



Performance Report for:

<https://www.mithra.com/>

Report generated: Sat, Feb 8, 2020 9:02 AM -0800

Test Server Region: Vancouver, Canada

Using: Chrome (Desktop) 75.0.3770.100, PageSpeed 1.15-gt1.2, YSlow 3.1.8

PageSpeed Score

F (46%) ▼

YSlow Score

D (64%) ▼

Fully Loaded Time

5.0s ▲

Total Page Size

3.08MB ▲

Requests

73 ▲

Top 5 Priority Issues

Serve scaled images	F (0)	▼	AVG SCORE: 70%	IMAGES	HIGH
Leverage browser caching	F (0)	▼	AVG SCORE: 64%	SERVER	HIGH
Optimize images	F (42)	▼	AVG SCORE: 72%	IMAGES	HIGH
Defer parsing of JavaScript	E (54)	▼	AVG SCORE: 72%	JS	HIGH
Minify JavaScript	B (82)	▼	AVG SCORE: 90%	JS	HIGH

How does this affect me?

Studies show that users leave a site if it hasn't loaded in 4 seconds; keep your users happy and engaged by providing a fast performing website.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

We can help you develop a faster, more efficient, and all-around improved website experience for your users. We use Google PageSpeed and Yahoo! YSlow to grade your site's performance and provide actionable recommendations to fix these issues.

About the Developer

GT.net
Performance Hosting

GTmetrix is developed by the good folks at **GT.net**, a Vancouver-based performance hosting company with over 24 years experience in web technology.

<https://gt.net/>

What do these grades mean?

This report is an analysis of your site with Google and Yahoo!'s metrics for how to best develop a site for optimized speed. The **grades you see represent** how well the scanned URL adheres to those rules.

Lower grades (C or lower) mean that the page can stand to be faster using better practices and optimizing your settings.

What's in this report?

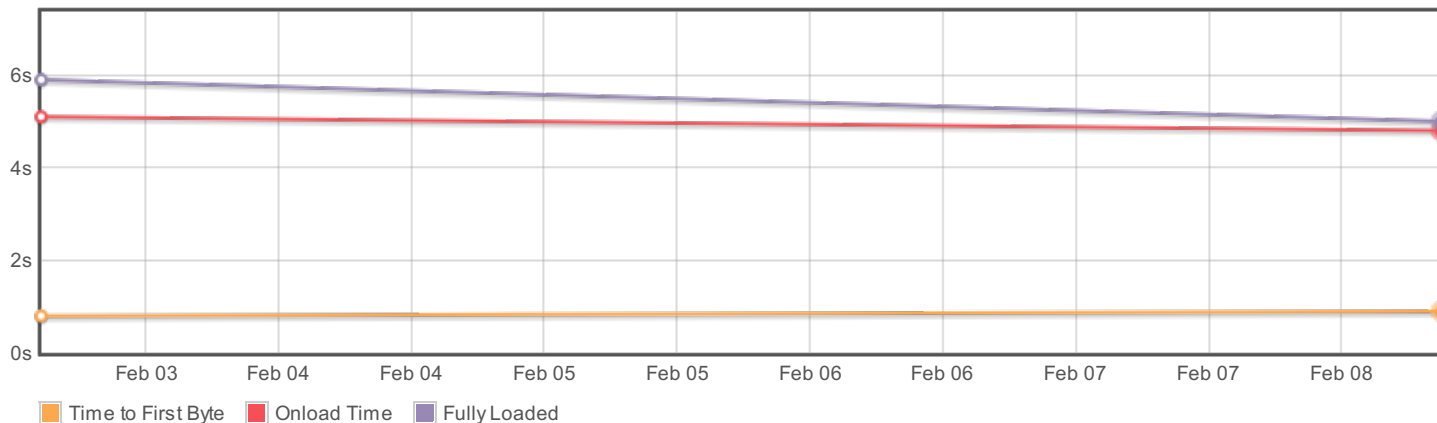
This report covers basic to technical analyses on your page. It is categorized under many headings:

- **Executive:** Overall score information and Priority Issues
- **History:** Graphed history of past performance
- **Waterfall:** Graph of your site's loading timeline
- **Technical:** In-depth PageSpeed & YSlow information

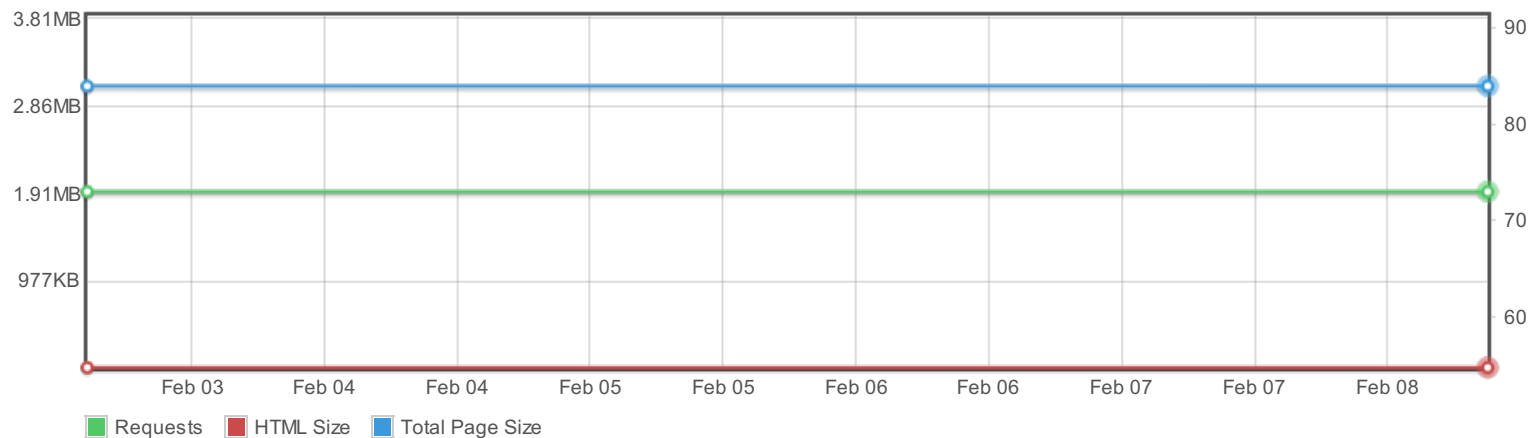
These will provide you with a snapshot of your performance.

History

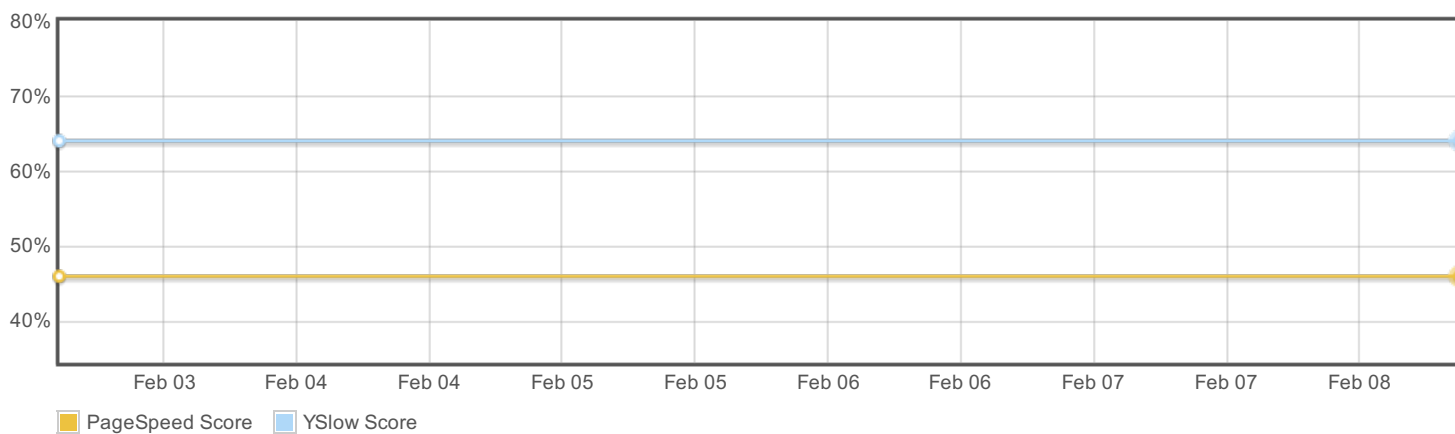
Page load times



Page sizes and request counts



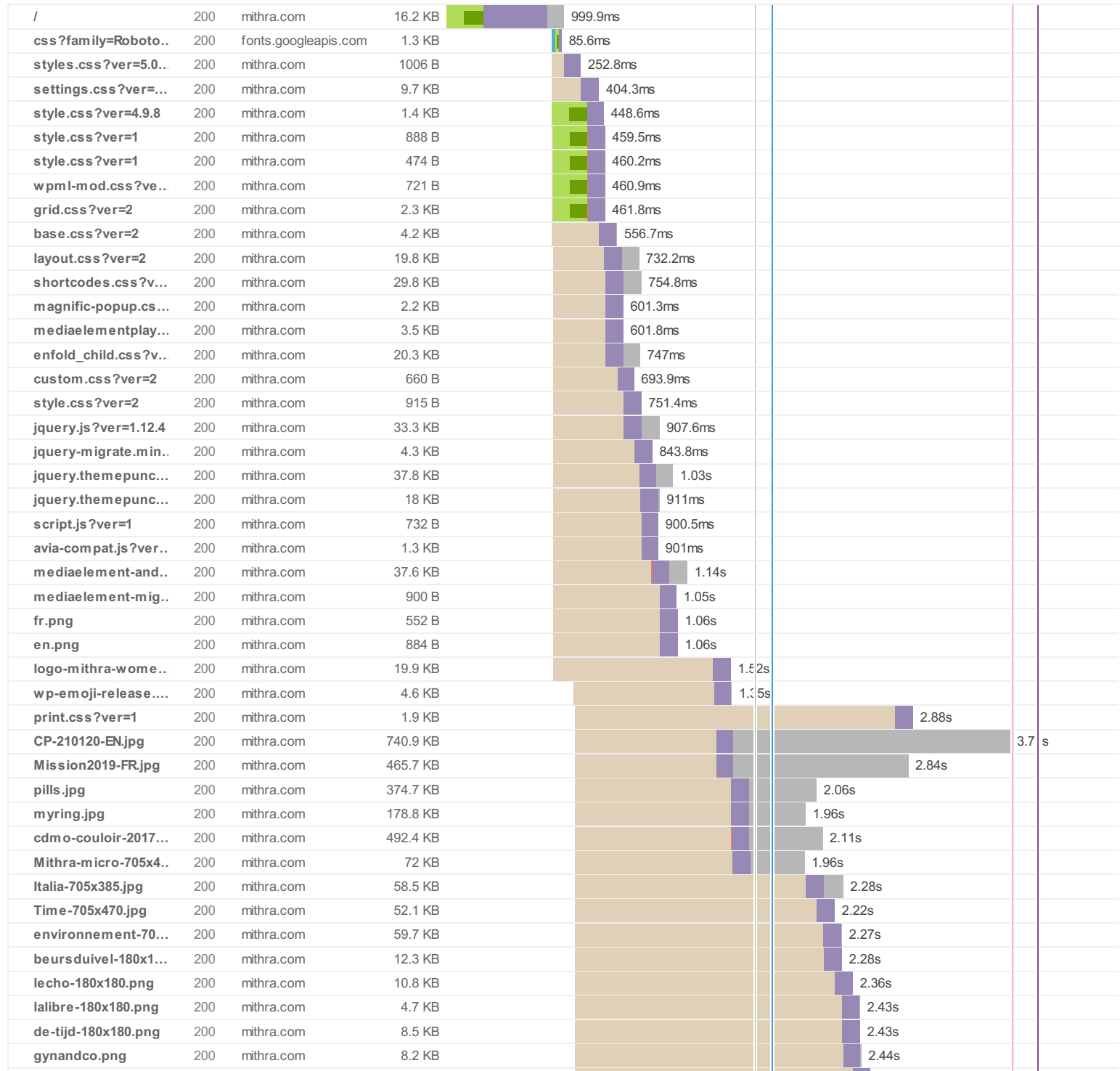
PageSpeed and YSlow scores

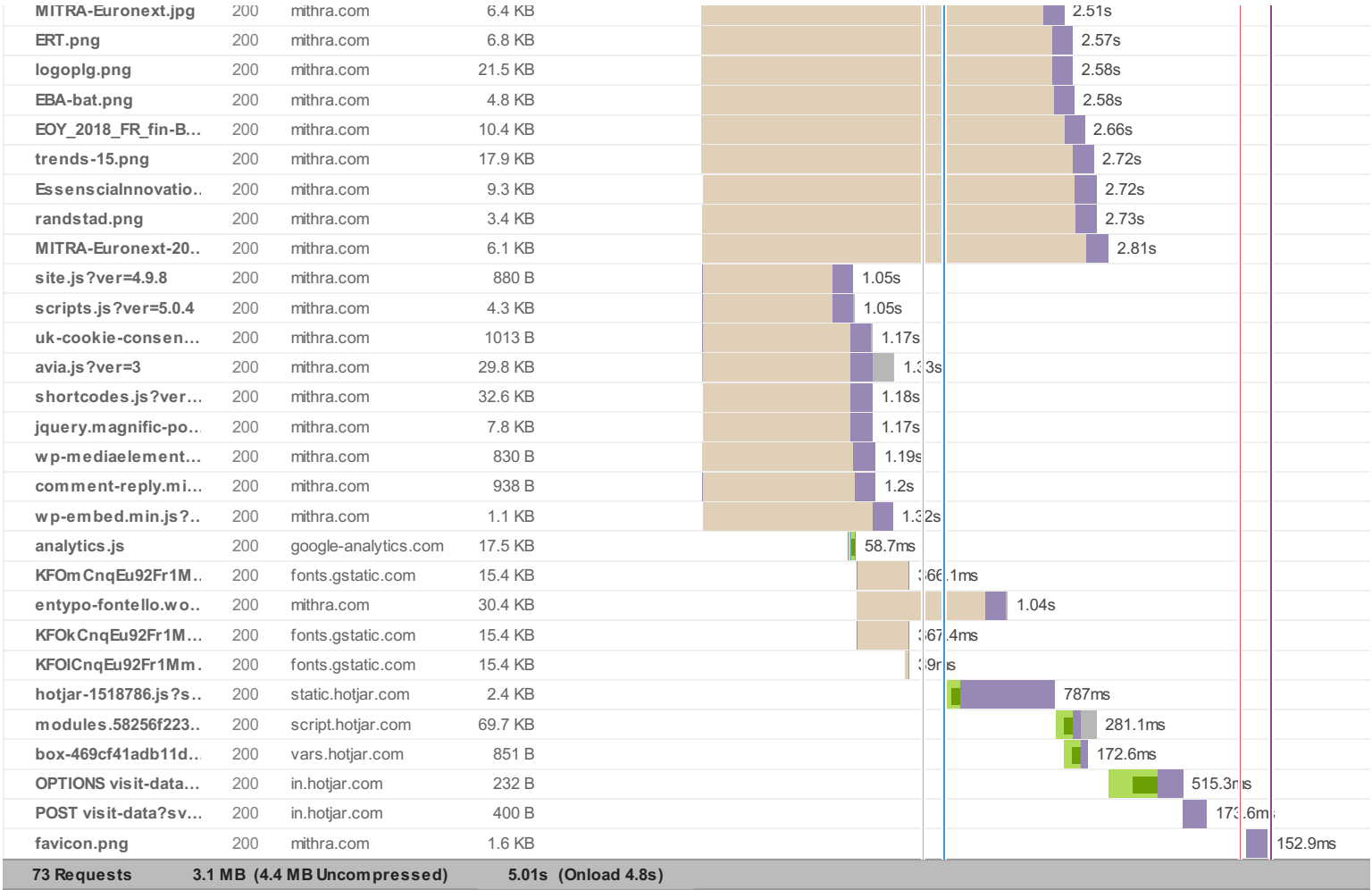


Waterfall Chart

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.

Mithra - Specialists in women's health, transforming options for women through innovation





PageSpeed Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
Serve scaled images	F (0)	▼ AVG SCORE: 70%	IMAGES	HIGH

The following images are resized in HTML or CSS. Serving scaled images could save 979.4KiB (92% reduction).

- <https://www.mithra.com/wp-content/uploads/2017/01/cdm0-couloir-2017.jpg> is resized in HTML or CSS from 1500x1500 to 403x403. Serving a scaled image could save 456.6KiB (92% reduction).
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg> is resized in HTML or CSS from 1500x1500 to 403x403. Serving a scaled image could save 347.4KiB (92% reduction).
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg> is resized in HTML or CSS from 1500x1500 to 403x403. Serving a scaled image could save 165.6KiB (92% reduction).
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png is resized in HTML or CSS from 1546x294 to 248x47. Serving a scaled image could save 9.9KiB (97% reduction).

Leverage browser caching	F (0)	▼ AVG SCORE: 64%	SERVER	HIGH
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Leverage browser caching for the following cacheable resources:

- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png> (expiration not specified)
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/07/gynandco.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/08/de-tijd-180x180.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/08/lalibre-180x180.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/08/lecho-180x180.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/09/EBA-bat.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/09/favicon.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/09/randstad.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/09/trends-15.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2016/02/logoplq.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2017/01/cdm0-couloir-2017.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2017/05/logo-mithra-women-s-health.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2017/06/beursduivel-180x180.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg> (expiration not specified)
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2019/01/MITRA-Euronext-2019.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2019/02/Mission2019-FR.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2019/04/EssencialInnovationaward2019.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2020/01/CP-210120-EN.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg> (expiration not specified)
- <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg> (expiration not specified)
- <https://static.hotjar.com/c/hotjar-1518786.js?sv=6> (1 minute)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Optimize images	F (42)	▼ AVG SCORE: 72%	IMAGES	HIGH
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Optimize the following images to reduce their size by 72.2KiB (3% reduction).

- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2016/02/logoplq.png> could save 18.6KiB (87% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2017/05/logo-mithra-women-s-health.png> could save 15.9KiB (80% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/09/trends-15.png> could save 14.9KiB (84% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2019/04/EssencialInnovationaward2019.png> could save 4.5KiB (50% reduction). See [optimized version](#).

- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png> could save 4.3KiB (65% reduction). See [optimized version](#).
- Losslessly compressing https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png could save 2.7KiB (28% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/09/EBA-bat.png> could save 1.1KiB (24% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg> could save 1000B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2019/02/Mission2019-FR.jpg> could save 955B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2017/01/cdmo-couloir-2017.jpg> could save 884B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2019/01/MITRA-Euronext-2019.jpg> could save 845B (15% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg> could save 833B (14% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg> could save 827B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2020/01/CP-210120-EN.jpg> could save 817B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg> could save 778B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/09/randstad.png> could save 767B (24% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/09/favicon.png> could save 689B (51% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg> could save 668B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg> could save 626B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg> could save 570B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png> could save 137B (23% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/08/de-tijd-180x180.png> could save 89B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/08/alibre-180x180.png> could save 72B (2% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/uploads/2015/08/lecho-180x180.png> could save 59B (1% reduction). See [optimized version](#).
- Losslessly compressing <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png> could save 15B (6% reduction). See [optimized version](#).

Defer parsing of JavaScript

E (54)



AVG SCORE: 72%

JS

HIGH

558.6KiB of JavaScript is parsed during initial page load. Defer parsing JavaScript to reduce blocking of page rendering.

- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1> (132.7KiB)
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8> (97.5KiB)
- <https://www.mithra.com/wp-includes/js/jquery/jquery.js?ver=1.12.4> (87.0KiB)
- <https://www.mithra.com/wp-content/themes/enfold/js/avia.js?ver=3> (73.4KiB)
- <https://www.mithra.com/wp-content/themes/enfold/js/shortcodes.js?ver=3> (72.6KiB)
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8> (48.9KiB)
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/jquery.magnific-popup.min.js?ver=2> (17.6KiB)
- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.4> (8.4KiB)
- <https://www.mithra.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> (7.7KiB)
- <https://www.mithra.com/> (4.3KiB of inline JavaScript)
- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html> (1.6KiB of inline JavaScript)
- <https://www.mithra.com/wp-includes/js/wp-embed.min.js?ver=4.9.8> (1.2KiB)
- <https://www.mithra.com/wp-content/themes/enfold/js/avia-compat.js?ver=2> (1.1KiB)
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/js/uk-cookie-consent.js?ver=2.3.0> (1.1KiB)
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8> (1.1KiB)
- <https://www.mithra.com/wp-includes/js/comment-reply.min.js?ver=4.9.8> (918B)
- <https://www.mithra.com/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8> (759B)
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/script.js?ver=1> (451B)
- <https://www.mithra.com/wp-content/themes/enfold-child/site.js?ver=4.9.8> (413B)

Minify JavaScript

B (82)



AVG SCORE: 90%

JS

HIGH

Minify JavaScript for the following resources to reduce their size by 20.3KiB (7% reduction).

- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/shortcodes.js?ver=3> could save 11.6KiB (36% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/avia.js?ver=3> could save 5.7KiB (20% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8> could save 1.0KiB (3% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.4> could save 647B (16% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/avia-compat.js?ver=2> could save 362B (38% reduction) after compression. See [optimized version](#).

sion.

- Minifying <https://www.google-analytics.com/analytics.js> could save 192B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1> could save 174B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/js/uk-cookie-consent.js?ver=2.3.0> could save 116B (18% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold-child/site.js?ver=4.9.8> could save 116B (22% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8> could save 107B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/jquery.magnific-popup.min.js?ver=2> could save 97B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/script.js?ver=1> could save 67B (18% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> could save 57B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-includes/js/jquery/jquery.js?ver=1.12.4> could save 50B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-includes/js/wp-emoji-release.min.js?ver=4.9.8> could save 36B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://static.hotjar.com/c/hotjar-1518786.js?sv=6> could save 32B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://script.hotjar.com/modules.58256f2231d5f12d5589.js> could save 4B (1% reduction) after compression. See [optimized version](#).

Minify CSS

B (85)

AVG SCORE: 96%

CSS

HIGH

Minify CSS for the following resources to reduce their size by 16.8KiB (18% reduction).

- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/shortcodes.css?ver=2> could save 6.0KiB (21% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/layout.css?ver=2> could save 4.2KiB (22% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8> could save 2.3KiB (26% reduction) after compression. See [optimized version](#).
- Minifying https://www.mithra.com/wp-content/uploads/dynamic_avia/enfold_child.css?ver=5cd041d253b58 could save 943B (5% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/base.css?ver=2> could save 742B (19% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/grid.css?ver=2> could save 722B (36% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/mediaelement/skin-1/mediaelementplayer.css?ver=1> could save 584B (18% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/print.css?ver=1> could save 523B (32% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold-child/style.css?ver=2> could save 273B (48% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/magnific-popup.css?ver=1> could save 258B (14% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/css/custom.css?ver=2> could save 252B (77% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/css/style.css?ver=4.9.8> could save 76B (8% reduction) after compression. See [optimized version](#).
- Minifying <https://fonts.googleapis.com/css?family=Roboto:100,100italic,300,300italic,400,400italic,600,700> could save 69B (8% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.4> could save 28B (5% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/themes/enfold/config-wpml/wpml-mod.css?ver=4.9.8> could save 24B (7% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/style.css?ver=1> could save 3B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/menu-item/style.css?ver=1> could save 2B (2% reduction) after compression. See [optimized version](#).

Optimize the order of styles and scripts

A (92)

AVG SCORE: 94%

CSS/JS

HIGH

The following inline script blocks were found in <https://www.mithra.com/> between an external CSS file and another resource. To allow parallel downloading, move the inline script before the external CSS file, or after the next resource.

- Inline script block #1

Specify image dimensions

A (98)

◆ AVG SCORE: 98%

IMAGES

MEDIUM

The following image(s) are missing width and/or height attributes.

- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png> (Dimensions: 18 x 12)
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png> (Dimensions: 18 x 12)
- <https://www.mithra.com/wp-content/uploads/2015/07/gynandco.png> (Dimensions: 300 x 113)
- <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg> (Dimensions: 705 x 470)
- <https://www.mithra.com/wp-content/uploads/2017/01/cdmo-couloir-2017.jpg> (Dimensions: 1500 x 1500)
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg> (Dimensions: 1500 x 1500)
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg> (Dimensions: 1500 x 1500)
- <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg> (Dimensions: 90 x 90)
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png (Dimensions: 1546 x 294)
- <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png> (Dimensions: 195 x 35)
- <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg> (Dimensions: 705 x 385)
- <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg> (Dimensions: 705 x 470)
- <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg> (Dimensions: 705 x 419)

Minify HTML

A (99)

◆ AVG SCORE: 99%

CONTENT

LOW

Minify HTML for the following resources to reduce their size by 1.1KiB (7% reduction).

- Minifying <https://www.mithra.com/> could save 1.1KiB (8% reduction) after compression. See [optimized version](#).
- Minifying <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html> could save 7B (1% reduction) after compression. See [optimized version](#).

Specify a character set early

A (99)

◆ AVG SCORE: 100%

CONTENT

MEDIUM

The following resources have no character set specified in their HTTP headers. Specifying a character set in HTTP headers can speed up browser rendering.

- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html>

Avoid bad requests

A (100)

◆ AVG SCORE: 98%

CONTENT

HIGH

You scored 100% on this recommendation - nothing to do here!

Avoid landing page redirects

A (100)

◆ AVG SCORE: 98%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

Enable compression

A (100)

▲ AVG SCORE: 89%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

Enable Keep-Alive

A (100)

◆ AVG SCORE: 99%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

Inline small CSS

A (100)

AVG SCORE: 96%

CSS

HIGH

You scored 100% on this recommendation - nothing to do here!

Inline small JavaScript

A (100)

AVG SCORE: 95%

JS

HIGH

You scored 100% on this recommendation - nothing to do here!

Minimize redirects

A (100)

AVG SCORE: 88%

CONTENT

HIGH

You scored 100% on this recommendation - nothing to do here!

Minimize request size

A (100)

AVG SCORE: 95%

CONTENT

HIGH

You scored 100% on this recommendation - nothing to do here!

Put CSS in the document head

A (100)

AVG SCORE: 100%

CSS

HIGH

You scored 100% on this recommendation - nothing to do here!

Serve resources from a consistent URL

A (100)

AVG SCORE: 90%

CONTENT

HIGH

You scored 100% on this recommendation - nothing to do here!

Specify a cache validator

A (100)

AVG SCORE: 95%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

Combine images using CSS sprites

A (100)

AVG SCORE: 93%

IMAGES

HIGH

You scored 100% on this recommendation - nothing to do here!

Avoid CSS @import

A (100)

AVG SCORE: 98%

CSS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Prefer asynchronous resources

A (100)

AVG SCORE: 100%

JS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Avoid a character set in the meta tag

A (99)

AVG SCORE: 100%

CONTENT

LOW

The following resources have a character set specified in a meta tag. Specifying a character set in a meta tag disables the lookahead

downloader in IE8. To improve resource download parallelization, move the character set to the HTTP Content-Type response header.

- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html>

Specify a Vary: Accept-Encoding header	A (100)	♦ AVG SCORE: 96%	SERVER	LOW
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You scored 100% on this recommendation - nothing to do here!

YSlow Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
Add Expires headers	F (0)	▼ AVG SCORE: 29%	SERVER	HIGH

There are 63 static components without a far-future expiration date.

- <https://fonts.googleapis.com/css?family=Roboto:100,100italic,300,300italic,400,400italic,600,700>
- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/css/style.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/style.css?ver=1>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/menu-item/style.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/config-wpml/wpml-mod.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/grid.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/base.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/layout.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/shortcodes.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/magnific-popup.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/mediaelement/skin-1/mediaelementplayer.css?ver=1>
- https://www.mithra.com/wp-content/uploads/dynamic_avia/enfold_child.css?ver=5cd041d253b58
- <https://www.mithra.com/wp-content/themes/enfold/css/custom.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold-child/style.css?ver=2>
- <https://www.mithra.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://www.mithra.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/script.js?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/avia-compat.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png>
- <https://www.mithra.com/wp-content/uploads/2017/05/logo-mithra-women-s-health.png>
- <https://www.mithra.com/wp-includes/js/wp-emoji-release.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/print.css?ver=1>
- <https://www.mithra.com/wp-content/uploads/2020/01/CP-210120-EN.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/02/Mission2019-FR.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/01/cdmo-couloir-2017.jpg>
- <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/06/beursduivel-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lecho-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lalibre-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/de-tijd-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/07/gynandco.png>
- <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png>
- <https://www.mithra.com/wp-content/uploads/2016/02/logoplq.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/EBA-bat.png>
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png
- <https://www.mithra.com/wp-content/uploads/2015/09/trends-15.png>
- <https://www.mithra.com/wp-content/uploads/2019/04/EssentialInnovationaward2019.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/randstad.png>
- <https://www.mithra.com/wp-content/uploads/2019/01/MITRA-Euronext-2019.jpg>
- <https://www.mithra.com/wp-content/themes/enfold-child/site.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/js/uk-cookie-consent.js?ver=2.3.0>
- <https://www.mithra.com/wp-content/themes/enfold/js/avia.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/shortcodes.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/jquery.magnific-popup.min.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-includes/js/comment-reply.min.js?ver=4.9.8>

- <https://www.mithra.com/wp-includes/js/wp-embed.min.js?ver=4.9.8>
- <https://www.google-analytics.com/analytics.js>
- <https://static.hotjar.com/c/hotjar-1518786.js?sv=6>

Make fewer HTTP requests

F (0)

▼ AVG SCORE: 32%

CONTENT

HIGH

This page has 21 external Javascript scripts. Try combining them into one.

This page has 17 external stylesheets. Try combining them into one.

Use a Content Delivery Network (CDN)

F (0)

▼ AVG SCORE: 28%

SERVER

MEDIUM

Using a CDN YSlow doesn't recognize? Specify your CDNs in your [User Settings](#).

There are 62 static components that are not on CDN.

- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/css/style.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/style.css?ver=1>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/menu-item/style.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/config-wpml/wpml-mod.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/grid.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/base.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/layout.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/shortcodes.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/magnific-popup.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/mediaelement/skin-1/mediaelementplayer.css?ver=1>
- https://www.mithra.com/wp-content/uploads/dynamic_avia/enfold_child.css?ver=5cd041d253b58
- <https://www.mithra.com/wp-content/themes/enfold/css/custom.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold-child/style.css?ver=2>
- <https://www.mithra.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://www.mithra.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/script.js?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/avia-compat.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png>
- <https://www.mithra.com/wp-content/uploads/2017/05/logo-mithra-women-s-health.png>
- <https://www.mithra.com/wp-includes/js/wp-emoji-release.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/print.css?ver=1>
- <https://www.mithra.com/wp-content/uploads/2020/01/CP-210120-EN.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/02/Mission2019-FR.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/01/cdmo-couloir-2017.jpg>
- <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/06/beursduivel-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lecho-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lalibre-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/de-tijd-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/07/gynandco.png>
- <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png>
- <https://www.mithra.com/wp-content/uploads/2016/02/logoplq.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/EBA-bat.png>
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png
- <https://www.mithra.com/wp-content/uploads/2015/09/trends-15.png>
- <https://www.mithra.com/wp-content/uploads/2019/04/EssensialInnovationaward2019.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/randstad.png>
- <https://www.mithra.com/wp-content/uploads/2019/01/MITRA-Euronext-2019.jpg>

- <https://www.mithra.com/wp-content/themes/enfold-child/site.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/js/uk-cookie-consent.js?ver=2.3.0>
- <https://www.mithra.com/wp-content/themes/enfold/js/avia.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/shortcodes.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/jquery.magnific-popup.min.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-includes/js/comment-reply.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-includes/js/wp-embed.min.js?ver=4.9.8>
- <https://static.hotjar.com/c/hotjar-1518786.js?sv=6>
- <https://script.hotjar.com/modules.58256f2231d5f12d5589.js>

Use cookie-free domains

F (0)

▼ AVG SCORE: 55%

COOKIE

LOW

There are 60 components that are not cookie-free

- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/css/style.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/style.css?ver=1>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/menu-item/style.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/config-wpml/wpml-mod.css?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/grid.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/base.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/layout.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/css/shortcodes.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/magnific-popup.css?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/mediaelement/skin-1/mediaelementplayer.css?ver=1>
- https://www.mithra.com/wp-content/uploads/dynamic_avia/enfold_child.css?ver=5cd041d253b58
- <https://www.mithra.com/wp-content/themes/enfold/css/custom.css?ver=2>
- <https://www.mithra.com/wp-content/themes/enfold-child/style.css?ver=2>
- <https://www.mithra.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://www.mithra.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/templates/language-switchers/legacy-dropdown/script.js?ver=1>
- <https://www.mithra.com/wp-content/themes/enfold/js/avia-compat.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1>
- <https://www.mithra.com/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/fr.png>
- <https://www.mithra.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png>
- <https://www.mithra.com/wp-content/uploads/2017/05/logo-mithra-women-s-health.png>
- <https://www.mithra.com/wp-includes/js/wp-emoji-release.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/themes/enfold/css/print.css?ver=1>
- <https://www.mithra.com/wp-content/uploads/2020/01/CP-210120-EN.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/02/Mission2019-FR.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/pills.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/02/myring.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/01/cdmo-couloir-2017.jpg>
- <https://www.mithra.com/wp-content/uploads/2015/11/Mithra-micro-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Italia-705x385.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/Time-705x470.jpg>
- <https://www.mithra.com/wp-content/uploads/2020/01/environnement-705x419.jpg>
- <https://www.mithra.com/wp-content/uploads/2017/06/beursduivel-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lecho-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/lalibre-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/08/de-tijd-180x180.png>
- <https://www.mithra.com/wp-content/uploads/2015/07/gynandco.png>
- <https://www.mithra.com/wp-content/uploads/2018/06/MITRA-Euronext.jpg>
- <https://www.mithra.com/wp-content/uploads/2019/07/ERT.png>
- <https://www.mithra.com/wp-content/uploads/2016/02/logoplq.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/EBA-bat.png>
- https://www.mithra.com/wp-content/uploads/2018/09/EOY_2018_FR_fin-BAT.png
- <https://www.mithra.com/wp-content/uploads/2015/09/trends-15.png>
- <https://www.mithra.com/wp-content/uploads/2019/04/EssencielInnovationaward2019.png>
- <https://www.mithra.com/wp-content/uploads/2015/09/randstad.png>
- <https://www.mithra.com/wp-content/uploads/2019/01/MITRA-Euronext-2019.jpg>
- <https://www.mithra.com/wp-content/themes/enfold-child/site.js?ver=4.9.8>
- <https://www.mithra.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.4>
- <https://www.mithra.com/wp-content/plugins/uk-cookie-consent/assets/js/uk-cookie-consent.js?ver=2.3.0>

- <https://www.mithra.com/wp-content/themes/enfold/js/avia.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/shortcodes.js?ver=3>
- <https://www.mithra.com/wp-content/themes/enfold/js/aviapopup/jquery.magnific-popup.min.js?ver=2>
- <https://www.mithra.com/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-includes/js/comment-reply.min.js?ver=4.9.8>
- <https://www.mithra.com/wp-includes/js/wp-embed.min.js?ver=4.9.8>

Reduce DNS lookups

B (85)

▲ AVG SCORE: 71%

CONTENT

LOW

The components are split over more than 4 domains

- www.mithra.com: 62 components, 4064.2K (329.2K GZip)
- fonts.googleapis.com: 1 component, 16.4K (1.3K GZip)
- www.google-analytics.com: 1 component, 44.7K (17.9K GZip)
- static.hotjar.com: 1 component, 6.3K (2.4K GZip)
- script.hotjar.com: 1 component, 406.8K (71.3K GZip)
- vars.hotjar.com: 1 component, 2.0K (0.8K GZip)
- in.hotjar.com: 1 component, 0.1K (0.4K GZip)

Minify JavaScript and CSS

A (90)

▲ AVG SCORE: 73%

CSS/JS

MEDIUM

There is 1 component that can be minified

- inline <style> tag #5

Compress components

A (100)

▲ AVG SCORE: 90%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

Avoid URL redirects

A (100)

▲ AVG SCORE: 87%

CONTENT

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Make AJAX cacheable

A (100)

◆ AVG SCORE: 100%

JS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Remove duplicate JavaScript and CSS

A (100)

◆ AVG SCORE: 100%

CSS/JS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Avoid AlphasLoader filter

A (100)

◆ AVG SCORE: 99%

CSS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Avoid HTTP 404 (Not Found) error

A (100)

◆ AVG SCORE: 98%

CONTENT

MEDIUM

You scored 100% on this recommendation - nothing to do here!

Reduce the number of DOM elements

A (100)

▲ AVG SCORE: 91%

CONTENT

LOW

You scored 100% on this recommendation - nothing to do here!

Use GET for AJAX requests

A (100)

◆ AVG SCORE: 100%

JS

LOW

You scored 100% on this recommendation - nothing to do here!

Avoid CSS expressions

A (100)

◆ AVG SCORE: 99%

CSS

LOW

You scored 100% on this recommendation - nothing to do here!

Reduce cookie size

A (100)

◆ AVG SCORE: 100%

COOKIE

LOW

You scored 100% on this recommendation - nothing to do here!

Make favicon small and cacheable

A (100)

◆ AVG SCORE: 100%

IMAGES

LOW

You scored 100% on this recommendation - nothing to do here!

Configure entity tags (ETags)

A (100)

◆ AVG SCORE: 96%

SERVER

LOW

You scored 100% on this recommendation - nothing to do here!

Make JavaScript and CSS external

(n/a)

CSS/JS

MEDIUM

Only consider this if your property is a common user home page.

- There is a total of 7 inline css
- There is a total of 11 inline scripts