

# *Holistic Enchilada*

holistic living on a budget



MEDIA KIT

# About Me

My name is Delilah and I blog about affordable ways to switch to green living. I am a mom, wife, and small business owner living in Miami, Florida.

I have been using natural and organic products for over 10 years. When I talk to people, their biggest hurdle to making the switch is the cost and concerns about the effectiveness of more natural products. Cost definitely has been a factor for me in the past but as more brands embrace green living more affordable options become available.

I started this blog to help people who already know about green beauty and holistic health but need help finding affordable and effective products and brands. I also want people to embrace balance - which means I don't participate in fear mongering. I encourage my readers to not sweat the small stuff and just do what they can. I tell them to keep things simple and make small changes little by little. I want them to make the switch because they like the products and brand ethos, not because they're scared of the ingredients in the products they are currently using.

If you think we might be a good fit then please keep reading to see how we can work together.



# Statistics



43k average monthly sessions  
37k average monthly users  
55k monthly page views  
14k monthly google searches  
Email list: 1,475



Pinterest: 925k average  
monthly views  
Facebook: 394 likes  
Instagram: 4.3k followers  
IG engagement rate: 6-9%



97% female  
Ages: 40% 25-34, 22% 35-44,  
18% 45-53  
Location: 71% U.S., 7%  
Canada, 5% UK

\*I am also building up my YouTube account.

[updated April 2019]

# Let's Collaborate

## WHAT I DO:

- Sponsored blog posts
- YouTube videos
- Sponsored social media posts
- Affiliate marketing/brand ambassador
- Guest blog post
- Ads on my blog
- Giveaways

\*\*\*I require testing all products myself before sharing about them.

## RATES:

- Sponsored blog post: starting at \$200 - includes high resolution images & social media shares
- Sponsored social media post: starting at \$50, includes 2 high resolution images
- Ad space on blog: \$300/month (sidebar)
- Guest post on my blog: \$50
- Giveaways are free

Feel free to reach out to me with other ideas or if you'd like to create a custom package. I review each request and a collaboration can be denied if I feel it is not a good fit for my blog.

## Brands I've Partnered With

The logo for OSEA, featuring the word "OSEA" in a teal, sans-serif font on a white background.The logo for plume, featuring the word "plume" in a white, cursive script font on a dark navy blue background.The logo for Follain, featuring the word "Follain" in a white, sans-serif font on a dark green background.The logo for DRo brite naturals, featuring the word "DRo" in a white, stylized font above "brite" and "naturals" in a smaller white font, all on a teal background.The logo for EVOLV, featuring the word "EVOLV" in a white, sans-serif font with a small blue square at the end of the "V", on a white background.The logo for PETIT VOUR, featuring the words "PETIT" and "VOUR" in a white, sans-serif font, stacked vertically on a light beige background.The logo for HB, featuring the letters "HB" in a white, serif font on a pink background.



If you think we'd be a good fit, email me at  
[INFO@HOLISTICENCHILADA.COM](mailto:INFO@HOLISTICENCHILADA.COM)  
I can't wait to collab!

