Website Analysis: ericakesilman.com

The score is 54/100

SEO Content

✓	Title	Somatic Therapy Coach in Melbourne, FL | EK Coaching Length : 52 Perfect, your title contains between 10 and 70 characters.
✓	Description	Reach new heights in your self-transformation journey with our somatic therapy services. Designed to break cycles and restore balance in mind and body. Length : 151 Great, your meta description contains between 70 and 160 characters.
✗	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.
✓	Og Meta Properties	Good, your page take advantage of Og Properties.

Property	Content
locale	en_US
type	website
title	Home
description	Reach new heights in your self-transformation journey with our somatic therapy services. Designed to break cycles and restore balance in mind and body.
url	https://ericakesilman.com/
site_name	Erica Kesilman
image	https://ericakesilman.com/wp-content/uploads/2023/09/Erica-Kesilman-Logo-midblue.png
image:width	791

SEO Content

		image:height	221			
		image:type	image/png			

	Headings	H1	H2	H3	H4	H5	H6
		1	8	19	7	0	6

- [H1] Erica Kesilman - Somatic Therapy Coach
- [H2] Make Your Family Thrive
- [H2] Meet
- [H2] Core Values
- [H2] Learn the Tools Needed To Empower, Thrive and Succeed
- [H2] Nervous System Health Guide
- [H2] Let's Chat About What We Can Accomplish Together!
- [H2] Erica Kesilman Coaching
- [H2] Erica Kesilman Coaching
- [H3] Experience & Credentials
- [H3] Customized Guidance Specific to Your Goals
- [H3] Specialization in Empowerment-Oriented Tools
- [H3] LIBERATE Program
- [H3] NUTURE Program
- [H3] CONNECT Program
- [H3] EMPOWER Program
- [H3] Get Regulated Now
- [H3] Breathe Class
- [H3] Build Your Business
- [H3] Speaking Events
- [H3] LIBERATE Program
- [H3] NURTURE Program
- [H3] CONNECT Program
- [H3] EMPOWER Program
- [H3] Get Regulated Now
- [H3] Breathe Class
- [H3] Build Your Business
- [H3] Speaking Events
- [H4] Healing
- [H4] Trust
- [H4] Harmony
- [H4] High Performance Coaching
- [H4] Somatic Therapies
- [H4] Integrative Breathwork
- [H4] Special Offer
- [H6] 01
- [H6] 02
- [H6] 03
- [H6] Let's See if we align and start feeling amazing today!
- [H6] programs
- [H6] programs

	Images	We found 5 images on this web page.
		1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.

	Text/HTML Ratio	Ratio : 7%

SEO Content

❌		This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
✅	Flash	Perfect, no Flash content has been detected on this page.
❌	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

✅	URL Rewrite	Good. Your links looks friendly!
✅	Underscores in the URLs	Perfect! No underscores detected in your URLs.
✅	In-page links	We found a total of 16 links including 0 link(s) to files
⚪	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Testimonials	Internal	Passing Juice
LIBERATE – 1:1 Somatic Coaching	Internal	Passing Juice
NURTURE – Group Somatic Coaching	Internal	Passing Juice
CONNECT – Somatic Coaching for Couples	Internal	Passing Juice
EMPOWER – Somatic Coaching for Youth	Internal	Passing Juice
Get Regulated Now	Internal	Passing Juice
Breathwork	Internal	Passing Juice

In-page links

Business Coaching: Build Your Business	Internal	Passing Juice
Speaking Events	Internal	Passing Juice
Events	Internal	Passing Juice
Resources	Internal	Passing Juice
Contact	Internal	Passing Juice
what makes my journey stand out is my personal odyssey	Internal	Passing Juice
Terms and conditions	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice

SEO Keywords

Keywords Cloud	sessions coaching system program learn somatic more therapy health nervous

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
more	20	✖	✖	✖	✖
learn	20	✖	✖	✖	✔
coaching	18	✔	✖	✖	✔
somatic	17	✔	✖	✔	✔
health	16	✖	✖	✖	✔

Usability

	Url	Domain : ericakesilman.com Length : 17
	Favicon	Great, your website has a favicon.

Usability

❌	Printability	We could not find a Print-Friendly CSS.
✅	Language	Good. Your declared language is en.
❌	Dublin Core	This page does not take advantage of Dublin Core.

Document

✅	Doctype	HTML 5
✅	Encoding	Perfect. Your declared charset is UTF-8.
❌	W3C Validity	Errors : 0 Warnings : 0
✅	Email Privacy	Great no email address has been found in plain text!
✅	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
⚪	Speed Tips	✔ Excellent, your website doesn't use nested tables. ✖ Too bad, your website is using inline styles. ✖ Too bad, your website has too many CSS files (more than 4). ✖ Too bad, your website has too many JS files (more than 6). ✖ Too bad, your website does not take advantage of gzip.

Mobile

⚪	Mobile Optimization	✔ Apple Icon ✔ Meta Viewport Tag ✔ Flash content

Optimization

✅	XML Sitemap	Great, your website has an XML sitemap. http://ericakesilman.com/sitemap.xml https://ericakesilman.com/post-sitemap.xml https://www.ericakesilman.com/post-sitemap.xml https://mail.xyo.lpn.mybluehost.me/post-sitemap.xml https://xyo.lpn.mybluehost.me/post-sitemap.xml https://www.xyo.lpn.mybluehost.me/post-sitemap.xml
✅	Robots.txt	http://ericakesilman.com/robots.txt Great, your website has a robots.txt file.
❌	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.