


Natural Hong Kong - heartbeat mini-guides

Promote your business in our convenient mini-magazine for natural life in the fast lane. Introduce your products, services and programs to our community supporting balanced everyday choices ... naturally.

 <p>W100mm x H135mm</p>	Premium Positions		Listing Rate	
	Outside Back (+ spot color)	Sponsored	<u>Company</u>	HK\$2,800
	Inside Front / Back	HK\$11,800	Business Name	
	Other (phone list/calendar)	HK\$10,800	<u>Individual</u>	HK\$1,800
Display Ad				Personal Name
Full page (W80mm x H110mm)	HK\$8,800			
1/2 Page (W80mm x H55mm)	HK\$6,800			
1/4 Page (W40mm x H55mm)	HK\$5,800			
+20% for Guaranteed Position				
Specifications		Name		website
Size: W100mm x H135mm		Address		phone
Frequency : Quarterly (Book 2 get 1 Free)		Hours		
Materials: 1C printing; PDF/JPEG; no bleeds		<i>Description - 20 words professionally prepared for your approval</i>		
Rates in HKD; subject to change				

Listings and display ad bookings are subject to approval on a first-come-first-served basis.

Circulation

- 10,000 free copies distributed quarterly via our network of shops, restaurants, wellness centers and associations
- Complimentary copies delivered directly to hotel concierges, relocation agencies and news media outlets

Promotion

- Direct email to 2,200+ heartbeat members listing fresh places with free copies
- Messaging throughout the heartbeat website and in the weekly email newsletter
- Social media campaign via Facebook, Instagram, Twitter, Google+ and others

Publication Features

- A-Z listings published in alphabetical order
- Table of contents and phone list for ease-of-use
- Listings include phone, address and business hours
- All advertisers are welcome to distribute free copies
- Listing details are maintained on the website directory

Reader Profile

- Forward-thinking community leaders
- Young, eco-aware urban professionals
- Parents, academics, teachers and students
- Doctors, practitioners, speakers and healers
- Innovators, entrepreneurs, business visionaries
- Journalists, bloggers, editors sharing the message

"I love it. I really love it." Angus Ford-Robertson

"Picked one up today and love it!" Elaine

"This is such a great job of connecting all the people in the holistic field. I really appreciate your enthusiasm." Cynthia

"Well done on all you have achieved. You have created a great directory." Valerie

"This is amazing!" Azaran



Pick up your free copy at any of these fresh places *(in progress)*

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| Aēsop | Health Essential | Reflections - Bookshop & Resource Center |
| Ali-Oli Bakery | Health-Wise Chinese Medicine Consultancy | ReSource The Counselling Centre |
| Alive Healthcare & Physiotherapy Centre | Herbal Bliss | Santa Fe Relocation Services |
| All About You Wellness Centre | Highgate House School | Shakti Healing Circle |
| Al's Diner | HK Polytechnic University | Sirva Relocation |
| Annerley Midwives | Home Solutions | Sohofama |
| artjamming | Hong Kong Arts Centre | Spa Beauté Par Zai |
| Asia-Pacific Aromatherapy | Hong Kong Organic Resource Centre | SpiceBox Organics |
| AyurYoga International | Hong Kong Spine Centre | Stanley Wellness Centre |
| Balance Health | i-Living Wellness Centre | Staunton's Wine Bar/Café |
| Bamboa Home | Inspire2Aspire Consulting | Stretch Asia |
| Barre 2 Barre | Integrated Medicine Institute | Sutherland-Chan Centre |
| Beirut | International Yoga Institute (IYI) | Ten Feet Tall |
| Bookworm Café | Island Shangri-La Health Club | The Body Group |
| Brain Body Centre | Jimmy's Kitchen | The BodyTalk Clinic |
| Brunch Club | JointDynamics | The Candle Company |
| Café 8 | Just Green | The Chiropractic Centre |
| Café Deco | Karma Consultants | The Feel Good Factor |
| Cali-Mex | Kinesiology Asia | The Firm |
| CARE counselling | Life Management Yoga Centre | The Flying Pan |
| Chuan Spa | Life Origin - Centre for Meditation & Healing Arts | The Fringe Club |
| Cococabana | Light Radiant Food | The Globe |
| Cocoon | Lightworkers Center | The Healing Centre of Hong Kong |
| Conrad Hong Kong | Living Alive Conscious PR & Events | The Helena May |
| Comer Block | Locofama | The Herbivores |
| Cosman Health Group | Love & Care Centre | The Landmark Mandarin Oriental |
| Costello Brothers Dentistry | lululemon athletica | The Nesbitt Centre |
| Crown Worldwide Relocations | Mana! Fast Slow Food | The Peninsula Spa |
| DK Aromatherapy | Mandarin Oriental Hotel | The Studio Sai Kung |
| Dr Susan Jamieson Integrative Medical Practice | Matilda International Hospital | The Vitality Center |
| Easyoga Hong Kong & Kwun Tong | Matilda Medical Centre | The Yoga Room |
| Elite PT Studio | Mind Body Colon Cleansing Centre | Tian Yan Nei Gong Centre |
| Essential Energy | Monogamous Chinese | TranquiloAroma |
| Flex Studio | Nature's Village | TREE |
| Food For Life | nood food | Tree Children's Lodge |
| Four Seasons Hotel Hong Kong | Oasis Dance Centre | Vibe Bookshop |
| Genie Juicery | Oliver's The Delicatessen | veggieSF café |
| Gentle Medicine | Optimal Health Chiropractic | Village Bakery |
| Global Essence | Optimum Performance Studio | Virtue Herbal Medication Health Centre |
| glow skincare & light therapy | Organic Plus | Welsky Wholistic Health Consultancy |
| Grassroots Pantry | Peak Café | Welspring |
| Green Concepts | Peak Lookout | Wholeness Healing & Training Centre |
| Green Earth Society | Praises Physio | Woodlands International Restaurant |
| Greenwoods Raw Café | Quality Chinese Medical Centre | Yoga Central |
| Harvester | Raja Yoga Meditation Centre | YogaBamBam |
| Health Concept | Red Doors Studio | YWCA English Speaking Members Department |
| | Red Shoe Dance Studios | Zen Organic Farm |