







Website review theromanticiststudios.com

Generated on February 13 2026 02:55 AM






The score is 56/100







SEO Content

	<p>Title</p>	<p>Tech Therapy: Small Digital Habits That Heal the Mind</p> <p>Length : 53</p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	<p>Description</p>	<p>Explore how Coin ID Scanner, Number Tracker, Mind Elevate, and AI Plant Finder promote mental wellness through mindful learning, connection, cognitive play, and nature-based balance in your daily digital life.</p> <p>Length : 209</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>										
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>										
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1379 1481 1794"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>site_name</td> <td>theromanticiststudios.com</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Tech Therapy: Small Digital Habits That Heal the Mind - theromanticiststudios.com</td> </tr> </tbody> </table>	Property	Content	locale	en_US	site_name	theromanticiststudios.com	type	website	title	Tech Therapy: Small Digital Habits That Heal the Mind - theromanticiststudios.com
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SEO Content

		<p>description Tech Therapy: Small Digital Habits That Heal the Mind Technology, when used with intention, can nurture mental health as deeply as traditional wellness tools. Recent psychological studies highlight that purposeful engagement with apps—not endless scrolling—builds emotional stability, sharpens focus, and reduces anxiety. Calm comes not from escaping screens, but from using them consciously. Tech therapy [&hellip;]</p> <p>url https://theromanticiststudios.com/</p> <p>image https://theromanticiststudios.com/wp-content/uploads/2025/10/coin_main.webp</p> <p>image:secure_url https://theromanticiststudios.com/wp-content/uploads/2025/08/cropped-logo.png</p>												
	Headings	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>6</td> <td>0</td> <td>0</td> <td>5</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Tech Therapy: Small Digital Habits That Heal the Mind • [H2] Coin ID Scanner: Grounding Through Learning • [H2] Number Tracker: Anxiety Relief Through Connection • [H2] Mind Elevate: Neuroplasticity Meets Play • [H2] AI Plant Finder: Nature Exposure Through the Screen • [H2] Healing Through Interaction, Not Isolation • [H2] Recent Posts • [H5] YOU MAY HAVE MISSED • [H5] Coin ID Scanner vs CoinSnap: Which App Gives More Reliable Results for World Coins • [H5] Nutrition Strategies That Support Faster Muscle Recover • [H5] Understanding Player Performance Metrics Beyond Traditional Statistics • [H5] How to Choose Durable Running Shoes for Different Foot Types 	H1	H2	H3	H4	H5	H6	1	6	0	0	5	0
H1	H2	H3	H4	H5	H6									
1	6	0	0	5	0									
	Images	<p>We found 13 images on this web page.</p> <p>7 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	<p>Ratio : 12%</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	Perfect, no Flash content has been detected on this page.												
	Iframe	Great, there are no Iframes detected on this page.												

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 15 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 20% Internal Links 80%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
Equipment	Internal	Passing Juice
Analysis	Internal	Passing Juice
Recovery	Internal	Passing Juice
Home	Internal	Passing Juice
coin value checker	External	Passing Juice
free phone tracker phone number	External	Passing Juice
Math educational games	External	Passing Juice
Coin ID Scanner vs CoinSnap: Which App Gives More Reliable Results for World Coins	Internal	Passing Juice
Nutrition Strategies That Support Faster Muscle Recover	Internal	Passing Juice
Understanding Player Performance Metrics Beyond Traditional Statistics	Internal	Passing Juice
How to Choose Durable Running Shoes for Different Foot Types	Internal	Passing Juice

In-page links

[Recovery Ranger](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

plant mental users calm therapy
mind focus coin digital emotional












Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
mind	12	✓	✗	✓	✓
calm	10	✗	✗	✗	✗
digital	8	✓	✗	✓	✓
users	8	✗	✗	✗	✗
therapy	7	✓	✗	✗	✓





Usability

	Url	Domain : theromanticiststudios.com Length : 25
	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 : 0 Warnings : 0
	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.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.

Mobile

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

	XML Sitemap	Great, your website has an XML sitemap. https://theromanticiststudios.com/sitemap.xml
	Robots.txt	http://theromanticiststudios.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing

Optimization



We didn't detect an analytics tool installed on this website.

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.