

Cookie Policy



What's a cookie?

Welcome to the cookie policy.

I only wish that this was a policy about a small yummy biscuit. However, it's actually about a piece of data or a text file that is downloaded to your computer or mobile device when you access certain websites, which is also called a cookie.

When you access www.skylark.life there are cookies that will be encountered unknowingly by your devices, which allow us to distinguish you from other users of our website. It's not just us who uses cookies; they are used by nearly all websites and do not harm your system.

How do we use cookies?

We use cookies to track your use of our website. This helps us to provide you with a good experience when you browse our website and allows us to improve it too.

Cookies are either:

Session cookies: these are deleted when you finish browsing a website and are not stored on your computer after the web session has ended and you've closed your browser.

Persistent cookies: these are stored on your computer after you've finished using a website. This is so that the website provider can remember your preferences the next time you use it. We use persistent cookies for web analytics to actively monitor traffic and compile reporting about how users are using our website.

Cookies can also be categorised as follows:

Strictly necessary cookies: these are essential to enable you to use the website effectively, such as when buying a service from us. This means you can't turn them off because we can't provide services available to you via our website without them. Although you can't turn them off, the good news is that these cookies do not gather information about you that could be used for marketing or remembering where you have been on the internet.

Performance cookies: these enable us to monitor and improve the performance of our website like counting visits, identifying traffic sources and finding out which parts of our site are visited most. All information that's awesome for us to know!

Functionality cookies: these allow our website to remember choices you make and provide enhanced features. For instance, we can provide you with news or updates relevant to the services you use. They may also be used to provide services you have requested such as viewing a video or commenting on a blog. The information these cookies collect is usually anonymised.

Media Cookies: these can be used to improve a website's performance and provide special features and content. They can be placed by third parties who provide services to us or by us.

Advertising or Targeting Cookies: these are usually placed and used by advertising companies to develop a profile of your browsing interests and serve advertisements on other websites that are related to your interests. You will see less advertising if you disable these cookies.

Baked Goods Cookies: Ok, ok, I'll try to stop mentioning them now.



Please note that third parties who may advertise on our website from time to time (including, for example, advertising networks and providers of external services like web traffic analysis services) may also use cookies, over which we have no control. These cookies are likely to be analytical/performance cookies or targeting cookies but please check them out if you have concerns about their cookies.

Squarespace Cookies

You can find more details on the exact cookies that this Squarespace website uses in this [article](#).

Consent

If you continue to use our website we will assume that you are happy to receive all cookies from our website.

If you want to check or change what types of cookies you accept, this can usually be altered within your browser settings. You can block cookies (the data kind, who'd want to block a biscuity cookie! Whoops, I wasn't going to mention them again!) at any time by activating the setting on your browser that allows you to refuse the setting of all or some cookies. Be careful though as you could end up blocking all cookies (including essential cookies), which could mean that you can't access all or parts of our site.

Queries

Please contact Vikki@skylark.life if you have any other queries about cookies (especially some yummy vegan ones! Ok, the policy has ended now so no more cookie references!)