**Digital Detox Club Cookie Policy**

**Effective Date:** 5 May 2025 **Last Updated:** 5 May 2025

**1. Introduction**

This Cookie Policy explains what cookies are, how Digital Detox Club ("we", "us", "our") uses cookies and similar technologies on our website www.digitaldetoxclub.co.uk ("Website"), and your choices regarding cookies.

This policy should be read alongside our Privacy Policy, which provides more detail on how we process your personal data.

**2. What Are Cookies?**

Cookies are small text files that are placed on your computer, smartphone, or other device when you visit a website. They are widely used to make websites work, or work more efficiently, as well as to provide information to the owners of the site.

Cookies can be:

- **Session cookies:** These expire when you close your browser.
- **Persistent cookies:** These remain on your device for a set period or until you delete them.
- **First-party cookies:** These are set by the website you are visiting (us).
- **Third-party cookies:** These are set by a domain other than our website, typically when the Website incorporates elements from other sites, such as images, social media plugins, analytics tools, or advertising.

**3. How We Use Cookies**

We use cookies and similar technologies for various purposes, including:

- **Making our website work:** Some cookies are essential for the operation of our Website (Strictly Necessary Cookies).
- **Analysing Website usage:** To understand how visitors use our website, which pages are popular, and how we can improve user experience (Analytical/Performance Cookies).
- **Remembering your preferences:** To remember choices you make (like language or region) and provide enhanced, more personal features (Functional Cookies).

**4. Types of Cookies We Use**

We classify the cookies used on our website as follows:

- **Strictly Necessary Cookies:** These cookies are essential for you to browse the Website and use its core features, such as accessing secure areas or managing your cookie consent preferences. They do not store personally identifiable information and do not require your consent under UK law. If you block these cookies via your browser, parts of the site may not function correctly.

- **Analytical / Performance Cookies:** These cookies allow us to recognise and count the number of visitors and see how visitors move around our website when they are using it. This helps us improve the way our website works, for example, by ensuring that users find what they are looking for easily. These cookies are only set if you provide your consent.
- **Functional Cookies:** These cookies enable the Website to provide enhanced functionality and personalisation. They may be set by us or by third-party providers whose services we have added to our pages. They help remember choices you make (e.g., username, language). These cookies are only set if you provide your consent.

## 5. Your Consent

When you first visit our website, we will ask for your consent to place non-essential cookies (Analytical/Performance, Functional, Marketing) on your device via our cookie consent banner/tool. Strictly Necessary cookies do not require your consent.

You can view or change your cookie preferences at any time by [**Explain HOW users can change preferences - e.g., "clicking the 'Cookie Settings' link in the website footer" or "accessing our Cookie Consent Tool here: [Link]" - Make sure this mechanism exists!**].

## 6. How to Manage Cookies Through Your Browser

Most web browsers allow some control of most cookies through the browser settings. You can configure your browser to accept or reject all cookies, or notify you when a cookie is set. Find out how to manage cookies on popular browsers:

- Google Chrome: https://support.google.com/chrome/answer/95647
- Mozilla Firefox: https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences
- Microsoft Edge: https://www.google.com/search?q=https://support.microsoft.com/en-gb/windows/microsoft-edge-Browse-data-and-privacy-bb8174ba-9d73-dcf2-9b4a-c582b4e640dd
- Apple Safari: https://www.google.com/search?q=https://support.apple.com/en-gb/guide/safari/sfri11471/mac

Please note that if you use your browser settings to block all cookies (including strictly necessary cookies), you may not be able to access all or parts of our website, and some functionality may be impaired.

## 7. Specific Cookies We Use

To give you the best experience on our website, we use a mix of essential, performance, and marketing cookies. Here's a breakdown:

### Essential Cookies

These are needed for the website to work properly and cannot be turned off in our system.

- **_wix_browser_sess** – Maintains your session while you browse the site

- **bSession** – Helps Wix identify system issues and ensure site stability
- **_wixAB3, _wixAB3|[ID]** – Used by Wix for internal testing and improvement
- **_wixCIDX, _wixUIDX** – Used to identify visitors across sessions
- **consent-policy** – Remembers your cookie preferences
- **DI, forterToken** – Security cookies used to prevent fraud

## Analytics Cookies

These help us understand how visitors use our website so we can improve it.

- **_ga, _ga_46CXENL4NC** – Google Analytics, tracks visitor behavior anonymously
- **_gcl_au** – Tracks ad performance via Google AdSense

## Marketing Cookies

These are used to deliver personalised ads and measure their effectiveness.

- **_fbp** – Facebook Pixel, helps show relevant ads on Facebook and Instagram

**Third-Party Cookies:** Please note that third parties (including, for example, providers of external services like web traffic analysis services, e.g., Google Analytics) may also use cookies, over which we have no control. These cookies are likely to be analytical/performance cookies or targeting cookies. We recommend you check the privacy and cookie policies of these third-party websites for information regarding their use of cookies.

## 8. Changes to This Cookie Policy

We may update this Cookie Policy from time to time to reflect changes in technology, legislation, or our data use practices. Any changes will be posted on this page with an updated effective date. We encourage you to review this policy periodically.

## 9. Contact Us

If you have any questions about our use of cookies or this policy, please contact us at:

- Email: hello@digitaldetoxclub.co.uk
- Post: The Digital Detox Club, Unit 82A, James Carter Road, Mildenhall, Bury St Edmonds, Suffolk, IP28 7DE

For more information about how we protect your personal data, please see our **Privacy Policy.**