

Janet Gunn



The Grateful Gardenia

Feel alive, inspired, and empowered at any age

Meet Janet

I'm a Los Angeles-based lifestyle expert and fashion blogger with a growing audience across all social media platforms. I'm grateful to have had a lifetime of unique experiences — from Dallas Cowboys cheerleader to flight attendant to Hollywood actress to wife and mom to jewelry designer — that all made me the happy, healthy, inspired person I am today.

I have always enjoyed a healthy, active, and stylish lifestyle, and I want to share my journey as I transition into my 50s. I believe it's never too late to start believing in yourself and start seeking out new adventures.

Life has taught me that if we wake up, look up, and find at least one thing to be grateful for each day, we will begin to find life's little inspirations all around us. The Grateful Gardenia blog, videos, tutorials, interviews and style guides provide a healthy dose of fun, mindful style for women over 40. Here's to feeling alive, inspired, and empowered at any age!



What I Write About

Mature women are often overlooked by brands, which tend to target a younger, seemingly more stylish demographic. But women over 40 are not dinosaurs, they are very switched on and incredibly tech savvy. 93% of women aged 40 to 60 make all or most of the financial decisions in households. My content is tailored to them and offers a huge potential for brands looking to engage with this audience.

I write in-depth, engaging editorial content twice a month, and I also post photos and videos daily on a variety of topics including...

Fitness



Fashion



Travel



Food



Engagement

My followers are highly engaged and interact across all social platforms. I personally reply to comments and stimulate discussion on my blog as well as on my Facebook, Twitter and Instagram pages.



Brand Relationships

Altar Ego Apparel



Emi-Jay Hair Ties



LaCrème Beaute Skincare Range



...and I'm always looking for more great brands to help them deliver their message to my ever expanding, highly engaged audience.

Join Me On My Journeys

You can get a blog post dedicated to your product, which I cross promote through all my social media including my personal Facebook. You also have the option to be featured in one of my Instagram post.

If you are interested in working together and you want to engage with my audience, feel free to email me at

janet@gratefulgardenia.com

Fearless Female Video Segments with Focus Magazine/ TV also available

<http://ff.focustv.us>

