



About Eden New Beginnings Essentials To A Journey

I started my healthy living Journey senior year of college when I decided to go natural with hair care products, this decision evolved and spread throughout all areas of my life. After graduating with an English professional writing degree, my journey was set into motion from a desire to live authentic and simple. I have spent my time, devotion to bringing awareness to living a healthy lifestyle by blogging and leading by example. My blog brings attention to mental, physical and spiritual health practices I have gained over the years. I discuss topics related to travel, food and drink consumption, the human thought processes, and how to receive the most out of life from positive thinking. My awareness message is, self help and an appetite to always learn is most important.



1,043



594



673



80



299

Monthly Pageviews: 443
Unique Visitors: 167
Interest Category Sports: 5%

Reader Gender: 54%
Reader Age: 18-65
Interests Category Food/Drink: 2%

SPONSORED POST: Interested in a blog post for your product? Submit for a post. Upon being selected as a featured blog post the current rate is \$700/month. The product must be tested and will not be returned to sender. Not all submissions are received.

GIVEAWAY: Giveaways will bring more traffic to your website. Giveaways are free of charge if we are sent a product to review along with the product being given away. A giveaway alone current rate is \$20 and a promotion via social media. Not All submissions are received.

PRODUCT REVIEW: Would you like Essentials To A Journey to review your product? We are excited to do so. Anticipate the review feedback to be honest. A product is necessary in order for a review to be produced. The sender will not receive a return of the product. Sending the product does give you a choice to present a giveaway at no charge. Not all submissions are received.

SOCIAL MEDIA PROMOS: Social media promotions vary depending upon the time frame of the promo. Current rate per day is \$20. Not all submissions are received.

SIDEBAR ADS: 125 x 125 pixels \$10/month. 300 x 250 pixels (rotating) \$15/month. 300 x 250 pixels (stationary) \$20/month. Not all submissions are received.

***All current rates are subject to change.**



Ready to get started?

www.edennewbeginnings.com

barethea@yahoo.com

www.facebook.com/Eden.Newbeginnings