



Gorgeous lifestyle channel for women, produced by women and offering practical advice, inspiring experiences, and entertainment to help them live better lives and be happier people

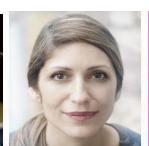








































25-40

Capturing the elusive, young female demo sought by advertisers because they are forming lifelong purchasing habits, and by distributors because they are the leading edge of "cord-cutting".









## Content

Practical: Tutorials and coaching, exercises, and practical lifestyle tips to help you live better

Inspiring: Documentaries and magazine shows that uplift and convey a sense of wonder, featuring people, places, and news that inspire us to live a life that is richer, happier and more zen

Entertaining: Reality shows and fiction, stories and real experiences of people who have chosen to improve their lives, or to change them completely

Benefits: Enjoy yourself, have fun, grow, discover, escape















- Partnerships with wellness brands
- Channel visibility in spas and well-being venues
- High-profile presence at well-being events
- Regular contests and games
- Press campaigns
- Digital media: web, app, social networks





