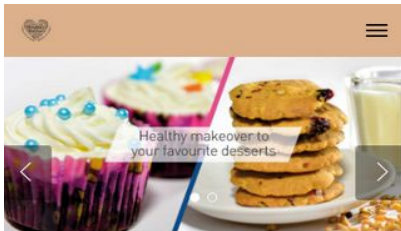


PageSpeed Insights

Mobile



WELCOME TO HEALTHY TREATS!

SAVOR SWEETNESS WITH A KNACK
OF HEALTH WITH OUR RANGE
OF WHOLE WHEAT, GLUTEN-FREE
AND HEALTHY TREATS!

Read More

59 / 100 Speed

Should Fix:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/images/ajax_loader.png (expiration not specified)
- http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/diagonal_line.png (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/grid.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/FRESH-BAKE.png> (expiration not specified)

Mobile

- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-01.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-02.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-03.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/box.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/cookies.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/event.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/jar.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/logo-black.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/made.png> (expiration not specified)
- https://static.doubleclick.net/instream/ad_status.js (15 minutes)
- <https://www.googletagmanager.com/gtag/js?id=UA-125723844-1> (15 minutes)
- https://connect.facebook.net/en_US/sdk.js (20 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 27 blocking script resources and 14 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <http://www.healthytreatsbyswati.in/wp-includes/js/jquery/jquery.js?ver=1.12.4>

Mobile

- <http://www.healthytreatsbyswati.in/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/modernizr.js?ver=2.6.2>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nicescroll.js?ver=3.5.4>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/magnific.js?ver=7.0.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/touchswipe.min.js?ver=1.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/caroufredsel.min.js?ver=7.0.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/owl.carousel.min.js?ver=1.3.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/superfish.js?ver=1.4.8>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/init.js?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/infinitemscroll.js?ver=1.1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/flickity.min.js?ver=1.1.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nectar-slider.js?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-includes/js/comment-reply.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-includes/js/wp-embed.min.js?ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front.min.js?ver=5.0.1
- <http://www.healthytreatsbyswati.in/wp-includes/js/underscore.min.js?ver=1.8.3>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_instagram.min.js?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_frontend.min.js?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_responsive.min.js?ver=1.3.5

Mobile

- <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.mobile.js?ver=1.3.5>
- <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.fullscreen-0.4.1.js?ver=1.3.5>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/wdi_gallery_box.min.js?ver=1.3.5

[Optimize CSS Delivery](#) of the following:

- <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.3>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css?ver=4.2.6-78496d1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/rgs.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/font-awesome.min.css?ver=4.6.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/style.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/magnific.css?ver=6.2>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/responsive.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/nectar-slider.css?ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=5.0.1
- <http://fonts.googleapis.com/css?family=Roboto+Condensed%3A700%7CRoboto%3A500%2C700%2C400%7CPlayfair+Display%3A400%2C400italic&subset=latin&ver=1536830779>
- <http://fonts.googleapis.com/css?family=Lobster%3Aregular&ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/css/wdi_frontend.min.css?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/css/default_theme.css?ver=1.3.5

 **Consider Fixing:**

Reduce server response time

In our test, your server responded in 0.25 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 5.9KiB (14% reduction).

- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/responsive.css?ver=8.0> could save 3KiB (14% reduction) after compression.
- Minifying http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=5.0.1 could save 1.7KiB (13% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/nectar-slider.css?ver=4.9.8> could save 503B (11% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/magnific.css?ver=6.2> could save 355B (15% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/rgs.css?ver=8.0> could save 315B (27% reduction) after compression.

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

Mobile

[Minify JavaScript](#) for the following resources to reduce their size by 53.7KiB (28% reduction).

- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/init.js?ver=8.0> could save 30.3KiB (27% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nectar-slider.js?ver=8.0> could save 12.3KiB (33% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/magnific.js?ver=7.0.1> could save 5.1KiB (37% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/infinitemscroll.js?ver=1.1> could save 3.3KiB (22% reduction) after compression.
- Minifying http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front.min.js?ver=5.0.1 could save 798B (13% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.3> could save 695B (18% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/superfish.js?ver=1.4.8> could save 668B (24% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.fullscreen-0.4.1.js?ver=1.3.5> could save 630B (26% reduction) after compression.

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 46KiB (54% reduction).

- Compressing and resizing <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/logo-black.png> could save 19.8KiB (95% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yz/r/io3srdgQDB-.png> could save 10KiB (44% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yX/r/Kvo5FesWVKX.png> could save 6.8KiB (37% reduction).

Mobile

- Compressing https://static.xx.fbcdn.net/rsrc.php/v3/y1/r/D_hj-r-65c.png could save 4.6KiB (40% reduction).
- Compressing http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/images/ajax_loader.png could save 3.1KiB (54% reduction).
- Compressing <http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/grid.png> could save 880B (91% reduction).
- Compressing https://scontent-mia3-2.xx.fbcdn.net/v/t1.0-1/p50x50/37069909_836366346751574_7108229157586206720_n.jpg?_nc_cat=108&oh=4baf48a2439d9792487681b4ae6bf563&oe=5C5BAB70 could save 442B (38% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yN/r/WgFKRx0VFOG.png> could save 279B (22% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yH/r/yNvz5xtKREW.png> could save 109B (20% reduction).

Prioritize visible content

Your page requires additional network round trips to render the above-the-fold content. For best performance, reduce the amount of HTML needed to render above-the-fold content.

The entire HTML response was not sufficient to render the above-the-fold content. This usually indicates that additional resources, loaded after HTML parsing, were required to render above-the-fold content. [Prioritize visible content](#) that is needed for rendering above-the-fold by including it directly in the HTML response.

- Only about 1% of the final above-the-fold content could be rendered with the full HTML response.
- [Click to see the screenshot with only the HTML response: snapshot:42](#)



3 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).

95 / 100 User Experience

Consider Fixing:

Size content to viewport

The page content is too wide for the viewport, forcing the user to scroll horizontally. [Size the page content to the viewport](#) to provide a better user experience.

The page content is 413 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport:

- The element `<div class="row-bg using-bg-color">` falls outside the viewport.
- The element `<div class="row-bg using-image">` falls outside the viewport.

Size tap targets appropriately

Some of the links/buttons on your webpage may be too small for a user to easily tap on a touchscreen. Consider [making these tap targets larger](#) to provide a better user experience.

The following tap targets are close to other nearby tap targets and may need additional spacing around them.

Mobile

- The tap target `` is close to 1 other tap targets final.
- The tap target `` is close to 1 other tap targets final.
- The tap target `Home` and 5 others are close to other tap targets.
- The tap target `Healthy Treats` is close to 1 other tap targets.
- The tap target `<div id="u_0_2" class="pluginConnectButton">Like PageLiked</div>` is close to 1 other tap targets.



3 Passed Rules

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop

Desktop



75 / 100 Speed

! Should Fix:

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 27 blocking script resources and 14 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <http://www.healthytreatsbyswati.in/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://www.healthytreatsbyswati.in/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/modernizr.js?ver=2.6.2>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.6-78496d1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nicescroll.js?ver=3.5.4>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/magnific.js?ver=7.0.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/touchswipe.min.js?ver=1.0>
- <http://www.healthytreatsbyswati.in/wp->

Desktop

- content/themes/salient/js/caroufredsel.min.js?ver=7.0.1
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/owl.carousel.min.js?ver=1.3.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/superfish.js?ver=1.4.8>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/init.js?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/infinitemscroll.js?ver=1.1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/flickity.min.js?ver=1.1.1>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nectar-slider.js?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-includes/js/comment-reply.min.js?ver=4.9.8>
- <http://www.healthytreatsbyswati.in/wp-includes/js/wp-embed.min.js?ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front.min.js?ver=5.0.1
- <http://www.healthytreatsbyswati.in/wp-includes/js/underscore.min.js?ver=1.8.3>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_instagram.min.js?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_frontend.min.js?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/wdi_responsive.min.js?ver=1.3.5
- <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.mobile.js?ver=1.3.5>
- <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.fullscreen-0.4.1.js?ver=1.3.5>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/wdi_gallery_box.min.js?ver=1.3.5

[Optimize CSS Delivery](#) of the following:

- <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.3>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css?ver=4.2.6-78496d1>
- <http://www.healthytreatsbyswati.in/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=4.9.8>

Desktop

- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/rgs.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/font-awesome.min.css?ver=4.6.3>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/style.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/magnific.css?ver=6.2>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/responsive.css?ver=8.0>
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/nectar-slider.css?ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=5.0.1
- <http://fonts.googleapis.com/css?family=Roboto+Condensed%3A700%7CRoboto%3A500%2C700%2C400%7CPlayfair+Display%3A400%2C400italic&subset=latin&ver=1536830779>
- <http://fonts.googleapis.com/css?family=Lobster%3Aregular&ver=4.9.8>
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/css/wdi_frontend.min.css?ver=1.3.5
- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/css/default_theme.css?ver=1.3.5

Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/images/ajax_loader.png (expiration not specified)
- http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/diagonal_line.png (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/grid.png> (expiration not specified)

Desktop

- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/FRESH-BAKE-150x150.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-01.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-02.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/Website-banner-1920x900-03.jpg> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/box-150x150.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/cookies-150x150.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/event-150x150.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/jar-150x150.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/logo-black.png> (expiration not specified)
- <http://www.healthytreatsbyswati.in/wp-content/uploads/2018/07/made-150x150.png> (expiration not specified)
- https://static.doubleclick.net/instream/ad_status.js (15 minutes)
- <https://www.googletagmanager.com/gtag/js?id=UA-125723844-1> (15 minutes)
- https://connect.facebook.net/en_US/sdk.js (20 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Reduce server response time

In our test, your server responded in 0.28 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 5.9KiB (14% reduction).

- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/responsive.css?ver=8.0> could save 3KiB (14% reduction) after compression.
- Minifying http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=5.0.1 could save 1.7KiB (13% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/nectar-slider.css?ver=4.9.8> could save 503B (11% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/magnific.css?ver=6.2> could save 355B (15% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/css/rgs.css?ver=8.0> could save 315B (27% reduction) after compression.

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 53.7KiB (28% reduction).

- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/init.js?ver=8.0> could save 30.3KiB (27% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/nectar-slider.js?ver=8.0> could save 12.3KiB (33% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/magnific.js?ver=7.0.1> could save 5.1KiB (37% reduction) after compression.

Desktop

- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/infinitemscroll.js?ver=1.1> could save 3.3KiB (22% reduction) after compression.
- Minifying http://www.healthytreatsbyswati.in/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front.min.js?ver=5.0.1 could save 798B (13% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.3> could save 695B (18% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/themes/salient/js/superfish.js?ver=1.4.8> could save 668B (24% reduction) after compression.
- Minifying <http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/js/gallerybox/jquery.fullscreen-0.4.1.js?ver=1.3.5> could save 630B (26% reduction) after compression.

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 29.5KiB (35% reduction).

- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yz/r/io3srdgQDB-.png> could save 10KiB (44% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yX/r/Kvo5FesWVKX.png> could save 6.8KiB (37% reduction).
- Compressing https://static.xx.fbcdn.net/rsrc.php/v3/y1/r/D__hj-r-65c.png could save 4.6KiB (40% reduction).
- Compressing http://www.healthytreatsbyswati.in/wp-content/plugins/wd-instagram-feed/images/ajax_loader.png could save 3.1KiB (54% reduction).
- Compressing https://scontent.cdninstagram.com/vp/6fbaef228826cfa7c2b111970992c283/5C4769EA/t51.2885-15/e35/s150x150/41863393_2172053949784217_4694238471243484045_n.jpg could save 924B (19% reduction).
- Compressing https://scontent.cdninstagram.com/vp/f530426ed4b46c5ecb43012800505528/5C3D4707/t51.2885-15/e35/s150x150/42003038_244376722902456_9004430260063350958_n.jpg could save 885B (14% reduction).
- Compressing <http://www.healthytreatsbyswati.in/wp-content/themes/salient/img/textures/grid.png> could save 880B (91% reduction).

Desktop

- Compressing https://scontent.cdninstagram.com/vp/8d463ff71d7fdc6132359fc153965a0d/5C4EDEF0/t51.2885-15/e35/s150x150/42366163_1035804893269201_1909973233897188725_n.jpg could save 854B (11% reduction).
- Compressing https://scontent.cdninstagram.com/vp/a6733f30746c8d4d4b1e094f2e2f42da/5BBF3202/t51.2885-15/e15/s150x150/41681912_532270457200846_1905126067437602_n.jpg could save 782B (23% reduction).
- Compressing https://scontent-mia3-2.xx.fbcdn.net/v/t1.0-1/p50x50/37069909_836366346751574_7108229157586206720_n.jpg?_nc_cat=108&oh=4baf48a2439d9792487681b4ae6bf563&oe=5C5BAB70 could save 442B (38% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yN/r/WgFKRx0VFOG.png> could save 279B (22% reduction).
- Compressing <https://static.xx.fbcdn.net/rsrc.php/v3/yH/r/yNvz5xtKREW.png> could save 109B (20% reduction).

Prioritize visible content

Your page requires additional network round trips to render the above-the-fold content. For best performance, reduce the amount of HTML needed to render above-the-fold content.

The entire HTML response was not sufficient to render the above-the-fold content. This usually indicates that additional resources, loaded after HTML parsing, were required to render above-the-fold content. [Prioritize visible content](#) that is needed for rendering above-the-fold by including it directly in the HTML response.

- Only about 2% of the final above-the-fold content could be rendered with the full HTML response.
- Click to see the screenshot with only the HTML response: [snapshot:42](#)



3 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Desktop

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).