





# WHAT'S IN *THE BEST YOU*?

Each issue starts off with a welcoming letter by Editor **Bernardo Moya**, who sets the theme for the current issue of *The Best You*. Other regular features include "Top Tips" pages, which give you advice on being *The Best You* and Book Reviews where we review a selection of books available through the portal. We end every issue with hope in our We Support article, where we feature a charity that is particularly close to our hearts.

## INNER YOU.

Learn new ways to get your mind and body in balance. Featuring articles on alternative remedies, practices that require a bit of faith, encouraging our readers to get in touch with their inner selves

## ENJOY LIFE.

Laughter, humour, travel, love - add the sparkle that makes life worth living. We feature the things in life that bring a smile to your face. If you've been feeling down, this is for you.

## LIVE LOVE LEGACY.

How does life treat you and how do you treat your life?  
How are your relationships with others around you?  
What do you want to be remembered for?



## FEEL & LOOK GOOD.

Feeling good about yourself not only makes the joy shine from your eyes and skin, it also makes others respond to you in new ways, and gives you a whole new outlook on life. We show you how.

## WEALTH & RICHES.

This is the crux of the whole magazine because we are not just talking about financial wealth! Here we feature people who have achieved many levels of wealth and success, highlighting that being successful is a state of mind!

## CENTURY LIVING.

The pace of change can be bewildering, but it can also provide amazing opportunities to meet new people. Showing the latest innovations to put you at the head of the pack.

THE BEST  
YOU  
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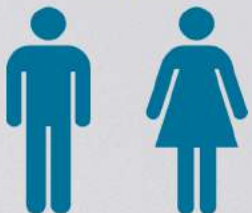
Be Inspired

# THE BEST YOU Reader Profile

The Best You readers range from 20 to 60 years of age. As it is predominantly a digital offering, we have readers all over the world, appealing to both men and women.

Our typical customer and reader has come to the web looking for inspiration to be the best of themselves. They are ready to spend money on products we sell - books, DVD's or one of our very popular seminars. It's the ideal place to showcase your products or services.

## GENDER



45%

55%

## TOTAL READERS



35,000+

## PAID SUBSCRIBERS



3,000+

## DATABASE



75,000+

## APP DOWNLOADS



12,000+

## ONLINE TRAFFIC



75,000+



91,300+



42,300+



# RATES AND SPONSORSHIP

THE BEST YOU PORTAL AND MAGAZINE PROVIDES FANTASTIC OPPORTUNITIES FOR ADVERTISERS AND SPONSORS TO REACH OUR ACTIVE, RECEPTIVE AND READY TO SPEND AUDIENCE.

THE BEST YOU OFFERS A VARIETY OF SERVICES TO ENABLE COMPANIES TO MARKET THEMSELVES TO OUR CUSTOMERS AND READERS.

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EXPO 3X2 PREMIUM STAND + HALF PAGE AD + SHOWGUIDE	£9,110	£7,288	20%

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