

MEDIA KIT AUGUST 2020

Maryana Lishman is the founder of Raised on Real Food. A mother, integrative nutrition coach, recipe developer and owner of an online skin and gut health clinic, her family wellness communities, expert knowledge and down to earth style have become increasingly popular with kiwi families.

She connects with her audience with integrity, while inviting them to think more deeply about their choices and helping them incorporate a more holistic approach. Her goal is to drive positive change from the ground up through harnessing the power of social connections which she expertly curates. Her audience are typically busy mothers who share her love of delicious and nutrient dense food, natural living and tools that make their lives easier.

An experienced marketer, Maryana enjoys partnering with like-minded brands. She keeps her content authentic and transparent, and in return her audience trusts her recommendations and knows she'll keep things real.



72,496

Reach 28 days to 9 Aug

9,400

Followers

40,000+

Combined Page and Groups

95%

are female

69%

24 to 44 years of age

1.8k

Instagram

3.3k

Email Subscribers

Main Topics of Interest: Recipes, Nutrition, Organic, Holistic, Natural, Lifestyle, Wellness, Ethical, Allergy, Eczema, Travel, Family, Books, Health, Supplements.

CONTACT

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PREVIOUS COLLABORATIONS

