



ESSENTIAL
LIFESTYLE



Cookie Policy

1. Consent

"It's the 21st Century so obviously cookies are a thing and we too use Cookies on this site to offer a better user experience. You can find out more within the **Cookie Policy** and set your preferences within the Cookie Settings."

2. Our Website

United Time Services Limited t/a Essential Lifestyle uses cookies on its website at www.essentiallifestyle.com (the "Website"). This Cookie Policy explains what cookies are, how we use them, your choices regarding cookies and further information about them.

3. What are Cookies?

Cookies are small text files containing small amounts of information which are sent to and stored on your computer, smartphone, or other device when you access a website. Cookies are then sent back to the originating website on each subsequent visit or to another website that recognises that cookie. Cookies are useful because they allow a website to recognise a user's device.

4. Use of cookies on the website

Cookies are used on the Website for several reasons. This includes, but is not limited to, the following:

- to allow users to log on to their account.
- to allow users to choose log-in preferences.
- to monitor and collect information about transactions placed on the Website; and
- for fraud prevention purposes and generally to safeguard privacy.

Cookies are generally used to improve and enhance the user experience. Some of the cookies we use are essential for the Website to operate.

Our use of Cookies on our website can fall into the following categories:

Session Management / Necessary: these cookies are essential to enable use of the Website, they manage session information and enable users to navigate through the Website.

Functionality: these cookies store information which enables us to remember user preferences e.g. preferred language, sort types, media settings. They are also used to improve users' experience by, for example, stopping users from being shown the same message twice.

Fraud Prevention: these cookies store information which helps us stop fraudulent use of the Website.



Tracking: these cookies enable us to store information about how users landed on the Website. We need to record this so that we can appropriately pay our Affiliates.

Analysis: these cookies allow us to recognise and count the number of users and to see how users move around our Website when they are using it. This helps us to improve the way the Website works, for example, by ensuring that users are finding what they are looking for easily and to deliver adverts and information which are more relevant to each user and their interests and to monitor the effectiveness of such adverts and information.

Targeting and advertising cookies: these cookies are designed to gather information from you on your device to display advertisements to you generally and based on relevant topics that interest you.

We may, from time to time, use carefully selected third party tracking and/or analytical cookies to assist in improving the Website and our services for users.

Where links are provided on the Website to third party websites it is important to remember that those websites will have their own cookies and privacy policies which will govern any information you may submit. If you decide to use any linked third-party websites, please read their cookies and privacy policies before doing so.

Below is a full list of the cookies in use, their purpose and for how long your information is retained.

| Cookie | Domain | Type | Description | Duration |
|--------------------------------------|--------------------------|-----------|--|----------|
| _ga_XXVMD3TG9S | essentiallifestyle.co.uk | Analytics | This cookie is installed by Google Analytics. 2 | 2 Years |
| _ga | essentiallifestyle.co.uk | Analytics | The _ga cookie, installed by Google Analytics, calculates visitor, session and campaign data and also keeps track of site usage for the site's analytics report. The cookie stores information anonymously and assigns a randomly generated number to recognize unique visitors. | 2 Years |
| _gid | essentiallifestyle.co.uk | Analytics | Installed by Google Analytics, _gid cookie stores information on how visitors use a website, while also creating an analytics report of the website's performance. Some of the data that are collected include the number of visitors, their source, and the pages they visit anonymously. | 1 Day |
| _gat_gtag_UA-197621989_ | essentiallifestyle.co.uk | Analytics | Set by Google to distinguish users. | 1 Minute |
| uncode_privacy[consent_types] | essentiallifestyle.co.uk | Necessary | This cookie is set by Uncode WordPress theme and is used to manage privacy settings on the website. | 1 Year |



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|---|--------------------------|-----------|--|--------|
| cookieawinfo-checkb ox-necessary | essentiallifestyle.co.uk | Necessary | Set by the GDPR Cookie Consent plugin, this cookie is used to record the user consent for the cookies in the "Necessary" category. | 1 Year |
| cookieawinfo-checkb ox-functional | essentiallifestyle.co.uk | Necessary | The cookie is set by the GDPR Cookie Consent plugin to record the user consent for the cookies in the category "Functional" | 1 Year |
| cookieawinfo-checkb ox-performance | essentiallifestyle.co.uk | Necessary | Set by the GDPR Cookie Consent plugin, this cookie is used to store the user consent for cookies in the category "Performance" | 1 Year |
| cookieawinfo-checkb ox-analytics | essentiallifestyle.co.uk | Necessary | Set by the GDPR Cookie Consent plugin, this cookie is used to record the user consent for the cookies in the "Analytics" category. | 1 Year |
| cookieawinfo-checkb ox-advertisement | essentiallifestyle.co.uk | Necessary | Set by the GDPR Cookie Consent plugin, this cookie is used to record the user consent for the cookies in the "Advertisement" category. | 1 Year |
| cookieawinfo-checkb ox-others | essentiallifestyle.co.uk | Necessary | Set by the GDPR Cookie Consent plugin, this cookie is used to store the user consent for cookies in the category "Others" | 1 Year |

5. Managing Cookies

If you want to delete any cookies already stored on your computer or stop the cookies that keep track of your browsing patterns on the Website, you can do so by deleting your existing cookies and/or altering your browser's privacy settings (the process you follow will differ from browser to browser). If you would like more information on how to disable cookies or change your privacy settings, please visit computer.howstuffworks.com. Your browser's 'help' function should also tell you how to do this.

Please note that deleting our cookies or disabling our future cookies means that you may not be able to access certain areas or features of the Website. For example, if your browser is set to disable 'session' cookies, you won't be able to log on to your Les Online account.

Details of how we protect your privacy are set out in our [Privacy Policy](#).

6. Where can you find more information about Cookies?

If you want to delete any cookies already stored on your computer or stop the cookies that keep track of your browsing patterns on the Website, you can do so by deleting your existing cookies and/or altering your browser's privacy settings (the process you follow will differ from browser to browser). If you would like more information on how to disable cookies or change your privacy settings, please visit computer.howstuffworks.com. Your browser's 'help' function should also tell you how to do this.

To find out more about cookies visit www.aboutcookies.org or www.allaboutcookies.org.