

# Cookie Policy



CLIENT INFORMATION

Last updated: May 2026



This Cookie Policy explains how The EASE Approach by Kelina Fili, herein referred to as the EASE Approach, uses cookies and similar technologies on [www.theeaseapproach.com](http://www.theeaseapproach.com).

Cookies help the website function properly, improve how it performs, and support a smoother, more secure experience for visitors.

## **What are cookies?**

Cookies are small text files placed on your device when you visit a website. They help the site remember your preferences, understand how visitors use the site, and support essential functionality.

Some cookies are set by the website itself, while others are set by trusted third-party services we use.

## **How we use cookies**

We use cookies to:

- ensure the website works as intended
- understand how visitors interact with the site
- improve website performance and content
- support security and prevent misuse

We do not use cookies to sell personal data or track you in ways that feel intrusive.

## **Types of cookies we use**

### ***Essential cookies***

These cookies are necessary for the website to function properly. They enable core features such as page navigation, security, and access to protected areas of the website.

The website cannot function correctly without these cookies.

### ***Analytics cookies***

We may use analytics tools to understand how visitors interact with our website and to improve its design, content, performance, and user experience.

Analytics cookies collect aggregated, anonymised or pseudonymised information such as pages visited, time spent on the site, and general usage patterns.

These cookies are only activated with your consent via the cookie banner.

Examples of analytics providers we may use include services such as Google Analytics or similar website analytics tools.

### ***Functional cookies***

These cookies remember preferences you make (such as form inputs or booking selections) to provide a more consistent and supportive experience.

### ***Marketing Cookies***

From time to time, we may use marketing or advertising cookies to measure the effectiveness of our content, improve visibility, or share relevant information about our services.

These cookies may be set by advertising platforms or social media providers and may track browsing behaviour across websites.

Marketing cookies will only be used with your explicit consent.

You can withdraw consent at any time via the cookie settings on this website.

### ***Third-party cookies***

Our website may integrate secure third-party tools to support essential functionality, such as appointment booking or secure access. Where these tools use cookies, they are limited to what is necessary for functionality and security. Clinical platforms used for dietetic care (such as practice management or food logging systems) are separate from the website and are described in our Privacy Notice.

### ***Managing your cookie preferences***

When you first visit our website, you will see a cookie banner allowing you to accept, reject, or manage non-essential cookies.

You can also control or delete cookies through your browser settings at any time. Please note that disabling certain cookies may affect how the website functions.

### ***Changes to this Cookie Policy***

We may update this Cookie Policy from time to time to reflect changes in technology, legal requirements, or how the website operates.

Any updates will be posted on this page with a revised date.

### ***Contact***

If you have any questions about how cookies are used on this website, you can contact us at:

**Email:** [kelina@theeaseapproach.com](mailto:kelina@theeaseapproach.com)

ENDS