

The score is 60/100



## THE BENEFITS OF NUDE SUNBATHING



In recent years, the practice of nude sunbathing has gained attention as an alternative way to enjoy the sun's rays and promote a sense of liberation. While many people still prefer to sunbathe in swimsuits, a growing number of individuals are embracing the freedom and benefits of baring it all under the

## THE PSYCHOLOGY OF NUDITY AND NATURISM



Nudity and naturism have been subjects of fascination and discussion throughout history. Beyond the physical aspect, there is a complex psychological dimension associated with the practice of being nude in social and recreational settings. This article explores the

Search





### RECENT POSTS

- The Benefits of Nude Sunbathing
- The Psychology of Nudity and Naturism
- The Benefits of Nude Meditation
- Naturism and Feminism: How It Can Empower Women
- The Benefits of Nude Hiking





## SEO Content

	<p><b>Title</b></p>	<p>Naturism Lifestyle</p> <p>Length : 18</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<p><b>Description</b></p>	<p>Website for people who are interested in or already living a naturist lifestyle, and to help spread awareness and understanding of naturism to the wider public</p> <p>Length : 159</p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<p><b>Keywords</b></p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	<p><b>Og Meta Properties</b></p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Naturism Lifestyle</td> </tr> <tr> <td>description</td> <td>Website for people who are interested in or already living a naturist lifestyle, and to help spread awareness and understanding of naturism to the wider public</td> </tr> <tr> <td>url</td> <td>https://na2rism.com/</td> </tr> <tr> <td>site_name</td> <td>Naturism Lifestyle</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Naturism Lifestyle	description	Website for people who are interested in or already living a naturist lifestyle, and to help spread awareness and understanding of naturism to the wider public	url	https://na2rism.com/	site_name	Naturism Lifestyle
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# SEO Content

	Headings	H1 2	H2 20	H3 0	H4 2	H5 0	H6 0
		<ul style="list-style-type: none"> <li>• [H1] Naturism Lifestyle</li> <li>• [H1] Naturism Lifestyle</li> <li>• [H2] The Benefits of Nude Sunbathing</li> <li>• [H2] The Psychology of Nudity and Naturism</li> <li>• [H2] The Benefits of Nude Meditation</li> <li>• [H2] Naturism and Feminism: How It Can Empower Women</li> <li>• [H2] The Benefits of Nude Hiking</li> <li>• [H2] How to Introduce Your Partner to Naturism?</li> <li>• [H2] The Rise of Naturism Among Millennials</li> <li>• [H2] Naturism and Nude Cooking Classes</li> <li>• [H2] Naturism and Nude Partner Massage</li> <li>• [H2] Top 10 reasons to be a naturist</li> <li>• [H2] How much water should I drink when I'm at the beach in summer?</li> <li>• [H2] Nude Recreation Week</li> <li>• [H2] What is the Gymnophobia?</li> <li>• [H2] How does a novice naturist get naked on the beach for the first time?</li> <li>• [H2] History of Naturism in France</li> <li>• [H2] Can I catch pathogenic bacteria and parasites by swimming naked in the river?</li> <li>• [H2] Is it safe for children to bury themselves in the sand at the sea beach?</li> <li>• [H2] How do the laws regulate family naturism in the United States?</li> <li>• [H2] Rules for Instagram accounts regarding nudity and naturist content</li> <li>• [H2] Pinterest rules regarding nudity and naturist images</li> <li>• [H4] Recent Posts</li> <li>• [H4] Recent Comments</li> </ul>					
	Images	<p>We found 21 images on this web page.</p> <p>Good, most or all of your images have alt attributes</p>					
	Text/HTML Ratio	<p>Ratio : 1%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>					
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>					
	Iframe	<p>Great, there are no Iframes detected on this page.</p>					

## 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 35 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 2.86%</p> <p>Internal Links 97.14%</p>

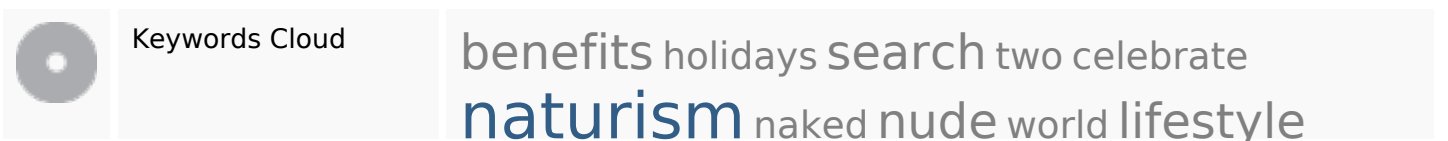
## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Naturism Lifestyle</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Donation</a>	Internal	Passing Juice
<a href="#">Naturist calendar</a>	Internal	Passing Juice
<a href="#">The Benefits of Nude Sunbathing</a>	Internal	Passing Juice
<a href="#">Information</a>	Internal	Passing Juice
<a href="#">The Psychology of Nudity and Naturism</a>	Internal	Passing Juice
<a href="#">The Benefits of Nude Meditation</a>	Internal	Passing Juice
<a href="#">Naturism and Feminism: How It Can Empower Women</a>	Internal	Passing Juice
<a href="#">The Benefits of Nude Hiking</a>	Internal	Passing Juice
<a href="#">How to Introduce Your Partner to Naturism?</a>	Internal	Passing Juice
<a href="#">The Rise of Naturism Among Millennials</a>	Internal	Passing Juice
<a href="#">Naturism and Nude Cooking Classes</a>	Internal	Passing Juice
<a href="#">Naturism and Nude Partner Massage</a>	Internal	Passing Juice

## In-page links

<a href="#">Top 10 reasons to be a naturist</a>	Internal	Passing Juice
<a href="#">How much water should I drink when I'm at the beach in summer?</a>	Internal	Passing Juice
<a href="#">Nude Recreation Week</a>	Internal	Passing Juice
<a href="#">USA</a>	Internal	Passing Juice
<a href="#">What is the Gymnophobia?</a>	Internal	Passing Juice
<a href="#">How does a novice naturist get naked on the beach for the first time?</a>	Internal	Passing Juice
<a href="#">History of Naturism in France</a>	Internal	Passing Juice
<a href="#">France</a>	Internal	Passing Juice
<a href="#">Can I catch pathogenic bacteria and parasites by swimming naked in the river?</a>	Internal	Passing Juice
<a href="#">Is it safe for children to bury themselves in the sand at the sea beach?</a>	Internal	Passing Juice
<a href="#">How do the laws regulate family naturism in the United States?</a>	Internal	Passing Juice
<a href="#">Rules for Instagram accounts regarding nudity and naturist content</a>	Internal	Passing Juice
<a href="#">Pinterest rules regarding nudity and naturist images</a>	Internal	Passing Juice
<a href="#">Older posts</a>	Internal	Passing Juice
<a href="#">Naturism in Cyprus</a>	Internal	Passing Juice
<a href="#">On May 6, 2023, naturists celebrate two holidays &amp;#8211; Naturism Lifestyle</a>	External	Passing Juice
<a href="#">World Naked Gardening Day</a>	Internal	Passing Juice
<a href="#">World Naked Kitchen Day</a>	Internal	Passing Juice
<a href="#">Ok</a>	Internal	Passing Juice






## SEO Keywords




## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
naturism	6	✓	✗	✓	✓
lifestyle	3	✓	✗	✓	✓
search	3	✗	✗	✗	✗
nude	3	✗	✗	✗	✓
benefits	3	✗	✗	✗	✓


## Usability

	Url	Domain : na2rism.com Length : 11
	Favicon	Great, your website has a favicon.
	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 : 3 Warnings : 5
	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.




## Document

	Speed Tips	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</li><li>✗ Too bad, your website is using inline styles.</li><li>✗ Too bad, your website has too many CSS files (more than 4).</li><li>✗ Too bad, your website has too many JS files (more than 6).</li><li>✓ Perfect, your website takes advantage of gzip.</li></ul>
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## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p><a href="https://na2rism.com/sitemap_index.xml">https://na2rism.com/sitemap_index.xml</a></p>
	Robots.txt	<p><a href="http://na2rism.com/robots.txt">http://na2rism.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>