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MAGAZINE

RATE CARD

PRICE CHART

Inside front/back:	£1200
Back Cover:	£1400
Full Page:	£1000
Half Page:	£600
Quarter Page:	£350
Eighth Page:	£200

SIZE CHART

All sizes measured in mm (w x h)

Full Page:	183 x 260
Half Page Vertical:	89 x 260
Half Page Horizontal:	183 x 128
Quarter Page:	89 x 128
Eighth Page:	89 x 61

AREA INFORMATION

Covering: Worcestershire, Warwickshire & West Midlands

Including:

Alcester, Alvechurch, Barnt Green, Bromsgrove, Catshill, Coventry, Droitwich Spa, Henley in Arden, Kenilworth, Knowle, Leamington Spa, Redditch, Rugby, Shirley, Solihull Southam, Stratford upon Avon, Warwick Worcester & many more

Every season Mind, Body, Soul Magazine will champion the best in lifestyle, fitness, health and vitality across Worcestershire, Warwickshire and South Birmingham in an A4 high quality glossy magazine that is delivered free to 20,000 AB homes across the area.

In addition 5,000 copies of Mind, Body, Soul will also be complimentary at many regional outlets such as spas, beauty salons, gyms, hairdressers and hotels.

We maximise further distribution by advertising Mind, Body, Soul in Bullivant Media's 13 local Newspapers each and every week for members to call in or order their free copy using the coupon provided.

Mind, Body, Soul is all about creating the most wonderful you. It's about exercising a little... often. It's about eating what you want to and sometimes what you don't. It's about moisturising your skin, strengthening your bones, cleansing your mind and feeling the best you can possibly feel, inside and out.

Mind, Body, Soul takes you on a journey into the area's most luxurious spas, through the beauty salon and into the lives of interesting healthy people. Featuring everything from fitness to food, celebrities to life coaching and an array of interesting articles from our wonderful selection of writers and experts, Mind, Body, Soul will be welcomed at the start of each season into the homes of people who have the disposable income to invest in the goods and services featured.

Looking great is empowering but only when you feel great too. Mind, Body, Soul shows you how!

The Old Library, Church Green West, Redditch B97 4DU

Ph. 01527 453725 Fax. 01527 453724

Sales Manager: 01527 453725
Sales: 01527 453745

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