Performance Report for:

https://www.actlondon.net/

Report generated: Tue, Mar 5, 2024 8:41 AM -0800
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	94%	574ms	0ms	0.01

Top Issues

Med	**Use explicit width and height on image elements** CLS	2 images found
Med-Low	**Use a Content Delivery Network (CDN)**	35 resources found
Med-Low	**Serve static assets with an efficient cache policy**	Potential savings of 114KB
Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 147ms
Low	**Avoid enormous network payloads** LCP	Total size was 500KB

Page Details

895ms
Fully Loaded Time

Total Page Size - 496KB

Total Page Requests - 44

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

CARBON 60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

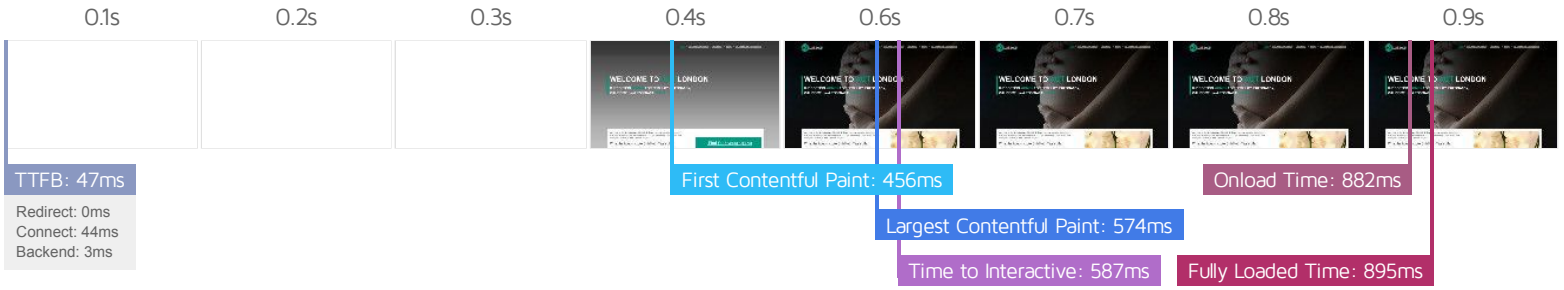
https://carbon60.com/

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.

| Acupuncture

/	200	actlondon.net	8.65KB	48ms
font-awesome.min.css	200	maxcdn.bootstrapcd…	6.45KB	110ms
bootstrap.min.css	200	actlondon.net	16.9KB	56ms
main.css	200	actlondon.net	2.50KB	19ms
modernizr-2.8.3-respond-…	200	actlondon.net	7.67KB	28ms
normalize.css?ver=1.0	200	actlondon.net	1.96KB	20ms
style.css?ver=1.0	200	actlondon.net	1.75KB	23ms
all.min.css?ver=5.15.2	200	actlondon.net	12.1KB	21ms
magnific-popup.css?ver=…	200	actlondon.net	1.64KB	26ms
frontend.min.css?ver=8.9.2	200	actlondon.net	4.67KB	21ms
custom.css?ver=8.9.2-f1ff…	200	actlondon.net	3.13KB	53ms
main.min.css?ver=1.4.15	200	actlondon.net	10.7KB	77ms
font-awesome.min.css?v…	200	actlondon.net	5.59KB	77ms
main.min.css?ver=1.4.15	200	actlondon.net	1.70KB	54ms
main.min.css?ver=1.4.15	200	actlondon.net	263B	74ms
main.min.css?ver=1.4.15	200	actlondon.net	100B	55ms
jquery.min.js?ver=3.7.1	200	actlondon.net	29.0KB	77ms
jquery-migrate.min.js?ver…	200	actlondon.net	4.57KB	71ms
logo.png	200	actlondon.net	6.26KB	239ms
widget.jpg	200	actlondon.net	14.4KB	233ms
wp-polyfill-inert.min.js?ve…	200	actlondon.net	2.52KB	121ms
regenerator-runtime.min.j…	200	actlondon.net	2.39KB	121ms
wp-polyfill.min.js?ver=3.1…	200	actlondon.net	33.9KB	228ms
hooks.min.js?ver=c6aec9…	200	actlondon.net	1.49KB	211ms
i18n.min.js?ver=7701b0c…	200	actlondon.net	3.50KB	231ms
player-static.js?ver=1709…	200	actlondon.net	226B	71ms
dlm-xhr.min.js?ver=4.9.11	200	actlondon.net	2.39KB	231ms
lc_select.min.js?ver=1.1.8a	200	actlondon.net	5.71KB	232ms
lc_switch.min.js?ver=2.0.3	200	actlondon.net	1.92KB	228ms
frontend.min.js?ver=8.9.2	200	actlondon.net	4.76KB	228ms
magnific-popup.pckg.js?…	200	actlondon.net	6.89KB	228ms
bootstrap.min.js	200	actlondon.net	8.93KB	228ms
main.js	200	actlondon.net	171B	228ms
analytics.js	200	google-analytics.com	20.5KB	80ms
fbevents.js	200	connect.facebook.net	56.0KB	85ms
act-london-02.jpg	200	actlondon.net	84.0KB	12ms
fa-solid-900.woff2	200	actlondon.net	78.4KB	75ms
648021003196731?v=2.9.1…	200	connect.facebook.net	11.1KB	259ms
jquery.min.js	(blocked)	ajax.googleapis.com	0	0ms
web-components.esm.js?…	200	actlondon.net	1.75KB	16ms
p-d7399561.js	200	actlondon.net	5.40KB	7ms
wp-emoji-release.min.js?…	200	actlondon.net	4.58KB	8ms
tr?id=648021003196731&…	200	facebook.com	185B	48ms
touch.png	200	actlondon.net	19.7KB	9ms

44 Requests **496KB (1.30MB Uncompressed)** **Fully Loaded 895ms (Onload 882ms)**



Performance Metrics

First Contentful Paint

Good - Nothing to do here

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

456ms

Time to Interactive

Good - Nothing to do here

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

587ms

Speed Index

Good - Nothing to do here

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

534ms

Total Blocking Time

Good - Nothing to do here

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

0ms

Largest Contentful Paint

Good - Nothing to do here

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.

574ms

Cumulative Layout Shift

Good - Nothing to do here

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

0.01

Browser Timings

Redirect	0ms	Connect	44ms	Backend	3ms
TTFB	47ms	First Paint	456ms	DOM Int.	569ms
DOM Loaded	587ms	Onload	882ms	Fully Loaded	895ms

IMPACT	AUDIT	
Low	**Properly size images**	Potential savings of 4.65KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.actlondon.net/wp-content/themes/act/img/logo.png	6.21KB	4.65KB

Low	**Avoid long main-thread tasks** TBT	1 long task found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://www.actlondon.net/	309ms	50ms

Low	**Reduce unused CSS** FCP LCP	Potential savings of 39.0KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.actlondon.net/wp-content/themes/act/css/bootstrap.min.css	17.0KB	16.1KB
• https://www.actlondon.net/wp-content/plugins/private-content/css/fontAwesome/css/all.min.css?ver=5.15.2	12.1KB	12.1KB
• https://www.actlondon.net/wp-content/plugins/sabai/assets/css/main.min.css?ver=1.4.15	10.8KB	10.8KB

Low	**Serve images in next-gen formats**	Potential savings of 22.9KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.actlondon.net/wp-content/themes/act/img/act-london-02.jpg	84.0KB	22.9KB

Low	**Avoid non-composited animations** CLS	1 animated element found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
html.js <html style="" class="js flexbox canvas canvastext webgl no-touch geolocation postmessage websql…">	
Unsupported CSS Property: font-size	font-size

Low	**Avoid chaining critical requests** FCP LCP	31 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **603ms**

INITIAL NAVIGATION

- https://www.actlondon.net/ 9.08KB, 46ms
  - https://www.actlondon.net/wp-content/plugins/sabai-googlemaps/assets/css/main.min.css?ver=1.4.15 318B, 69ms
  - https://www.actlondon.net/wp-content/themes/act/js/vendor/modernizr-2.8.3-respond-1.4.2.min.js 7.74KB, 23ms
  - https://www.actlondon.net/wp-content/plugins/sabai/assets/css/main.min.css?ver=1.4.15 10.8KB, 72ms
  - https://www.actlondon.net/wp-content/plugins/private-content/js/magnific_popup/magnific-popup.pckg.js?ver=1.1.0 6.89KB, 35ms
  - https://www.actlondon.net/wp-content/plugins/sabai-paidlistings/assets/css/main.min.css?ver=1.4.15 154B, 50ms
  - https://www.actlondon.net/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 2.53KB, 8ms
  - https://www.actlondon.net/wp-content/plugins/private-content/js/lc-switch/lc_switch.min.js?ver=2.0.3 1.93KB, 35ms
  - https://www.actlondon.net/wp-content/plugins/private-content/css/custom.css?ver=8.9.2-f1ff0094a37d95c71c6e688ef0076da8 3.18KB, 47ms
  - https://www.actlondon.net/wp-content/themes/act/style.css?ver=1.0 1.81KB, 19ms
  - https://www.actlondon.net/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0 2.39KB, 8ms
  - https://www.actlondon.net/wp-content/plugins/sabai-directory/assets/css/main.min.css?ver=1.4.15 1.76KB, 49ms
  - https://www.actlondon.net/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 4.62KB, 66ms
  - https://www.actlondon.net/wp-content/themes/act/js/vendor/bootstrap.min.js 8.93KB, 30ms
  - https://www.actlondon.net/wp-content/plugins/private-content/css/frontend.min.css?ver=8.9.2 4.70KB, 17ms
  - https://www.actlondon.net/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 33.9KB, 35ms
  - https://www.actlondon.net/wp-content/plugins/private-content/js/magnific_popup/magnific-popup.css?ver=1.1.0 1.67KB, 21ms
  - https://www.actlondon.net/wp-content/themes/act/css/bootstrap.min.css 17.0KB, 51ms
  - https://www.actlondon.net/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1 1.50KB, 18ms
  - https://www.actlondon.net/wp-content/plugins/sabai/assets/css/font-awesome.min.css?ver=1.4.15 5.62KB, 72ms
  - https://maxcdn.bootstrapcdn.com/font-awesome/4.4.0/css/font-awesome.min.css 6.45KB, 105ms
  - https://www.actlondon.net/wp-content/themes/act/js/main.js 171B, 30ms
  - http://ajax.googleapis.com/ajax/libs/jquery/1.11.2/jquery.min.js 0B, 0ms
  - https://www.actlondon.net/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef 3.51KB, 38ms
  - https://www.actlondon.net/wp-content/themes/act/normalize.css?ver=1.0 2.01KB, 15ms
  - https://www.actlondon.net/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 29.1KB, 72ms
  - https://www.actlondon.net/wp-content/plugins/private-content/js/frontend.min.js?ver=8.9.2 4.76KB, 35ms
  - https://www.actlondon.net/wp-content/plugins/private-content/js/lc-select/lc_select.min.js?ver=1.1.8a 5.71KB, 39ms
  - https://www.actlondon.net/wp-content/themes/act/css/main.css 2.60KB, 14ms
  - https://www.actlondon.net/wp-content/plugins/download-monitor/assets/js/dlm-xhr.min.js?ver=4.9.11 2.39KB, 39ms
  - https://www.actlondon.net/wp-content/plugins/presto-player/src/player/player-static.js?ver=1709074401 280B, 66ms
    - https://www.actlondon.net/wp-content/plugins/presto-player/dist/components/web-components/web-components.esm.js?ver=1709074401 1.75KB, 9ms
      - https://www.actlondon.net/wp-content/plugins/presto-player/dist/components/web-components/p-d7399561.js 5.40KB, 6ms
  - https://www.actlondon.net/wp-content/plugins/private-content/css/fontAwesome/css/all.min.css?ver=5.15.2 12.1KB, 16ms
    - https://www.actlondon.net/wp-content/plugins/private-content/css/fontAwesome/webfonts/fa-solid-900.woff2 78.4KB, 9ms

Low **Reduce unused JavaScript** LCP — Potential savings of 21.6KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://connect.facebook.net/en_US/fbevents.js	58.0KB	21.6KB

N/A **Avoid an excessive DOM size** TBT — 145 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		145
Maximum DOM Depth	Fertility `<a href="https://www.actlondon.net/acupuncture-treatments-for-fertility/">`	10
Maximum Child Elements	body `<body>`	24

N/A **Largest Contentful Paint element** LCP — 570 ms

This is the largest contentful element painted within the viewport.

ELEMENT

icon
`<img src="https://www.actlondon.net/wp-content/themes/act/img/widget.jpg" alt="icon">`

PHASE	% OF LCP	TIMING
TTFB	8%	47ms
Load Delay	37%	213ms
Load Time	6%	33ms
Render Delay	49%	280ms

N/A **Reduce JavaScript execution time** TBT — 21ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	177ms	8ms	0ms
• https://www.actlondon.net/	140ms	10ms	2ms

N/A **Reduce initial server response time** FCP LCP — Root document took 3ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://www.actlondon.net/	3ms

N/A	**Avoid serving legacy JavaScript to modern browsers** TBT	Potential savings of 10.8KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL		POTENTIAL SAVINGS
https://connect.facebook.net/en_US/fbevents.js		10.7KB
Line:23 Column:2302	@babel/plugin-transform-classes	
Line:24 Column:20141	Array.prototype.filter	
Line:24 Column:26258	Array.from	
Line:24 Column:28008	Array.prototype.map	
Line:24 Column:28800	Array.prototype.find	
https://www.actlondon.net/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2		53B
Line:0 Column:452	@babel/plugin-transform-classes	
https://connect.facebook.net/signals/config/648021003196731?v=2.9.148&r=stable&domain=www.actlondon.net&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100		46B
Line:19 Column:2057	@babel/plugin-transform-classes	

N/A	**Avoid large layout shifts** CLS	2 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Find Your Acupuncturist `<a href="https://www.actlondon.net/find-your-act-london-acupuncturist/" class="btn find-your-acpn">`	0.01
`<ul class="header-smi smi list-unstyled list-inline">`	0.00

N/A **Minimize main-thread work** TBT — Main-thread busy for 567ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	213ms
Script Evaluation	204ms
Style & Layout	76ms
Parse HTML & CSS	40ms
Script Parsing & Compilation	27ms
Rendering	5ms

N/A **User Timing marks and measures** — 4 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME	TYPE	START TIME	DURATION
fbevents:start:unwantedDataProcessing_648021003196731	Mark	829ms	0ms
fbevents:end:unwantedDataProcessing_648021003196731	Mark	829ms	0ms
fbevents:start:validateUrlProcessing_648021003196731	Mark	829ms	0ms
fbevents:end:validateUrlProcessing_648021003196731	Mark	829ms	0ms

N/A **Reduce the impact of third-party code** TBT — Total size was 96.6KB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
FACEBOOK	69.3KB	0ms
• https://connect.facebook.net/en_US/fbevents.js	58.0KB	0ms
• https://connect.facebook.net/signals/config/648021003196731?v=2.9.148&r=stable&domain=www.actlondon.net&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100	11.1KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
BOOTSTRAP CDN	6.45KB	0ms
• https://maxcdn.bootstrapcdn.com/font-awesome/4.4.0/css/font-awesome.min.css	6.45KB	0ms
GOOGLE CDN	0B	0ms