

# RATE SHEET

Payment Required When Booking Advertisement  
 Artwork supplied by client should be Hi-Res PDF or JPEG to the correct size dimensions  
 (ask for specifications)

<b><u>DISPLAY ADVERTISING:</u></b>	<b><u>B &amp; W</u></b>	<b><u>Colour</u></b>
<b>1/6<sup>th</sup> Page:</b> H 60mm x W 66mm	<b>£ 90.00</b>	<b>£115.00</b>
<b>1/3<sup>rd</sup> Page:</b> (Portrait: H 125mm x W 66mm) (Landscape: H 60mm x W 138mm)	<b>£130.00</b>	<b>£170.00</b>
<b>1/2 Page:</b> One column width Vertical Only (H 190mm x W 66 mm)	<b>£160.00</b>	<b>£200.00</b>
<b>2/3<sup>rd</sup> Page:</b> H 125mm x W 138mm	<b>£180.00</b>	<b>£210.00</b>
<b>Full Page:</b> H 216 mm x W 154 mm (including 3mm bleed)	<b>£270.00</b>	<b>£300.00</b>
<b><u>PRIME POSITIONS:</u></b>		
<b>Page 5:</b> 1 <sup>st</sup> Right hand page in mag opposite editors page		<b>£325.00</b>
<b>Inside Front / Outside Back Cover Page:</b> H 216 mm x W 154 mm (including 3mm bleed)		<b>£345.00</b>
<b><u>ADVERTORIAL:</u></b>	<b>Single Page</b>	<b>£360.00</b>
	<b>Double Page Spread</b>	<b>£720.00</b>
<b>Available only in colour and limited to 2 per issue - see website for guidelines</b>		

<b>THERAPISTS AND PRACTITIONERS DIRECTORY:</b> Logo & a maximum of 80 words		<b>£50.00</b>
<b>NOTICEBOARD:</b> Includes - CLASSIFIED ENTRIES / DIARY / REGULAR HAPPENINGS / ADVANCE NOTICE		<b>£ 30.00 / 40 words</b>
<b>Extra words charged at 50p per word thereafter - maximum of 10 extra allowed</b>		
<b>AT A GLANCE:</b> MINI Website Directory In a text box 68 mm wide x 24 mm high		<b>£ 35.00</b>

**\* Please note that prices are per issue (2 months advertising) \***