



# Heer Lifestyle

FOR A BETTER LIFE

## ABOUT ME

After years of sifting through scientific journals, studying underlying causes of illnesses, being taught to focus on symptoms rather than root causes, and losing loved ones to cancer, I began to look at things a little differently.

Eventually, I decided to use my knowledge to create Heer Lifestyle - a holistic lifestyle brand designed to help others live a better life. -j



## ELSEWHERE

[www.heerlifestyle.com](http://www.heerlifestyle.com)  
[heerlifestyleofficial@gmail.com](mailto:heerlifestyleofficial@gmail.com)

Instagram: @heerlifestyle  
Twitter: @heerlifestyle

Mailing Address:  
4435 First Street #345  
Livermore, CA 94551

## INSTAGRAM STATS

33,741+ Instagram Followers

53,000+ Reach/Unique Page Views

50%+ U.S. Based Followers

78% Ages 18-44 y/o (Purchasing Power!)

55%+ Female Followers

58,000+ Impressions

\*Monthly figures, IG Insights screenshots available upon request :)

## WHAT "HEER" MEANS

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It is believed that India was the site of discovery for the first diamonds to be unearthed by man in 4th century BCE. "Heer" has Sanskrit origins, translating to "diamond" - a pure and simple, yet captivating jewel made from the most basic building blocks of life - carbon (not coal!). The alluring beauty of diamonds has a long history, with ancients believing them to be gifts from the Gods, possessing virtues such as strength, wealth, power, and love.



## THE LIFESTYLE

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Heer Lifestyle brings out these virtues in women, through an empowering holistic lifestyle, encouraging them to embrace themselves in every way and live their best life through a healthy diet, exercise, and mental well-being regimen. Posts include clean products, easy tips and tricks on how to improve your life, motivational quotes, and of course, some puppy therapy with C Boo.

## QUALIFICATIONS

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-Master of Science Degree  
Kinesiology Graduate Program

- Bachelor of Science Degree  
Pre-Veterinary Medicine  
Wine & Viticulture

In a nutshell, I've studied animals, plants and dirt, and humans. Overtime, I pieced together everything and came to realize "the bigger picture" - the importance of living holistically.

## CONTACT

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# Media Packages

## SILVER

\$30

- 1 Main Feed Post
- Personalized hashtags & captions
- Post added to story + promo highlights to increase exposure
- Account tagged in story and post to drive more traffic to your page!

## GOLD

\$40

- 1 Main Feed Post
- Personalized hashtags & captions
- Post added to story + promo highlights to increase exposure
- Account tagged in story and post to drive more traffic to your page!
- Story added to highlight reel for duration of your promo

## PLATINUM

\$50

- 1 Main Feed Post
- Personalized hashtags & captions
- Post and video added to story + promo highlights to increase exposure
- Your account will be tagged in story & post
- Story added to highlight reel for duration of promo
- Carousel post option for 1 post with video review/promo option
- Post sent to you to add to your own account for content!

## PLEASE TAKE NOTE

- I only work with brands that I believe in to maintain my account's authenticity - not random stuff just to get paid!
- I stay on top of IG algorithms to make sure I'm reaching as many people as possible

## ADD-ONS

- carousel post: 2-4 pictures \$15
- video review/promo \$20
- blog post on website \$20
- website in IG bio for one week \$25
- \*\*Custom packages available\*\*