**Cookie Policy**

**Last Updated: [Insert Date]**

**This Cookie Policy explains how Rise with Holly uses cookies and similar technologies on** [**www.risewithholly.co.uk**](http://www.risewithholly.co.uk)**.**

**1. What Are Cookies?**

**Cookies are small files stored on your device that help websites function and improve user experience.**

**2. Types of Cookies We Use**

* **Essential Cookies: Required for website functionality (e.g., login, forms).**
* **Analytics Cookies: Help us understand how visitors use the site (e.g., Google Analytics, Meta Pixel).**
* **Functional Cookies: Enhance your experience, e.g., remembering preferences.**

**3. Managing Cookies**

* **Most browsers allow you to block or delete cookies via settings.**
* **Please note that some website features may not work if cookies are disabled.**

**4. Third-Party Cookies**

* **We may use third-party tools such as Google Analytics and Meta Pixel to analyse traffic.**
* **These third parties may store cookies on your device in accordance with their own policies.**

**5. Consent**

* **By using our website, you consent to the use of cookies as described in this policy.**
* **You can withdraw consent at any time by changing your browser settings.**