

Cookie Policy

LAST UPDATED [06 AUGUST 2026]

1. About this policy

This policy explains how Metis Insights uses cookies and similar technologies on metisinsights.co.uk. It should be read alongside our Privacy Policy.

2. What cookies are

Cookies are small text files placed on your device when you visit a website. They are widely used to make websites work, to improve their performance, and to provide information to site owners. Similar technologies, such as pixels and local storage, perform comparable functions.

3. The cookies we use

Our website is built on the Wix platform, which sets certain cookies necessary for the site to function. The categories we use are:

Strictly necessary cookies — these are essential for the website to operate. They enable core functions such as security, network management, and accessibility, and include cookies set by Wix to keep the site running and to protect against misuse. These cannot be switched off in our systems.

Functional cookies — these allow the website to remember choices you make and to provide enhanced features. If these are disabled, some parts of the site may not work as intended.

Analytics and performance cookies — where enabled, these help us understand how visitors interact with our site by collecting information such as which pages are visited and how users move through the site. This helps us improve how the website works. These are only set with your consent.

A detailed, up-to-date list of the specific cookies set by the Wix platform is maintained by Wix and available in their cookie documentation.

4. Managing your cookies

When you first visit our site, you will be presented with a cookie banner allowing you to accept or decline non-essential cookies. You can change your preferences at any time through the cookie settings on our website.

You can also control cookies through your browser settings, including deleting existing cookies and blocking future ones. Note that blocking strictly necessary cookies may affect how the website functions. Guidance on managing cookies in common browsers is available at aboutcookies.org or allaboutcookies.org.

5. Changes to this policy

We may update this Cookie Policy from time to time to reflect changes in the technologies we use or in legal requirements. The current version will always be available on this page.

6. Contact us

For questions about our use of cookies, contact us at info@metisinsights.co.uk.