



GLUTEN-FREE AND AUTOIMMUNE-FRIENDLY TRAVEL INSPO

BUENQAMINO

MEDIA KIT | JUNE 2019

BUENQAMINO (EST. SEPTEMBER 2017)

BuenQamino is an award-winning gluten-free and autoimmune-friendly travel and lifestyle resource designed to inspire adventure and positive living without limit, regardless of any dietary restrictions. BuenQamino is here for prospective and current adventure-seekers alike, with a focus on food sensitivities and healthy living.

We aim to inspire and empower others to travel and live their best life with confidence by sharing blog entries, articles, reviews, videos, resources, and offering travel and health-related services across our social media platforms. Our audience is wide-eyed, and curious about natural and allergen-friendly products, and are eager to travel and have meaningful experiences.

STATISTICS

1.5K

monthly unique
visitors

2K

monthly
page views

1K

email
subscribers



12.3K FOLLOWERS



1.3K FOLLOWERS



10.5K MONTHLY VIEWS



SEE HOW BUENQAMINO CAN OFFER A FRESH AND PERSONAL PERSPECTIVE ON YOUR BRAND...

Virtual Storytelling, Essays, Articles

BuenQamino can write expert pieces on our experience of your product, restaurant, food, hotel/hostel/resort/B&B, activity or brand through blogging, content creation and or various social media channels (Instagram, Snapchat, Facebook, Twitter, YouTube, and Pinterest). We focus on authentic storytelling, accented by beautiful photography. With years of professional freelance writing experience, we can also assist in creating content or copy for your website.

Brand Ambassadorship/Sponsored Content

Partner with BuenQamino to organically integrate your product into our website and social media feeds. Your brand has never looked better!

Press Trips

Let us show the world just how amazing your brand is, via authentically written pieces and engaging social media posts.

Advertising

Are you interested in advertising your product on BuenQamino.com, and or on any of our social media platforms? You've come to the right place! Contact us to see how we can work together.

For more information on how we can assist you in meeting your brand's unique goals, or for any inquiries, please contact us at buenqamino@gmail.com

(Rate Card Enclosed)

As always, Buen Camino
Christina P. Kantzavelos

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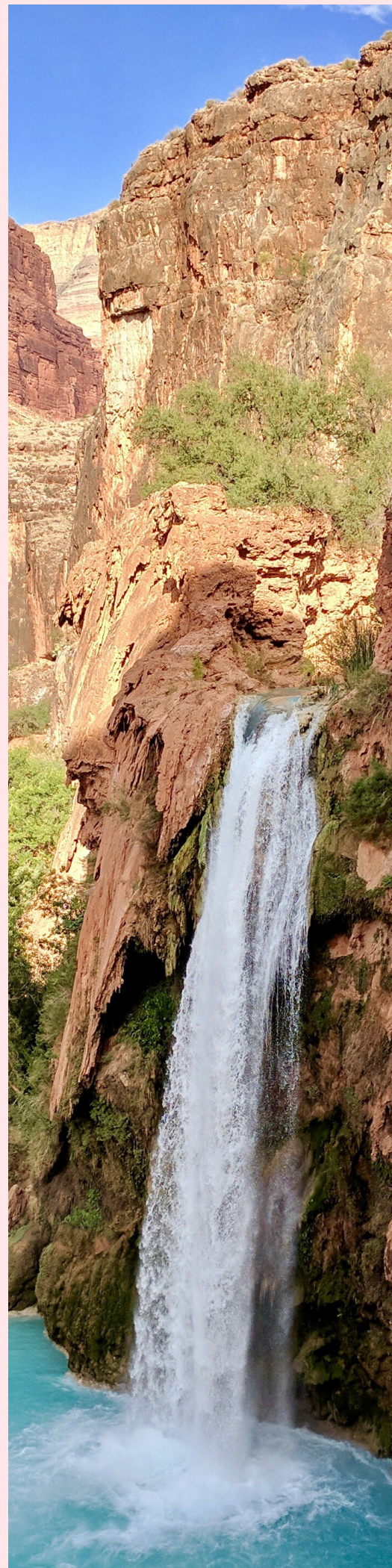
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**Top 25
Gluten Free
Influencers**

Hosted by The Gluten Free Buyers Guide



Testimonials

“Christina is an absolute pleasure to work with. She is so passionate, and the content she creates is a joy to read. Christina has a natural flair for writing and her interpersonal skills are second to none. I always found that I could rely on her for a speedy response and high-quality insight into her experiences with Celiac Disease. I know that I can rely on her future projects and look forward to working with her further.”

— Hannah Kingston, Digital Content Writer at LetsGetChecked

“When my daughter was diagnosed with Hashimoto's two weeks before moving to San Diego for college we both panicked! I gave her a crash course in gluten free cooking but I knew that wasn't going to be enough given this was the first time she has ever lived on her own and would have to cook/fend for herself. I knew we had to find some gluten free/friendly restaurants around her so she would have some options. After a quick Instagram search I came across Christina's account (buenqamino). I perused her photos and wanted to know more so I clicked on the link in her bio and the rest is history! I started with her article on Gluten-Free San Diego. She included so many wonderful recommendations. My daughter has tried at least 3 of them to date and has loved them all. I reached out to Christina to express my gratitude and she responded immediately with kindness and understanding. On top of that she sent me even more recommendations and continues to send them as she encounters new places! I really can't thank her enough. This has been a very emotional time for our family and Christina and her blog has been a lifesaver. I can't wait to try out her Las Vegas recommendations when we go early next year! ”

— AMY PLAZOLA

Your blog is AMAZING!!! Seriously incredible :))) I've been reading through your travel adventures and I also love travelling and have struggled in some places more than others but your blog is so fresh, insightful and makes me want to travel even more. Can't wait to keep reading more
xxx - Shalina

"It's so cool that u do this! My boyfriend can't do dairy or gluten and we travel every month. Everyone needs to know delicious healthy on the road foods! Thank you for doing this!" - Hilarie

“Christina has an eye for detail especially when it comes to her travels. She is a dynamic travel chronicler. She has poured her deep insights about her travels in the articles she has penned down about Desert X meets the Southern California Trifecta Challenge, One Day (and gluten-free) in Yellowstone National Park, Eastern Sierra California Mammoth domiciles thermal tub springs, 15 Things people forget to tell you to pack on the camino de santiago, which have garnered a lot of acknowledgment among the avid travel readers. She is robust and a go-getter traveler with her wild fantasies about travel.”

— THANKS, TRAVEL DEJAVU TEAM

“Christina Kantzavelos is a delight to work with! Her work is pleasantly creative, thoughtfully organized and accurate. She delivered her content ahead of time, meeting all deadlines, before anyone else! I would highly recommend Christina K. to anyone considering her as a content writer or product reviewer.”

— LORI MILLER, EDITOR OF GLUTENFREEGLOBALICIOUS MAGAZINE

Your blog is really inspiring!... As someone who has been on my own journey with Celiac and Hashimoto's, it is so exciting for me to meet people on similar journeys.

I love your blog because it does give hope to many of those who are starting out on a strict AIP diet, wondering how they will regain their freedom and life again; I'm really grateful for what you do.

...Definitely, a resource that I would recommend to newly diagnosed friends and family as I completely understand the isolation that can come with diagnosis and total lifestyle change.

-Valentina Oreamuno, Urban Remedy

It's so cool that u do this! My boyfriend can't do dairy or gluten and we travel every month. Everyone needs to know delicious healthy on the road foods! Thank you for doing this! -H

"I worked with Christina as part of launching imaware™, our at-home testing platform for chronic illness, including celiac disease. Christina brought many skills to the table, including empathy for the celiac disease community, understanding of the pain points of the community, and ways to present our solution with true value. Her support in creating new content, as well as validated existing content, helped us achieve incredible engagement with our target audience in the very early days of our launch. I would highly recommend Christina for both her writing and her professionalism" -- Jani Tuomi, Founder, imaware™

