Because we do not set any non-essential cookies of my own, there is nothing further that requires your consent.

When you acknowledge the banner, Wix sets an essential cookie (consent-policy) to remember your acknowledgement for 12 months. This prevents the banner from appearing on every page you visit.

Although the Data (Use and Access) Act 2025 created limited exemptions for purely statistical cookies, I have deliberately chosen a consent-first approach for this practice. No non-essential cookies are ever set on this website.

How to Change Your Choice or Manage Cookies

Clearing this website's cookies: If you delete the consent-policy cookie from your browser, the notice banner will appear again on your next visit.

Browser settings: You can control and delete cookies through your browser settings. Each browser handles this differently:

- **Chrome:** Settings > Privacy and security > Cookies
- **Firefox:** Settings > Privacy & Security > Cookies
- **Safari:** Preferences > Privacy > Cookies
- **Edge:** Settings > Privacy, search and services > Cookies

For detailed guidance on managing cookies across all browsers and devices, visit aboutcookies.org.

Please note that blocking all cookies may affect the functionality of some websites, though this website will continue to work normally for essential purposes.

Your Rights

Your consent to cookies is always freely given. You may refuse or withdraw consent at any time without any negative consequences for your use of this website. Since we only use essential cookies, refusing non-essential cookies does not affect your experience here.

Updates to This Policy

I will update this Cookie Policy if my use of cookies changes. Any significant changes will be clearly communicated, and the updated policy will be available on this page.

Contact

If you have any questions about this Cookie Policy or how cookies are used, please contact:

Amaris Raiana Email: amaris@amarisraianatherapy.com

For my full privacy practices, please see the Privacy Policy at <https://amarisraiana.com>

