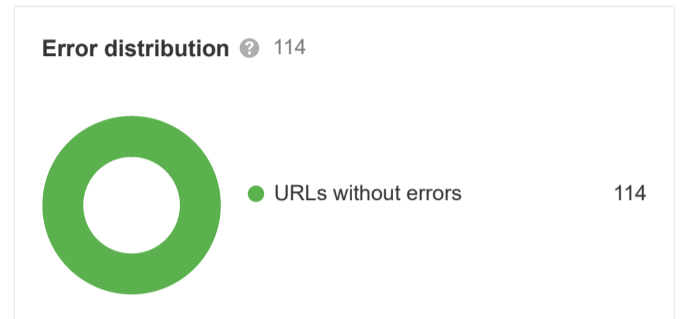
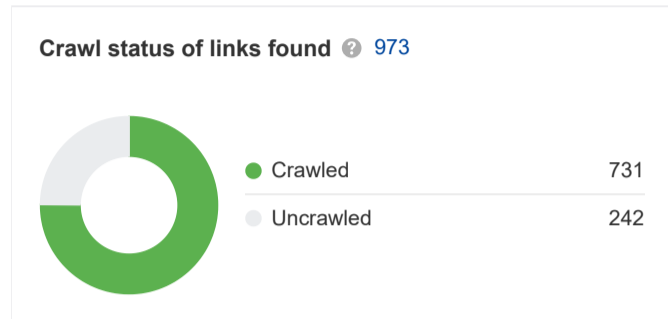
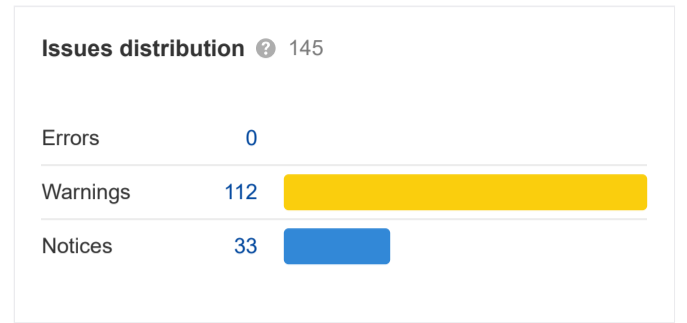
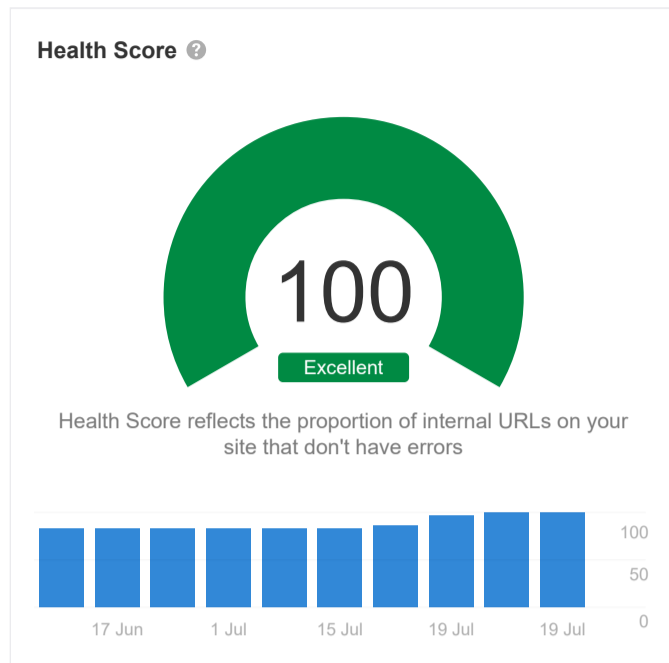
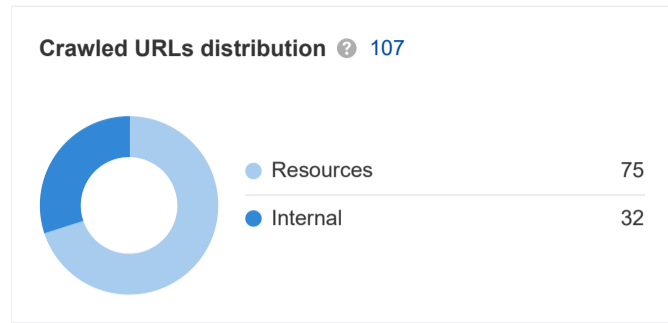


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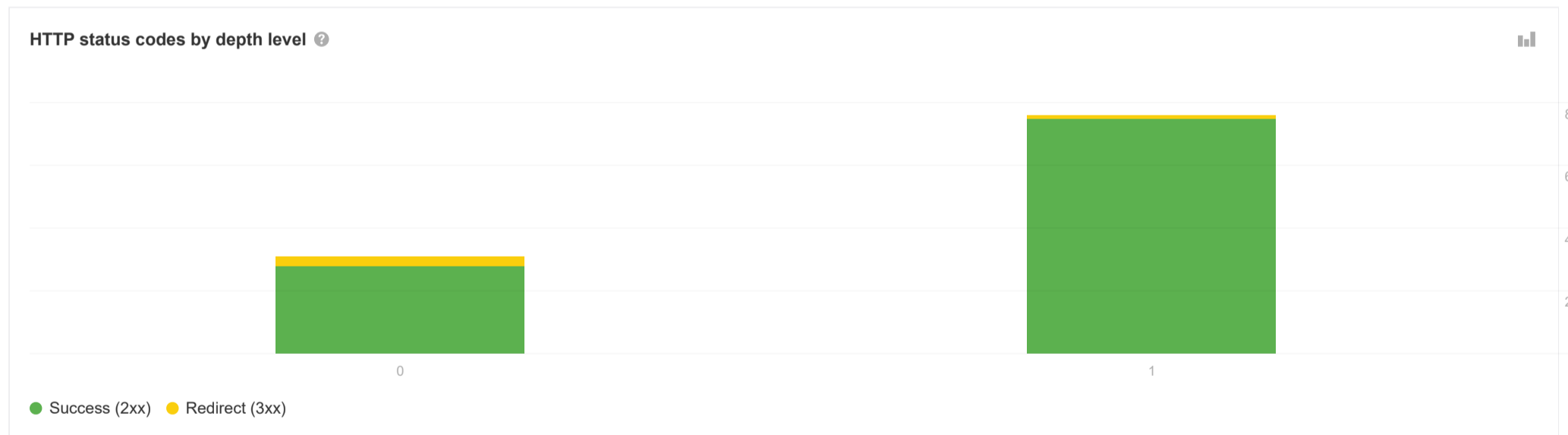
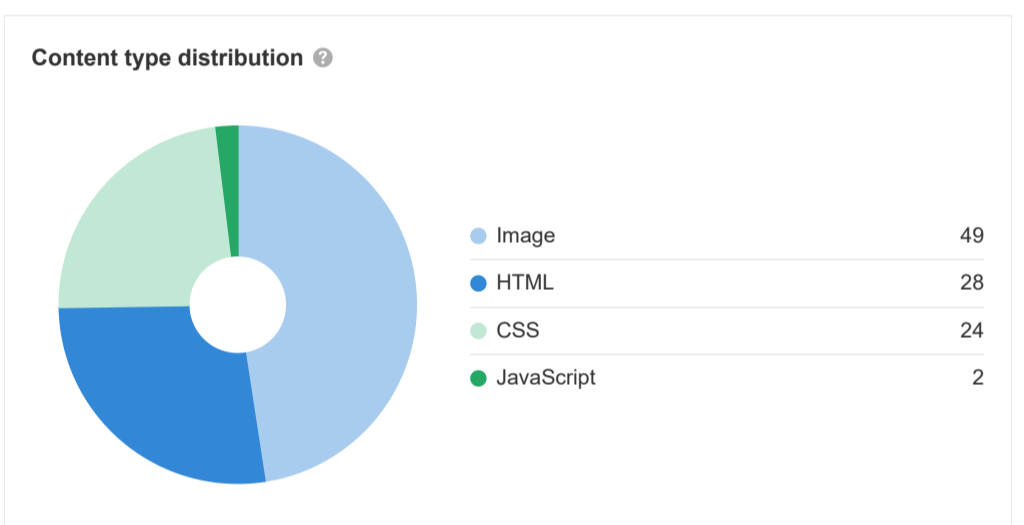
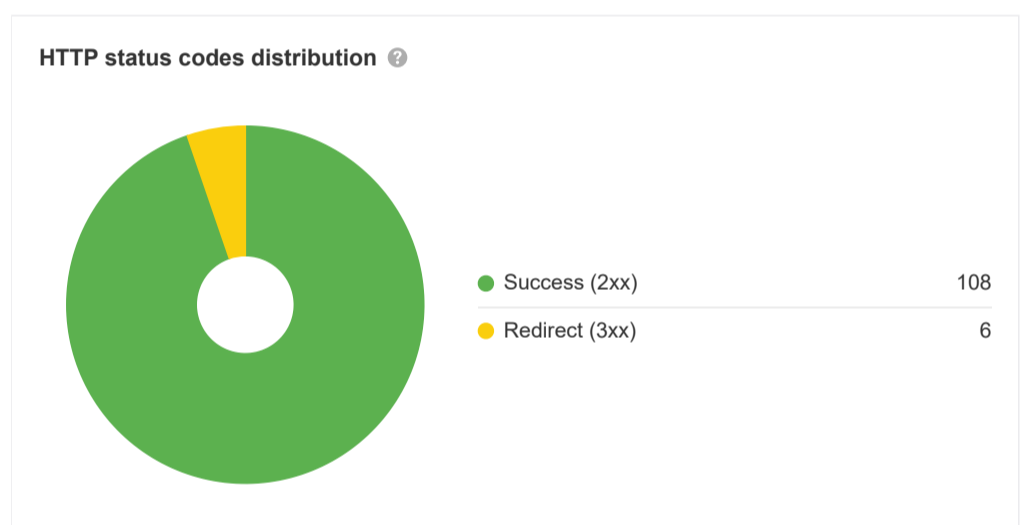
Overview [How to use](#)



What's new [Top issues](#) [Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing	
<span style="color: orange;">i</span> CSS file size too large	8	6 ▲	0	8	0	2	<a href="#">?</a> <a href="#">⋮</a>

[View all issues](#)



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**All issues**

Actual 18

New 0

All tracked 171

Turned off 0

Importance ▾

Export all issues

Issue	Crawled	Change	Added	New	Removed	Missing
<b>Internal pages</b>						
<span>i</span> HTTPS/HTTP mixed content	<u>28</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>Links</b>						
INDEXABLE						
<span>i</span> Page has links to redirect	<u>1</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Page has only one dofollow incoming internal link	<u>1</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>Redirects</b>						
<span>i</span> 3XX redirect	<u>4</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> HTTP to HTTPS redirect	<u>2</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>Content</b>						
INDEXABLE						
<span>i</span> Meta description too short	<u>3</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> H1 tag missing or empty	<u>2</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Meta description too long	<u>2</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Title too long	<u>1</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Multiple H1 tags	<u>2</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Page and SERP titles do not match	<u>2</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>Localization</b>						
<span>i</span> Hreflang defined but HTML lang missing	<u>1</u>	13 ▼	0	0	<u>13</u>	<span>?</span> <span>⋮</span>
<span>i</span> HTML lang attribute missing	<u>1</u>	13 ▼	0	0	<u>13</u>	<span>?</span> <span>⋮</span>
<span>i</span> X-default hreflang annotation missing	<u>26</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>Usability and performance</b>						
<span>i</span> Slow page	<u>5</u>	10 ▼	<u>3</u>	0	<u>13</u>	<span>?</span> <span>⋮</span>
<b>Images</b>						
<span>i</span> HTTPS page links to HTTP image	<u>28</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<span>i</span> Missing alt text	<u>28</u>	0	0	0	0	<span>?</span> <span>⋮</span>
<b>CSS</b>						
<span>i</span> CSS file size too large	<u>8</u>	6 ▲	0	<u>8</u>	0	<u>2</u> <span>?</span> <span>⋮</span>



## Performance Report for: <https://salustinozwong.com/>

Report generated: Mon, Jul 22, 2024 9:38 AM +0100  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>A</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	<b>100%</b>	<b>99%</b>	<b>563ms</b>	<b>0ms</b>	<b>0</b>

### Top Issues

Low	<b>Use a Content Delivery Network (CDN)</b>	4 resources found
Low	<b>Avoid an excessive DOM size</b> <small>TBT</small>	533 elements
Low	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 1.34MB
Low	<b>Properly size images</b>	Potential savings of 82.9KB
Low	<b>Avoid long main-thread tasks</b> <small>TBT</small>	1 long task found

**Focus on these audits first**

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

### Page Details



Total Page Size - 1.34MB



Total Page Requests - 13



### How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

### About GTmetrix

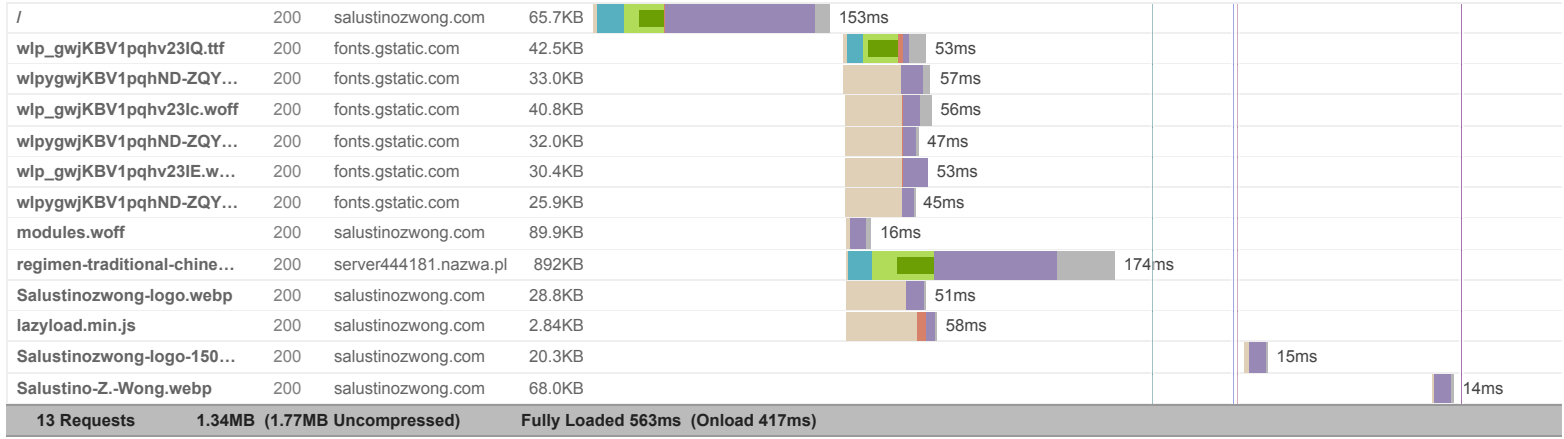


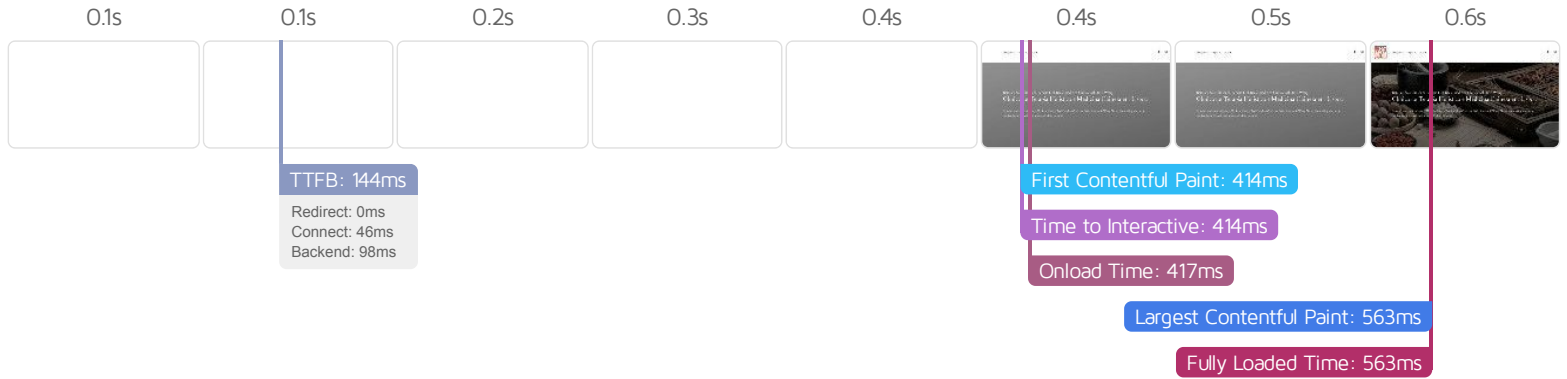
GTmetrix was developed as a tool for customers to easily test the performance of their webpages.

[Learn more about us.](#)

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.

Medicina Tradicional Chinesa em Lisboa - Terapia Holistica





### 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>Good - Nothing to do here</p> <p><b>413ms</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>Good - Nothing to do here</p> <p><b>413ms</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>Good - Nothing to do here</p> <p><b>540ms</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>Good - Nothing to do here</p> <p><b>0ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (i.e., 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><b>563ms</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</b></p>

### Browser Timings

Redirect	0ms	Connect	46ms	Backend	98ms
TTFB	144ms	DOM Int.	359ms	DOM Loaded	361ms
First Paint	414ms	Onload	417ms	Fully Loaded	563ms

IMPACT	AUDIT	
Low	<b>Use a Content Delivery Network (CDN)</b>	4 resources found
Low	<b>Avoid an excessive DOM size</b> <small>TBT</small>	533 elements
Low	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 1.34MB
Low	<b>Properly size images</b>	Potential savings of 82.9KB
Low	<b>Avoid long main-thread tasks</b> <small>TBT</small>	1 long task found
Low	<b>Reduce unused CSS</b> <small>FCP LCP</small>	Potential savings of 41.2KB
N/A	<b>Largest Contentful Paint element</b> <small>LCP</small>	560 ms
N/A	<b>Reduce JavaScript execution time</b> <small>TBT</small>	37ms spent executing JavaScript
N/A	<b>Reduce initial server response time</b> <small>FCP LCP</small>	Root document took 97ms
N/A	<b>Minimize main-thread work</b> <small>TBT</small>	Main-thread busy for 299ms
N/A	<b>Reduce the impact of third-party code</b> <small>TBT</small>	Total size was 1.07MB
N/A	<b>Avoid chaining critical requests</b> <small>FCP LCP</small>	
N/A	<b>Eliminate render-blocking resources</b> <small>FCP LCP</small>	
N/A	<b>Avoid serving legacy JavaScript to modern browsers</b> <small>TBT</small>	
N/A	<b>Avoid large layout shifts</b> <small>CLS</small>	
N/A	<b>User Timing marks and measures</b>	