



# Media Kit

---

## Demographic

Women aged 18-35  
US, UK, AU, Canada & EU

## Website Traffic

75K+ monthly website visits

## Social Media Reach

225K+ Instagram followers  
200K+ YouTube subscribers  
220K+ monthly Pinterest views

## Weekly Email Newsletter

25K subscribers  
30-40% open rate

## Podcast

500 downloads/episode

[Get in touch](#)