



Cookies Policy

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Cookies Policy

Our Cookies Policy was last updated Jul 7, 2026
 This Cookies Policy explains how Therasize ("we," "us," and "our") uses cookies and similar technologies to recognise you when you visit our website at <https://therasize.com> ("Website"). It explains what these technologies are and why we use them, as well as your rights to control our use of them.
 In some cases we may use cookies to collect personal information, or that becomes personal information if we combine it with other information.

What are cookies?

Cookies are small data files that are placed on your computer or mobile device when you visit a website. Cookies are widely used by website owners in order to make their websites work, or to work more efficiently, as well as to provide reporting information.
 Cookies set by the website owner (in this case, Therasize) are called "**first-party** cookies." Cookies set by parties other than the website owner are called "**third-party** cookies." Third-party cookies enable third-party features or functionality to be provided on or through the website (e.g., advertising, interactive content, and analytics). The parties that set these third-party cookies can recognise your computer both when it visits the website in question and also when it visits certain other websites. Cookies can be "Persistent" or "Session" Cookies. Persistent Cookies remain on Your personal computer or mobile device when You go offline, while Session Cookies are deleted as soon as You close Your web browser.

How can I control cookies?

We use only strictly necessary cookies and similar technologies, so there is nothing to accept or reject: we do not set any advertising, analytics or other non-essential cookies, and there is no cookie banner or preference centre. You can still control or delete cookies through your browser settings, as described below. Please note that removing essential cookies may stop parts of the service working, such as keeping you signed in.

Cookie Type	Category	Purpose
Essential cookies	First-party, plus essential security cookies set by our providers	Strictly necessary for the core functionality and security of the service: keeping you signed in, maintaining your session and access to secure areas, and protecting sign-in against bots and abuse (via Cloudflare Turnstile and Google reCAPTCHA). These cannot be switched off.
Performance and Functionality cookies	—	Not used.
Analytics and Customisation cookies	Cookie-less (no cookies set)	We use privacy-focused, cookie-less analytics (Umami) on our marketing website. It does not set cookies and does not track individuals across sites, so we set no analytics cookies.
Advertising cookies	—	Not used. We do not serve advertising.
Social Networking cookies	—	Not used.
Other cookies	—	Not used.

How can I control cookies on my browser?

As the means by which you can refuse cookies through your web browser controls vary from browser to browser, you should visit your browser's help menu for more information. The following is information about how to manage cookies on the most popular browsers:

- [Chrome](#)
- [Firefox](#)
- [Safari](#)
- [Edge](#)
- [Opera](#)

Other tracking technologies including web beacons

Cookies are not the only technology used to recognise visitors. We may use limited engagement tracking in our marketing emails, for example to understand whether an email has been opened, where you have chosen to receive marketing from us. We do not use tracking technologies for advertising, and we do not use tracking pixels on our website.

How often will you update this Cookies Policy?

We may update this Cookies Policy from time to time in order to reflect, for example, changes to the cookies we use or for other operational, legal, or regulatory reasons. Please therefore revisit this Cookies Policy regularly to stay informed about our use of cookies and related technologies.

The date at the top of this Cookies Policy indicates when it was last updated.

Contact Us

Further information about how we collect and handle your personal data can be found in our <https://therasize.com/privacy-policy> If you have any questions about our use of cookies or other technologies, please contact us with the information below:

Email: contact@therasize.com
 Address: Soho Works, 180 Strand, London, United Kingdom, WC2R 1EA