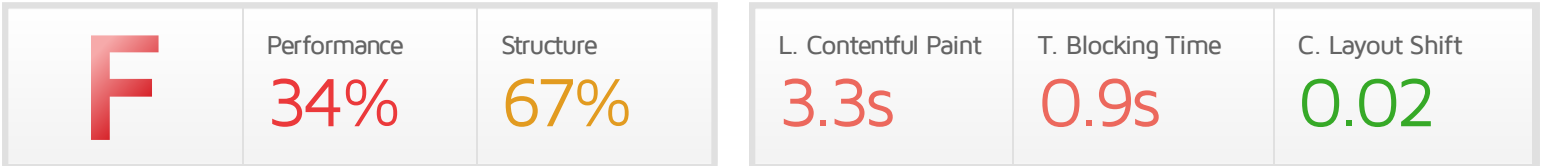




## Performance Report for: https://rejuvenationma.mysculpt.net/

Report generated: Mon, Jan 11, 2021 2:19 PM -0800  
 Test Server Location: Vancouver, Canada  
 Using: Chrome (Desktop) 86.0.4240.193, Lighthouse 6.3.0



### Top Issues

IMPACT	AUDIT	
High	Reduce initial server response time	Root document took 940 ms
High	Avoid enormous network payloads	Total size was 5,124 KiB
Med	Serve static assets with an efficient cache policy	82 resources found
Med-Low	Avoid long main-thread tasks	9 long tasks found
Med-Low	Defer offscreen images	Potential savings of 1,279 KiB

### Page Details



Total Page Size - 5.00MB



Total Page Requests - 128



■ 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.**

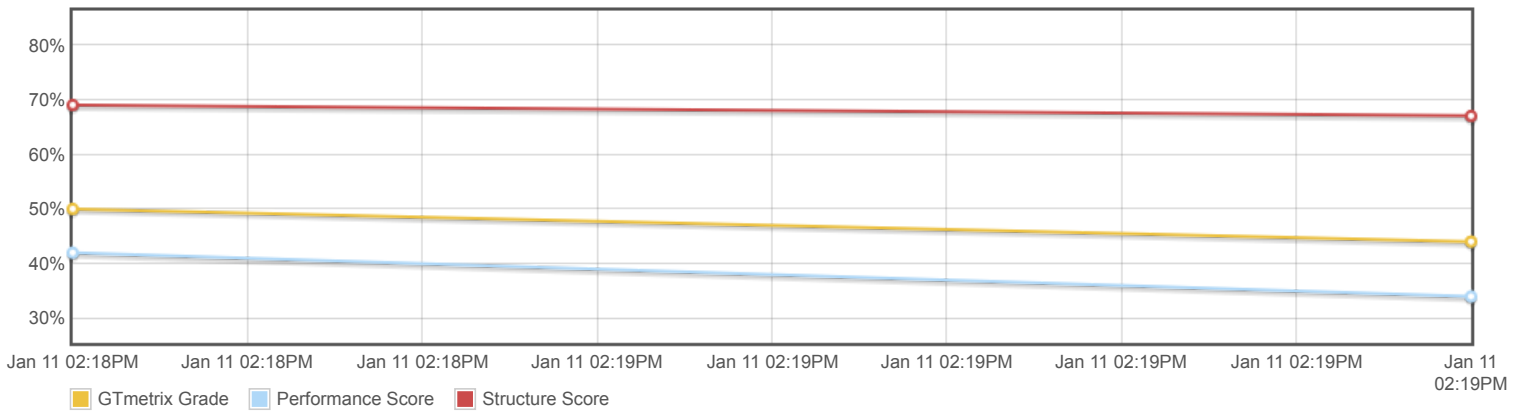
#### About GTmetrix

GTmetrix is developed by the good folks at **CARBON60**, a Canadian hosting company with over 25 years experience in web technology.

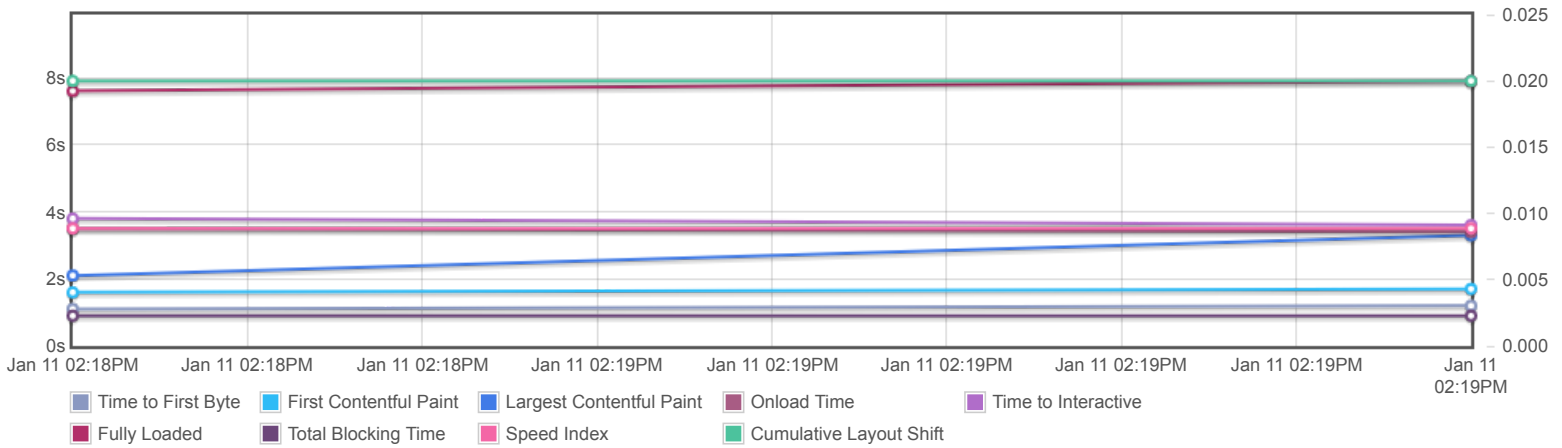


<https://carbon60.com/>

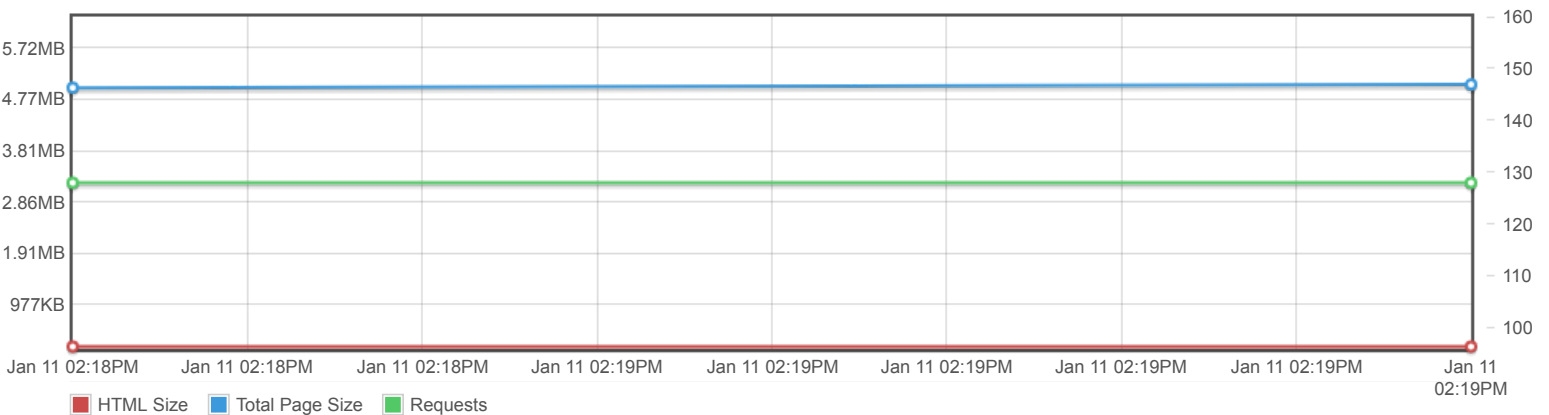
### Page scores



### Page metrics



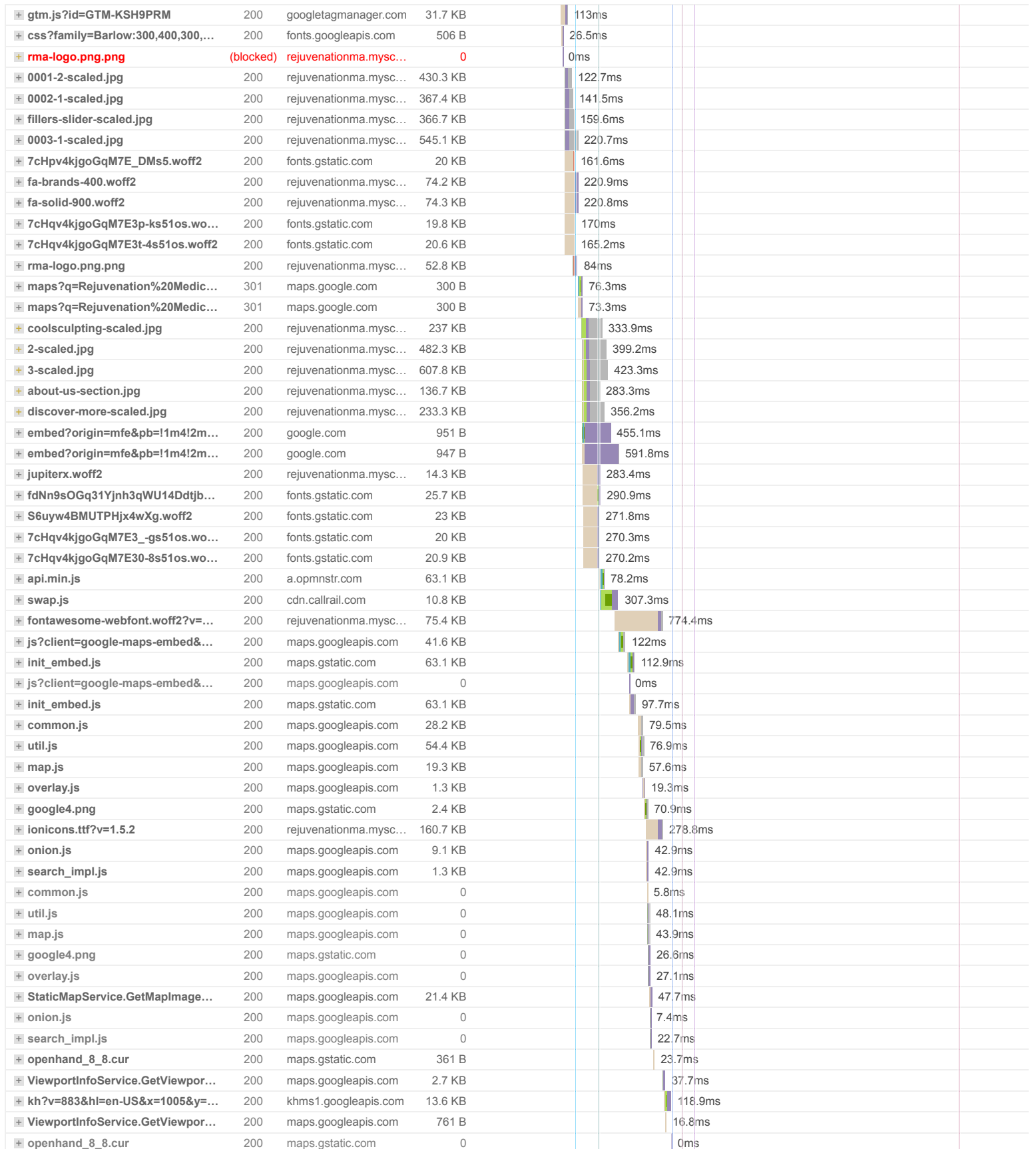
### Page sizes and request counts



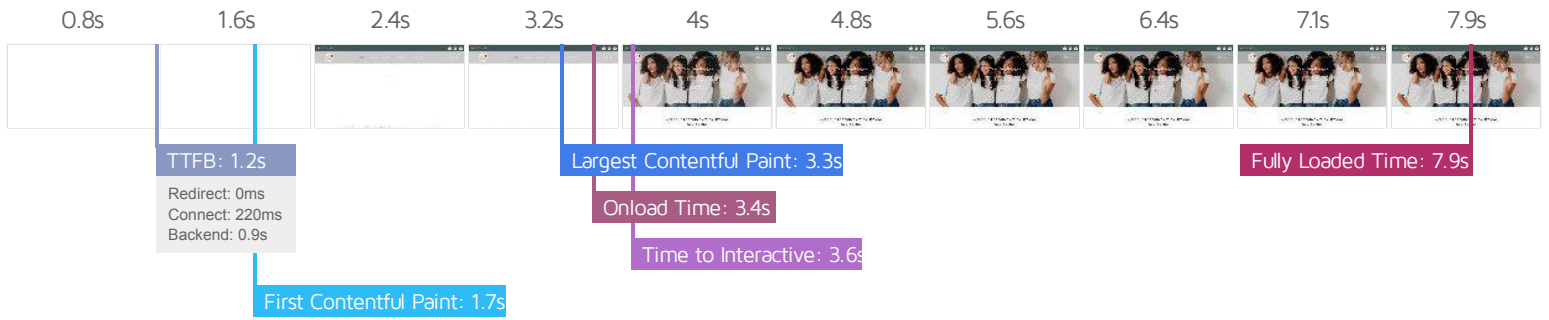
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

## Rejuvenation Medical Aesthetics | Surgical & Non-Surgical Cosmetic Treatments

Resource	Size	Time
/	200	1.29s
style.min.css?ver=5.6	7.7 KB	103.1ms
theme.min.css?ver=5.6	741 B	104.8ms
font-awesome.min.css?ver=5.6	4.6 KB	105.3ms
ionicons.min.css?ver=5.6	6.7 KB	105.9ms
mobinav.css	3.6 KB	106.4ms
b5ad030.css?ver=1.18.1	20.8 KB	166.9ms
elementor-icons.min.css?ver=5.9.1	3.4 KB	147ms
animations.min.css?ver=3.0.16	2.5 KB	162.8ms
frontend-legacy.min.css?ver=3.0...	536 B	162.8ms
frontend.min.css?ver=3.0.16	15.5 KB	166.5ms
font-awesome.min.css?ver=4.7.0	6.9 KB	164.8ms
frontend.min.css?ver=1.11.0	12.1 KB	166.5ms
post-921.css?ver=1610005904	393 B	164.9ms
frontend.min.css?ver=2.9.4	21.8 KB	172.5ms
flatpickr.min.css?ver=4.1.4	2.9 KB	166.7ms
post-1312.css?ver=1610309683	2.6 KB	166.7ms
post-1310.css?ver=1610231128	2 KB	166.8ms
post-1036.css?ver=1610005905	1.1 KB	166.8ms
css?family=Roboto%3A100%2C...	3.3 KB	73.7ms
fontawesome.min.css?ver=5.12.0	11.8 KB	166.7ms
solid.min.css?ver=5.12.0	308 B	166.8ms
brands.min.css?ver=5.12.0	300 B	166.7ms
smartslider.min.css?ver=f9404e8d	3.5 KB	166.8ms
jquery.min.js?ver=3.5.1	30.2 KB	169.3ms
jquery-migrate.min.js?ver=3.3.2	4.1 KB	163ms
js?id=G-BKWR12BEE7	51.1 KB	380.9ms
n2.min.js?ver=f9404e8d	11 KB	163.1ms
smartslider-frontend.min.js?ver=...	28.5 KB	170.3ms
smartslider-simple-type-frontend...	4.3 KB	169.3ms
nextend-webfontloader.min.js?v...	4.7 KB	169.3ms
wp-emoji-release.min.js?ver=5.6	4.6 KB	322.7ms
overthrow.min.js?ver=5.6	1.6 KB	166.6ms
jquery.nanoscroller.min.js?ver=5.6	2.9 KB	167.5ms
mobi.nav.min.js?ver=5.6	998 B	234.2ms
underscore.min.js?ver=1.8.3	5.6 KB	235.2ms
frontend.min.js?ver=1.18.1	35.4 KB	250ms
wp-embed.min.js?ver=5.6	769 B	237.2ms
jquery.smartmenus.min.js?ver=1...	6.8 KB	237.9ms
url-polyfill.min.js?ver=1.1.7	1.9 KB	238.4ms
frontend-modules.min.js?ver=3...	17.9 KB	239.2ms
jquery.sticky.min.js?ver=2.9.4	1.9 KB	240.6ms
frontend.min.js?ver=2.9.4	22.1 KB	250.2ms
core.min.js?ver=1.12.1	6.7 KB	243.2ms
dialog.min.js?ver=4.8.1	3.4 KB	243.8ms
waypoints.min.js?ver=4.0.2	2.9 KB	244.4ms
swiper.min.js?ver=5.3.6	34.7 KB	262.5ms
share-link.min.js?ver=3.0.16	1.1 KB	251.6ms
frontend.min.js?ver=3.0.16	31 KB	259.9ms
wp-util.min.js?ver=5.6	591 B	257.4ms
frontend.min.js?ver=1.11.0	13.7 KB	258.5ms
flatpickr.min.js?ver=4.1.4	11.8 KB	260.5ms



25748?d=rejuvenationma.myscul...	200	api.omappapi.com	3.2 KB				219.9ms	
POST swap_session.json	200	js.callrail.com	590 B				237.6ms	
kh?v=883&hl=en-US&x=31&y=46...	200	khms1.googleapis.com	12.5 KB				79.4ms	
vt?pb=!1m5!1m4!1i15!2i8041!3i1...	200	google.com	1.4 KB				80ms	
vt?pb=!1m5!1m4!1i15!2i8040!3i1...	200	google.com	1.1 KB				98.5ms	
vt?pb=!1m5!1m4!1i15!2i8040!3i1...	200	google.com	1.2 KB				79.1ms	
vt?pb=!1m5!1m4!1i15!2i8041!3i1...	200	google.com	2.8 KB				78.3ms	
vt?pb=!1m5!1m4!1i15!2i8042!3i1...	200	google.com	2.3 KB				78.4ms	
vt?pb=!1m5!1m4!1i15!2i8042!3i1...	200	google.com	642 B				77.6ms	
vt?pb=!1m5!1m4!1i15!2i8039!3i1...	200	google.com	4.9 KB				78.9ms	
vt?pb=!1m5!1m4!1i15!2i8039!3i1...	200	google.com	6.5 KB				78.9ms	
vt?pb=!1m5!1m4!1i15!2i8043!3i1...	200	google.com	1.1 KB				73.3ms	
vt?pb=!1m5!1m4!1i15!2i8043!3i1...	200	google.com	720 B				73.4ms	
vt?pb=!1m5!1m4!1i15!2i8038!3i1...	200	google.com	3.3 KB				93.5ms	
vt?pb=!1m5!1m4!1i15!2i8038!3i1...	200	google.com	2.5 KB				90.4ms	
rma-logo.png-150x150.png	200	rejuvenationma.mysc...	25.9 KB				60.8ms	
ViewportInfoService.GetViewpor...	200	maps.googleapis.com	2.1 KB				22.8ms	
ViewportInfoService.GetViewpor...	200	maps.googleapis.com	1.2 KB				17.1ms	
vt?pb=!1m4!1m3!1i15!2i8038!3i1...	200	google.com	1 KB				17.6ms	
AuthenticationService.Authentic...	200	maps.googleapis.com	112 B					16.8ms
AuthenticationService.Authentic...	200	maps.googleapis.com	86 B					16.1ms
<b>128 Requests</b>		<b>5 MB (8 MB Uncompressed)</b>						<b>7.94s (Onload 3.41s)</b>



### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Much longer than recommended</p> <p><b>1.7s</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Longer than recommended</p> <p><b>3.6s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p><b>3.5s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Much longer than recommended</p> <p><b>0.9s</b></p>
<p><b>Largest Contentful Paint</b></p> <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>Much longer than recommended</p> <p><b>3.3s</b></p>	<p><b>Cumulative Layout Shift</b></p> <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><b>0.02</b></p>

### Browser Timings

Redirect	0ms	Connect	220ms	Backend	0.9s
TTFB	1.2s	First Paint	1.7s	DOM Int.	2.0s
DOM Loaded	2.0s	Onload	3.4s	Fully Loaded	7.9s

IMPACT	AUDIT	
High	<b>Reduce initial server response time</b>	Root document took 940 ms
High	<b>Avoid enormous network payloads</b>	Total size was 5,124 KiB
Med	<b>Serve static assets with an efficient cache policy</b>	82 resources found
Med-Low	<b>Avoid long main-thread tasks</b>	9 long tasks found
Med-Low	<b>Defer offscreen images</b>	Potential savings of 1,279 KiB
Med-Low	<b>Enable text compression</b>	Potential savings of 148 KiB
Low	<b>Avoid chaining critical requests</b>	55 chains found
Low	<b>Eliminate render-blocking resources</b>	Potential savings of 130 ms
Low	<b>Avoid an excessive DOM size</b>	918 elements
Low	<b>Use passive listeners to improve scrolling performance</b>	
Low	<b>Reduce JavaScript execution time</b>	1.3 s
Low	<b>Preconnect to required origins</b>	Potential savings of 160 ms
Low	<b>Use a Content Delivery Network (CDN)</b>	1 resource found
Low	<b>Serve images in next-gen formats</b>	Potential savings of 912 KiB
Low	<b>Remove unused JavaScript</b>	Potential savings of 126 KiB
Low	<b>Ensure text remains visible during webfont load</b>	
Low	<b>Remove unused CSS</b>	Potential savings of 92 KiB
Low	<b>Avoid serving legacy JavaScript to modern browsers</b>	Potential savings of 9 KiB
Low	<b>Avoid large layout shifts</b>	5 elements found
Low	<b>Minify CSS</b>	Potential savings of 2 KiB
Low	<b>Avoid non-composited animations</b>	4 animated elements found
Low	<b>Use HTTP/2 for all resources</b>	5 requests not served via HTTP/2

N/A	<b>Largest Contentful Paint element</b>	1 element found
N/A	<b>Minimize main-thread work</b>	2.8 s
N/A	<b>Reduce the impact of third-party code</b>	Third-party code blocked the main thread for 40 ms
N/A	<b>Replace large JavaScript libraries with smaller alternatives</b>	0 large libraries found
N/A	<b>User Timing marks and measures</b>	