



Wellbeing Magazine

- Published 10 times a year - consistent marketing for your business
- Inspirational editorial written by experts - Articles that people will read and keep
- An ethical editorial and advertising policy - products or services to enhance the readers wellbeing
- Total circulation 50,000 sold nationally around the UK
- Additional circulation of 30,000 + copies hand delivered through our franchise programme.
- The only Wellbeing Magazine in the UK to offer a national and targeted local readership

Full Page
Portrait
240mm x 170mm

£2500

Half Page
Horizontal
108mm x 150mm
Vertical
218mm x 74mm

£1500

1/4 Page
Portrait
108mm x 74mm
Horizontal
52mm x 150mm

£900.00

1/6 Page
Horizontal
52mm x 74mm

£540.00

Are you sitting comfortably?

Half Page - £1,500 +vat

Horizontal
108mm x 150mm

Vertical
210mm x 74mm

What's in Season for April?

Quarter Page - £900 +vat

Portrait
108mm x 74mm

It's good for you but is it costing the earth?

Quarter Page - £900 +vat

Horizontal
52mm x 150mm

Yes to Life

Sixth Page - £540+v

Horizontal
52mm x 74mm



Strapline - "The State of Feeling Healthy and Happy"

Target readership

Anyone who is interested in taking responsibility for their health and wellbeing. Most readers are likely to be in their 30's - 60's with an interest in trying complementary therapies and alternative products.

They are men and women who have decided to take responsibility for their health and lifestyle. They are interested in trying new things. They want to make a contribution to saving the planet and are searching for ideas and products to keep themselves and their families fit and healthy, and can easily be incorporated into their lifestyle. Many of our readers are starting out on their journey, using products and therapies that are perhaps unfamiliar to them.

They like wellbeing because it is easy to read and offers practical advice as well as informative, inspirational articles.

Editorial Profile

Wellbeing Magazine provides up to date information about the food we eat, how to look after our bodies and minds as well as how to improve our home and working environment.

Glossy magazine in a handy size.

Food - Nutrition, diet, supplements, seasonal local food, organic, home cooking, dining out

Body - Fitness and exercise, body maintenance, skin & beauty care / treatments, complementary therapies

Mind - Self improvement and personal development therapies eg. Hypnotherapy, EFT, coaching, counselling.

Home - Environment and environmental products, recycling, energy saving, working from home, interior design and feng shui.

Work - Working environment, careers, courses, coaching

Travel - Life changing and inspirational stories and holiday ideas in the UK and overseas. Retreats, spas, conservation, volunteer etc.

Advertising Rates For Wellbeing Magazine National Retail Magazine 50,000 throughout the UK

	1 insertion	2-5 ins	6+
DPS	£4500	£3780	£3420
Full Page	£2500	£2100	£1900
Half Page	£1500	£1260	£1140
Quarter	£ 900	£ 755	£ 685
Sixth	£ 540	£ 455	£ 410
Classified (60mm x 35mm)	6 x £250	10 x £200	

Advertising Rates For Wellbeing Magazine Local Franchise Magazine Delivered Free of Charge AREAS: current total - 30,000 copies Tunbridge Wells, Brighton, Eastbourne, Lewes, Gwent

	1 insertion	2-5 ins	6+
DPS	£2500	£2200	£1900
Full Page	£1500	£1200	£1000
Half Page	£ 900	£ 720	£ 600
Quarter	£ 540	£ 432	£ 360
Sixth	£ 324	£ 260	£ 216

Further 10% discount when booking in both the national and local version of Wellbeing.

The local magazines circulation may increase throughout the year as new towns launch magazines through the franchise programme.

10% Agency Discount. All prices exclude VAT

www.wellbeingmagazine.com For more information call **01892 541621**

Wellbeing Magazine Ltd - Head Office 5 Bentham Hill House, Stockland Green Road, Tunbridge Wells Kent TN3 0TJ

For magazine advertising rates, free listings and circulation details visit www.wellbeingmagazine.com

For advertising and promotion visit www.wellbeingmagazine.com or email rachel@wellbeingmagazine.com

Features for 2008

January 2008

Publication Date 4th January
Editorial deadline 30th November 2007
Copy deadline 7th December

Weightloss - a look at weight control solutions
Detox products and colonic hydrotherapy
Joining a Gym
Goal Setting and Planning for the Year

February

Publication Date 25th January
Editorial deadline 4th January
Copy deadline 11th January

Products, therapies and ideas for Pregnancy, childbirth and young children.
Water - The importance of water, Looking at water filters and bottled water
Swimming and learning to diving

March

Publication Date 25th February
Editorial deadline 4th February
Copy deadline 11th February

Energy - Therapies eg. Reiki, Acupuncture, Homeopathy, Flower remedies.
Energy from food and good nutrition. Quantum science and the mind,
Saving energy in the home.

April

Publication Date 25th March
Editorial deadline 4th March
Copy deadline 11th March

Toxins and chemical in our food, skincare, cosmetics and home. A look at
chemical free products and food.

Regular Articles

Whats in season and recipes, did you know? - facts and figures, travel features,
ask the expert, fitness expert, book, CD & DVD reviews, tried and tested
product pages. New products and therapies.



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Mechanical Details:-

Trimmed Page 270mm x 170mm,
Saddle Stitched, Bleed add 3mm

File Format

- High Res PDF File (quark, indesign, EPS and Tiff files not accepted)
- A PDF file shall not be created with Adobe PDF Writer Product
- Files must not contain any transparent elements
- Files must be CMYK
- A PDF must have no crop box defined or have a crop box set to the same size as the media box
- All images contained in the PDF must be high res (300dpi is recommended)
- All fonts must be embedded
- The number of pages in a PDF file shall be exactly one.

Head Office:

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