

# Cookie Policy

**Last Updated: March 10, 2026**

This Cookie Policy explains how **Best You Forever** ("we," "our," or "us") uses cookies and similar technologies on **bestyouforever.com**.

By using our website, you agree to the use of cookies as described in this policy.

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## What Are Cookies?

Cookies are small text files that are stored on your device when you visit a website. They help websites function properly, improve user experience, and provide information about how visitors interact with the site.

Cookies may be stored for a short time (session cookies) or remain on your device until deleted (persistent cookies).

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## How We Use Cookies

We use cookies for several purposes, including:

### Essential Cookies

These cookies are necessary for the website to function properly. They allow you to navigate the site and use essential features such as secure areas or form submissions.

### Analytics Cookies

We may use analytics tools (such as Google Analytics) to understand how visitors use our website. This helps us improve website performance and content.

Analytics cookies may track information such as:

- Pages visited
  - Time spent on pages
  - Website traffic sources
  - General geographic location (non-identifying)
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## **Marketing and Advertising Cookies**

We may use cookies from platforms such as:

- Facebook / Instagram
- Google

These cookies help us:

- Measure the effectiveness of advertising
- Show relevant ads
- Understand how visitors interact with our marketing

These platforms may collect information in accordance with their own privacy policies.

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## **Functionality Cookies**

These cookies allow the website to remember choices you make (such as forms you have filled out or scheduling tools you use) in order to improve your experience.

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## **Third-Party Cookies**

Some cookies may be placed by third-party services we use on our website, such as:

- Appointment scheduling tools
- Email marketing platforms
- Analytics services
- Social media integrations

These third parties may collect information according to their own privacy policies.

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## **Managing Cookies**

Most web browsers allow you to control cookies through your browser settings. You can choose to:

- Block cookies
- Delete cookies
- Receive alerts when cookies are being used

Please note that disabling cookies may affect the functionality of some parts of the website.

You can learn more about managing cookies by visiting your browser's help section.

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## **Changes to This Cookie Policy**

We may update this Cookie Policy from time to time. Updates will be posted on this page with a revised "Last Updated" date.

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## **Contact Us**

If you have any questions about this Cookie Policy, you can contact us at:

### **Best You Forever**

Website: [www.bestyouforever.com](http://www.bestyouforever.com)

Email: [info@bestyouforever.com](mailto:info@bestyouforever.com)

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