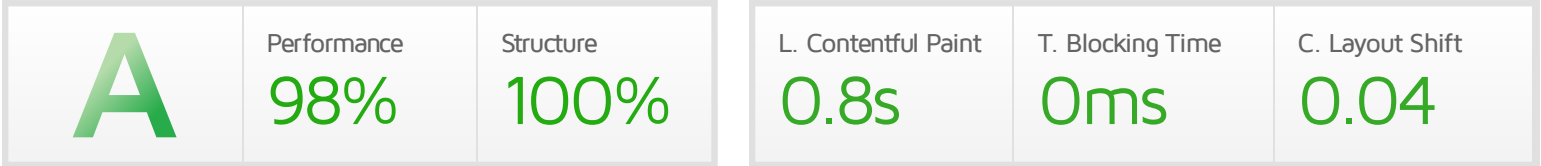




Performance Report for: <https://urbansanctuaryspa.com/>

Report generated: Sat, Mar 6, 2021 6:11 PM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 86.0.4240.193, Lighthouse 6.3.0
 Analysis options: iPad 3/4/Air/Air 2/2017



Top Issues

IMPACT	AUDIT	
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Remove unused JavaScript	Potential savings of 159 KiB
Low	Avoid an excessive DOM size	559 elements
Low	Avoid enormous network payloads	Total size was 514 KiB
Low	Serve static assets with an efficient cache policy	8 resources found

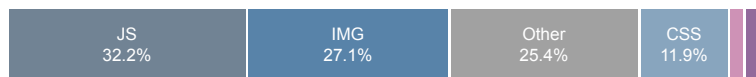
Page Details



Total Page Size - 511KB



Total Page Requests - 59



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

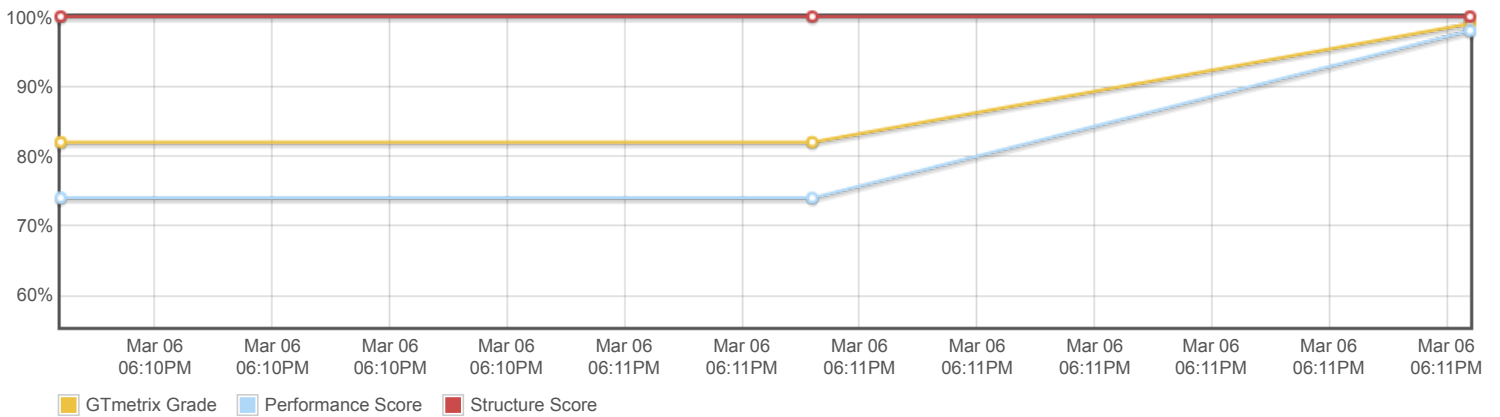
About GTmetrix

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 25 years experience in web technology.

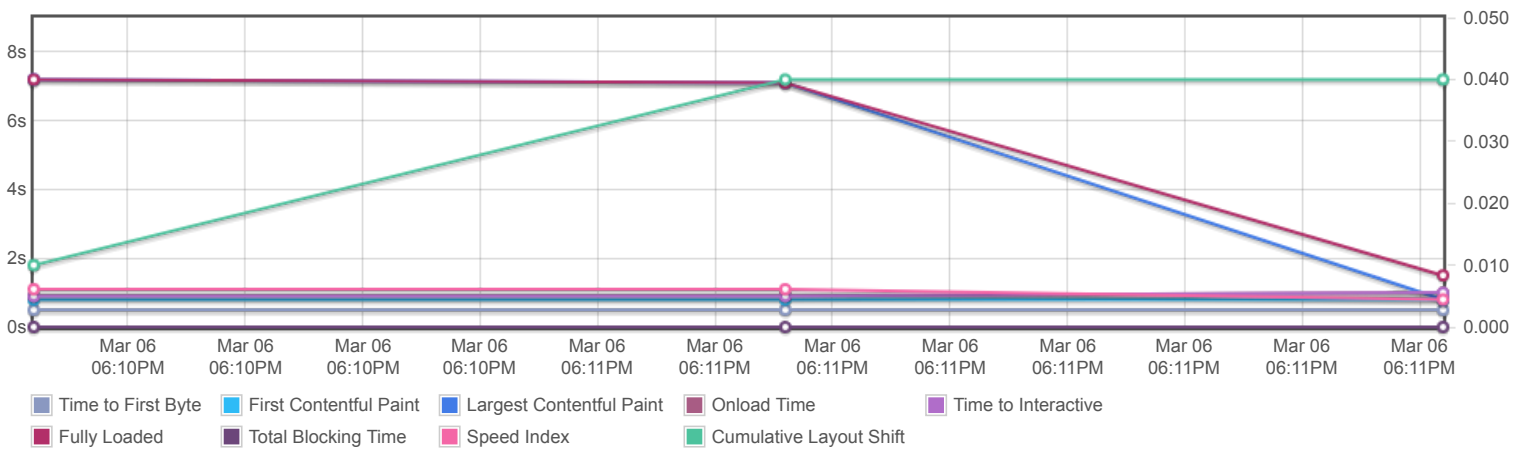


<https://carbon60.com/>

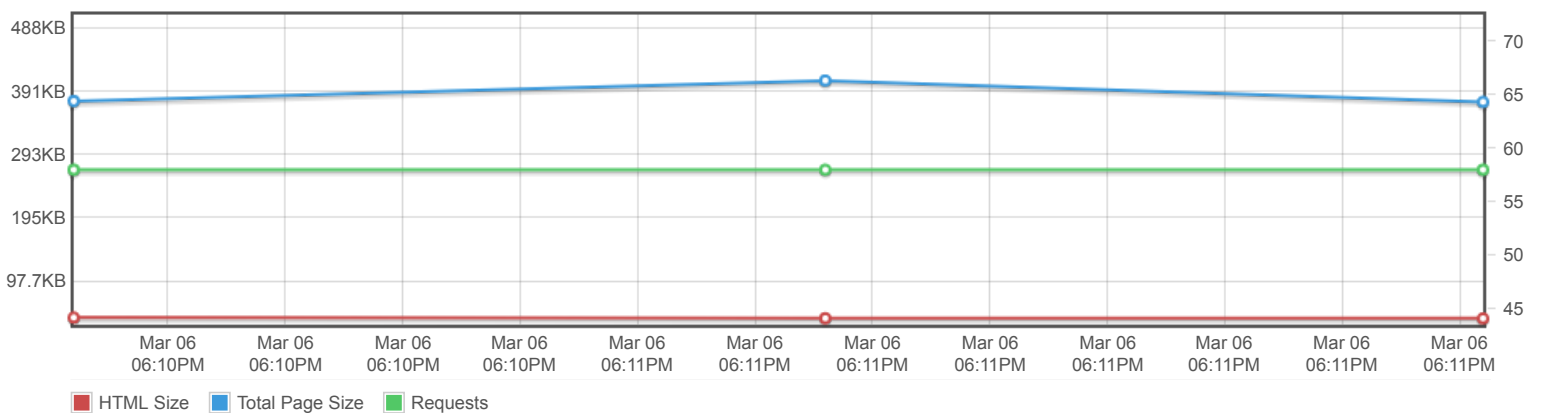
Page scores



Page metrics

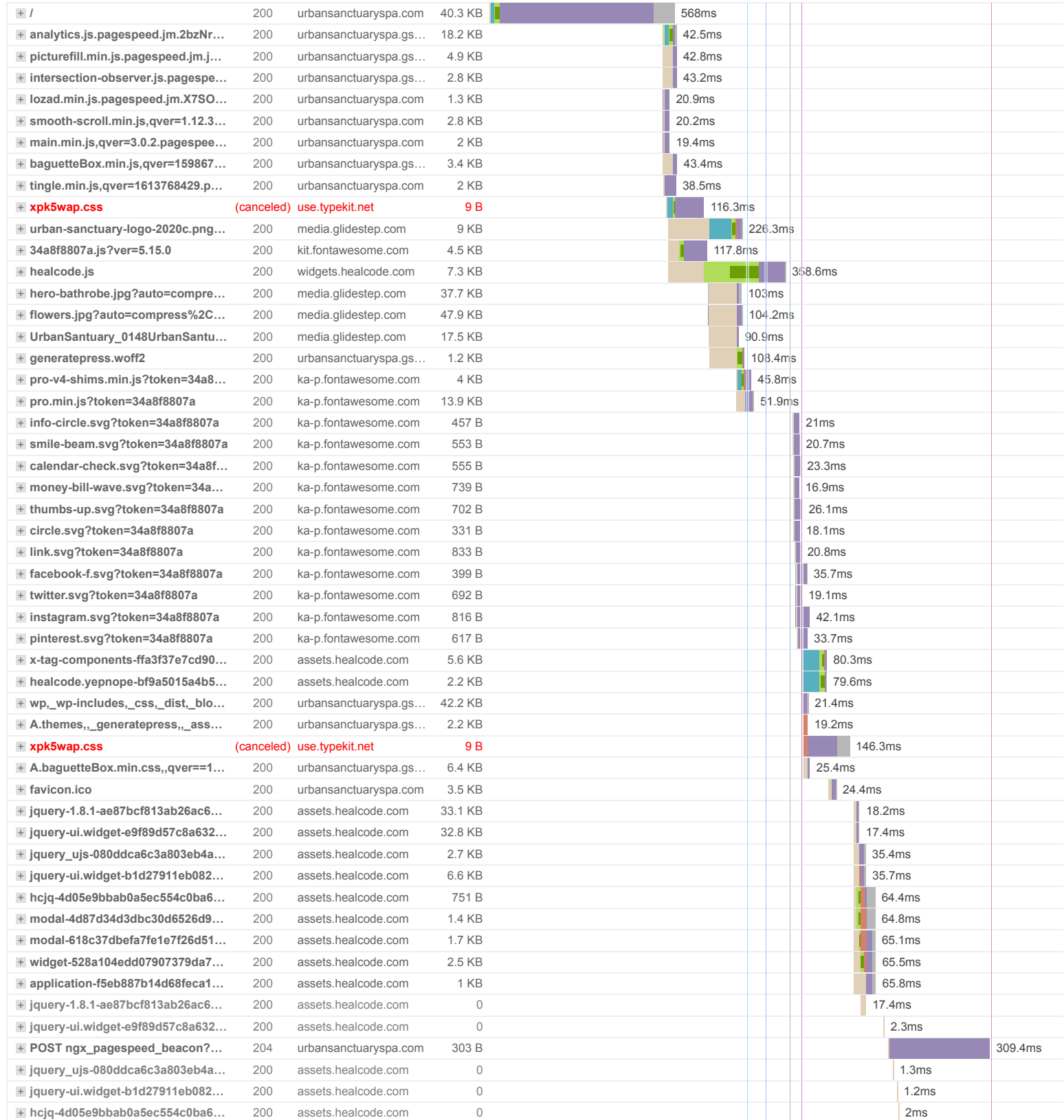


Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Urban Sanctuary Spa



modal-4d87d34d3dbc30d6526d9...	200	assets.healcode.com	0					1ms
modal-618c37dbefa7fe1e7f26d51...	200	assets.healcode.com	0					1.3ms
widget-528a104edd07907379da7...	200	assets.healcode.com	0					10.2ms
ajax-loader-01660019227d7e88b...	200	assets.healcode.com	1.1 KB					6.5ms
application-f5eb887b14d68feca1...	200	assets.healcode.com	0					0.9ms
shopping-cart.svg?token=34a8f8...	200	ka-p.fontawesome.com	744 B					14ms
58 Requests 374 KB (1.4 MB Uncompressed) 1.54s (Onload 953ms)								



Performance Metrics

<h3>First Contentful Paint</h3> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>0.8s</p>	<h3>Time to Interactive</h3> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>1.0s</p>
<h3>Speed Index</h3> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>0.8s</p>	<h3>Total Blocking Time</h3> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<h3>Largest Contentful Paint</h3> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>0.8s</p>	<h3>Cumulative Layout Shift</h3> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.04</p>

Browser Timings

Redirect	0ms	Connect	31ms	Backend	473ms
TTFB	0.5s	First Paint	0.8s	DOM Int.	0.9s
DOM Loaded	0.9s	Onload	1.0s	Fully Loaded	1.5s

IMPACT	AUDIT	
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Remove unused JavaScript	Potential savings of 159 KiB
Low	Avoid an excessive DOM size	559 elements
Low	Avoid enormous network payloads	Total size was 514 KiB
Low	Serve static assets with an efficient cache policy	8 resources found
Low	Ensure text remains visible during webfont load	
Low	Avoid long main-thread tasks	2 long tasks found
Low	Reduce JavaScript execution time	0.2 s
Low	Remove unused CSS	Potential savings of 42 KiB
Low	Reduce initial server response time	Root document took 470 ms
Low	Avoid serving legacy JavaScript to modern browsers	Potential savings of 13 KiB
Low	Avoid large layout shifts	5 elements found
Low	Avoid non-composited animations	11 animated elements found
Low	Avoid chaining critical requests	8 chains found
Low	Use HTTP/2 for all resources	12 requests not served via HTTP/2
N/A	Largest Contentful Paint element	1 element found
N/A	Minimize main-thread work	0.8 s
N/A	Reduce the impact of third-party code	Third-party code blocked the main thread for 0 ms
N/A	Replace large JavaScript libraries with smaller alternatives	0 large libraries found
N/A	User Timing marks and measures	