

Analisi sito web insideout-counsellingwellness.com

Generato il Marzo 18 2025 05:07 AM

Il punteggio e 56/100



SEO Content

	Title	Inside Out Counselling & Wellness Orchard Bishan Lunghezza : 56 Perfetto, il tuo title contiene tra 10 e 70 caratteri.								
	Description	Ethical and confidential therapy and counselling services in Orchard and Bishan. Inside Out Counselling & Wellness offers a safe and nurturing environment where you can explore your thoughts and emotions freely. We believe in the power of inner healing and self-awareness. Lunghezza : 277 Idealmente, la tua meta description dovrebbe contenere tra 70 e 160 caratteri (spazi inclusi). Usa questo strumento free per calcolare la lunghezza del testo.								
	Keywords	Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa questo generatore gratuito online di meta tags per creare keywords.								
	Og Meta Properties	Buono, questa pagina sfrutta i vantaggi Og Properties. <table><tr><th>Proprieta</th><th>Contenuto</th></tr><tr><td>title</td><td>Inside Out Counselling & Wellness Orchard Bishan</td></tr><tr><td>description</td><td>Ethical and confidential therapy and counselling services in Orchard and Bishan. Inside Out Counselling & Wellness offers a safe and nurturing environment where you can explore your thoughts and emotions freely. We believe in the power of inner healing and self-awareness.</td></tr><tr><td>image</td><td>https://static.wixstatic.com/media/a85c03_7ea5ad332fe94cd0bf32da8c091c3e86~mv2.png/v1/fill/w_2500,h_1481,al_c/a85c03_7ea5ad332fe94cd0bf32da8c091c3e86~mv2.png</td></tr></table>	Proprieta	Contenuto	title	Inside Out Counselling & Wellness Orchard Bishan	description	Ethical and confidential therapy and counselling services in Orchard and Bishan. Inside Out Counselling & Wellness offers a safe and nurturing environment where you can explore your thoughts and emotions freely. We believe in the power of inner healing and self-awareness.	image	https://static.wixstatic.com/media/a85c03_7ea5ad332fe94cd0bf32da8c091c3e86~mv2.png/v1/fill/w_2500,h_1481,al_c/a85c03_7ea5ad332fe94cd0bf32da8c091c3e86~mv2.png
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SEO Content

		<table><tr><td>image:width</td><td>2500</td></tr><tr><td>image:height</td><td>1481</td></tr><tr><td>url</td><td>https://www.insideout-counsellingwellness.com</td></tr><tr><td>site_name</td><td>Inside Out</td></tr><tr><td>type</td><td>website</td></tr></table>	image:width	2500	image:height	1481	url	https://www.insideout-counsellingwellness.com	site_name	Inside Out	type	website		
image:width	2500													
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type	website													
	Headings	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr><tr><td>4</td><td>23</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></table> • [H1] At Inside Out Counselling & Wellness Practice, we are dedicated to providing exceptional psychological, counselling, and coaching services in Singapore. Every session is catered to your needs and personalised goals, facilitating healing, and growth. Find your therapist today and discover balance, peace, and harmony from the inside out. • [H1] Therapist Singapore ██████████ • [H1] Counselling Singapore ██████████ • [H1] Latest Articles • [H2] Hi there, we're glad that you're here. • [H2] Individual Adult Counselling Singapore • [H2] How are you feeling today? • [H2] Mental health often changes over time. You can have ups and downs, and some days are better than others. • [H2] But you are not alone. • [H2] What to Look Out for If You Suspect Your Child Has Dyslexia • [H2] The Rise of Therapy Speak Among Youth: A Double-Edged Sword • [H2] How Community Support Improves Mental Health: Helping Friends, Family, and Colleagues • [H2] About Us • [H2] With locations in Orchard and Bishan, we are a team comprising professional counsellors, psychotherapists and coaches in Singapore, trusted by over 3000 clients who have taken the first step towards positive change and emotional well-being. We want to support you as you embark on a transformative journey of self-discovery and growth. All sessions are conducted in a safe space, adhering to the highest ethical counseling guidelines. • [H2] Quick Links • [H2] Home • [H2] Adult Therapy & Counselling • [H2] Children & Teens Counselling • [H2] Couples Therapy & Marriage Counselling • [H2] Locate Us • [H2] 220 Orchard Road #03-05 Midpoint Orchard Singapore 238852 • [H2] 116 Bishan St 12 #02-34 Singapore 570116 • [H2] Therapy Hours • [H2] Mondays to Saturdays 10am to 6pm BY APPOINTMENT ONLY Sundays and Public Holidays Closed	H1	H2	H3	H4	H5	H6	4	23	0	0	0	0
H1	H2	H3	H4	H5	H6									
4	23	0	0	0	0									

SEO Content

		• [H2] Family Therapy & Counselling • [H2] © Copyright 2025 – Inside Out Counselling & Wellness Practice • [H2] Privacy Policy
	Images	Abbiamo trovato 18 immagini in questa pagina web. 6 attributi alt sono vuoti o mancanti. Aggiungi testo alternativo in modo tale che i motori di ricerca possano comprendere meglio il contenuto delle tue immagini.
	Text/HTML Ratio	Ratio : 0% Il rapporto testo/codice HTML di questa pagina e inferiore a 15 per cento, questo significa che il tuo sito web necessita probabilmente di molto piu contenuto.
	Flash	Perfetto, non e stato rilevato contenuto Flash in questa pagina.
	Iframe	Grande, non sono stati rilevati Iframes in questa pagina.

SEO Links

	URL Rewrite	Buono. I tuoi links appaiono friendly!
	Underscores in the URLs	Perfetto! Non sono stati rilevati underscores nei tuoi URLs.
	In-page links	Abbiamo trovato un totale di 14 links inclusi 0 link(s) a files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 14.29% Internal Links 85.71%

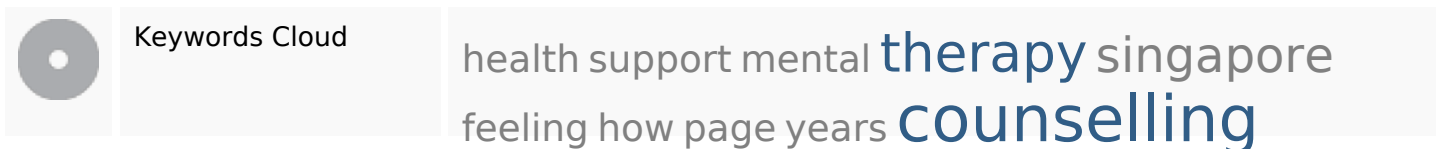
In-page links

Anchor	Type	Juice
Children & Teens Counselling	Interno	Passing Juice
Couples Therapy & Counselling	Interno	Passing Juice

In-page links

Family Therapy & Counselling	Interno	Passing Juice
Individual Therapy & Counselling	Interno	Passing Juice
Children's Social Communications	Interno	Passing Juice
Crisis Intervention Gatekeeper Training	Interno	Passing Juice
Enquire Now	Esterno	Passing Juice
FAQ	Interno	Passing Juice
Privacy	Interno	Passing Juice
✓ &nbsp;	Esterno	Passing Juice
=	Interno	Passing Juice
=	Interno	Passing Juice
=	Interno	Passing Juice
=	Interno	Passing Juice

SEO Keywords



Consistenza Keywords

Keyword	Contenuto	Title	Keywords	Description	Headings
counselling	10	✓	✗	✓	✓
therapy	6	✗	✗	✓	✓
singapore	5	✗	✗	✗	✓
mental	3	✗	✗	✗	✓
health	3	✗	✗	✗	✓

Usabilit 

Url	Dominio : insideout-counsellingwellness.com Lunghezza : 33
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Usabilita

		
	Favicon	Grande, il tuo sito usa una favicon.
	Stampabilita	Non abbiamo riscontrato codice CSS Print-Friendly.
	Lingua	Buono. La tua lingua dichiarata en.
	Dublin Core	Questa pagina non sfrutta i vantaggi di Dublin Core.

Documento

	Doctype	HTML 5
	Encoding	Perfetto. Hai dichiarato che il tuo charset e UTF-8.
	Validita W3C	Errori : 0 Avvisi : 0
	Email Privacy	Attenzione! E stato trovato almeno un indirizzo mail in plain text. Usa antispam protector gratuito per nascondere gli indirizzi mail agli spammers.
	Deprecated HTML	Grande! Non abbiamo trovato tags HTML deprecati nel tuo codice.
	Suggerimenti per velocizzare	 Eccellente, il tuo sito web non utilizza nested tables.  Molto male, il tuo sito web utilizza stili CSS inline.  Grande, il tuo sito web ha pochi file CSS.  Molto male, il tuo sito web ha troppi file JS (piu di 6).  Peccato, il vostro sito non approfitta di gzip.

Mobile

	Mobile Optimization	✓ Apple Icon ✓ Meta Viewport Tag ✓ Flash content
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Ottimizzazione

	XML Sitemap	Grande, il vostro sito ha una sitemap XML. http://insideout-counsellingwellness.com/sitemap.xml https://www.insideout-counsellingwellness.com/sitemap.xml
	Robots.txt	http://insideout-counsellingwellness.com/robots.txt Grande, il vostro sito ha un file robots.txt.
	Analytics	Non trovato Non abbiamo rilevato uno strumento di analisi installato su questo sito web. Web analytics consentono di misurare l'attività dei visitatori sul tuo sito web. Si dovrebbe avere installato almeno un strumento di analisi, ma può anche essere buona per installare una seconda, al fine di un controllo incrociato dei dati.