



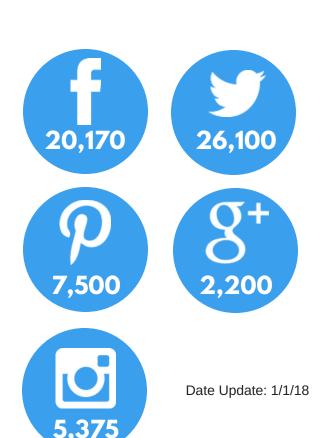
#### ABOUT THE BLOG

Established in 2010, this beach blog has sailed to the Rocky Mountains because life is an adventure!

Crunchy Beach Mama will always be a family blog about Healthy Living & Being Green, but Travel, Food, Tech and DIY are just as fun and I can't help but chat about those things too.

Finding unique companies to partner with is what I do best. My BeachBum followers love hearing about the newest and coolest in my reviews and giveaways.

## Unique Visitors: 15,701/mo Pageviews: 27,579/mo.





# COURTNEY Chocolate eater. Coffee drinker. Organic of course.

My crunchy journey started 10 years ago when my husband went to school to be a chiropractor. After he graduated we moved from the Midwest to the East Coast and the beach became part of me.

Today we live in the Rocky Mountain foothills in the Boulder/Denver area of Colorado. It's beautiful here.

We have a house full of boys ages 15, 13, and 7 who make me get up early and run them all over town. I wouldn't change it for anything.



#### **OPPORTUNITIES**

Sponsored Posts. Ambassadorships. Social Media Shoutouts. Reviews on Travel, Eco, Healthy Living, Food and Family.

#### BRAND PARTNERSHIPS

I would love to be a part of your Brand Ambassador program as it gives me a chance to really share and get to know your product and company in a more close up position.

My most current BIG brand partners have been Tom's of Maine and Santa Cruz Organic who I've worked with for over 3 years.





### ADVERTISING

Sponsored Post + Social Meda \$225

emailed out to 1,000 daily email subscribers

Instagram Only \$50

Facebook/Twitter/Pinterest Only \$25ea.

Extra fees you may want to add:
Boost my Facebook or Instagram
Add to paid Giveaway websites

#### TRAVEL TRIPS

I attended the Grand Opening Media Event for Universal Studio's Volcano Bay.

My Family also has had the fun opportunity to play at their theme parks multiple times. We love to travel and show off family-friendly venues.

We are headed to LA in February. Need us?







I just wanted to say
thank you.
Your readers have single
handedly increased
Baggallini's twitter reach by
hundreds!
– Lisa Wells PR

My readers
LOVE
giveaways!



Email Courtney at: crunchybeachmama@gmail.com

I work extra hard to get my posts shown!

CrunchyBeachMama.com