

JUNE Natural Beauty Issue



Marketing Options:

\$69/reg. \$89 Directory Listings

25 words + photo + 4 lines of contact info; incl. 2 calendar listings

\$89/reg. \$110 2.375 X 2.25 ad

incl. 3 calendar Listings

BRENNAN HEALING SCIENCE

NINA TWOMBLY
Insight Healing Arts
505-919-8296 - Santa Fe
Nina@NinaTWombly.com



Are you ready to attract sustainable love that lasts? Contact me to discover and transform the patterns that are keeping you from experiencing the relationship you want.

BIO-OPTIC HOLOGRAPHY™

eye reading 'for the soul'

A radical new way of interpreting and interacting with the map of your eyes. Discover the subconscious beliefs sabotaging your full expression and your thriving life. Discover how your greatest weakness shall be your greatest strength.

save 20% with this ad **Mahara K Daniel**
Certified in Bio-Optic Holography and Mastery Systems Life Upgrade coach
highhealthnow.com 505.780.0565

\$99/reg. \$145 Profile(120 words) w Photo

incl. 3 calendar Listings

Salon Tallou



Kalika Tallou, founder of Salon Tallou, in Albuquerque, is an Indigenous hair artist specializing in ammonia-free hair color services and haircuts. Drawing inspiration from the rejuvenating qualities that water carries, Tallou designed a vibrant, full-service holistic hair salon and wellness space that celebrates natural beauty, Ayurvedic health and Indigenous culture. Salon Tallou embraces the sacred Indigenous Dine' term "Hózhó", which means beauty, balance, harmony, and positive alignment with all life on Mother Earth. This eco-salon's team of practitioners offer organic hair and body care products, Ayurvedic consultations, herbal supplements and therapeutic massage.

Mention this profile to receive a free coconut scalp treatment with any hair service. Location: 201 Hermosa Dr. NE, Albuquerque. For more information, call 505-507-2368, or visit SalonTallou.com.

*** One time Savings : 15% off Display Ads**

SIZE	15% Disctd. Rate	Monthly Rate	Free Editorial Space	Calendar Listings
Full Page	808	950	full page (650 words)	5
1/2 Page	480	565	1/2 page (350 words)	5
1/3 Page	323	380	1/3 page (250 words)	4
1/4 Page	268	315	1/4 page (200 words)	3
1/6 Page	191	225	1/6 page (150 words)	3
1/8 Page	136	160	1/8 page (100 words)	3
Business Card Ad	136	160	1/8 page (100 words)	3

Calendar Example

*submit online <http://naturalawakeningsnm.com/calendar-options/>

TUESDAY, MAY 8

Five Elements Qigong - May 8, 15, 22, 29, 10:30-11:45am. Qigong has positive effects on immune system functioning, as well as helping to improve neurological conditions. It is also an ancient pathway to enlightenment. \$6/per class, \$72/six-week series. UNM Center for Life, 4700 Jefferson St NE, Ste 100, Albuquerque. Michelle Hale: 505-925-4551, UNMMG.org.

Classified Ad

Guidelines @<https://bit.ly/2HxDBEG>

classifieds

PRIVATE CLASSROOM FOR RENT - Quiet, upscale massage and wellness center. Rent space for only \$25/hr. Bathroom/Shower facilities. TV Monitor. Experience healing benefits of Thai Massage and Reiki Energy Healing. Body and Mind Wellness Center, 2305 San Pedro Drive NE, Suite D2, 505-382-3406.

credit card billing authorization

Natural Awakenings
Northern & Central New Mexico
6612 Glenlochy Way NE • Albuquerque, NM 87113
Publisher@NaturalAwakeningsNNM.com
505.999.1319

Please print this form and fax it back to us. FAX: 888.900.6099
DO NOT SEND CREDIT CARD INFORMATION VIA EMAIL.
All requested information is required.

I authorize *Natural Awakenings* to bill the card listed below as specified:


Amount \$ _____ Frequency: One Time _____
 Monthly _____

Start billing on: _____ End billing: On contract expiration
(Today's date) One-time charge

Business Name: _____

Contact Name: _____

Contact Phone #: _____

Natural Awakenings accepts the following credit cards:  MasterCard  Visa  AmEx

Credit Card # _____ Expiration: _____

Name as it appears on Credit Card: _____

Billing Address for Credit Card: _____

City: _____ State: _____ Zip Code: _____

3 Digit Code _____ (from signature line on back of credit card)

4 Digit Code for AmEx _____ (on front of card)

Cardholder's Signature: _____ Date: _____

natural
awakenings®

full page
bleed
bleed size: 8.75 x 11.25
trim size: 8.25 x 10.75
live area: 7.5 x 10

full page
no bleed
7.5 x 10

**Please send all
advertising graphic
files to:**
**Publisher@Natural
AwakeningsNNM.com**

Formatting for Offset Press-Ready Ads

If you are providing a print-ready digital file, your ad must be submitted using the following specifications:

1) **Press-ready Adobe Acrobat® PDF file; PDF/X1a** is the preferred file preset. Compatibility should be set for Acrobat 4 (1.3). Please "flatten" all files with fonts embedded before saving. Export from InDesign or Quark Express as 'Press Quality'.

2) **Press-ready JPG & EPS files** are accepted. Save Adobe Illustrator files as EPS with embedded photos & art. All fonts converted to outline. Save Adobe Photoshop files as flattened JPG, 300 dpi, in CMYK. 100% black text should be the top layer before flattening so it will overprint any background.

3) Layout:

- Build ads to exact size dimensions, only full page bleed ads require 1/4th inch beyond the trim area on all four sides
- Do not add printer's crop marks to any file
- Use high resolution images, 300 dpi for photos and 1200 dpi for non-vector line art is recommended
- All files must be CMYK or Grayscale. Do not use spot, RGB or LAB colors.
- Do not embed ICC profiles in images
- Avoid scaling images. If necessary, stay within 50%-150% range
- Flatten all transparent objects at a high resolution. Avoid placing transparent object over text or other critical vector objects
- Total ink coverage shouldn't exceed 280%
- Files should be right-reading, portrait mode, 100% to size with no rotations

4) Fonts:

- All fonts must be embedded and/or attached.
- Ensure all black text is 100% black (no rich black).
- Set all black text to OVERPRINT color backgrounds
- Ensure all reverses and colored text are 10 pt or larger, using a thick font.

No computer-printed material or website images will be accepted.

Microsoft Word, Publisher or Canva files will not be accepted for print-ready ads.

Emailed files must be under 15 MB.

2/3 page
vertical
4.875 x 9.75

2/3 page horizontal
7.5 x 6.25

5/12
4.875 x 6.4375

half-page
vertical
(2-cp)
3.625
x
9.75

half-page
vertical
4.875 x 7.25

half-page
horizontal
7.5 x 4.75

1/3
vertical
2.375
x
9.75

1/3 horizontal
4.875 x 4.75

1/3 horizontal
7.5 x 3.125

1/4 vertical
(2-cp)
3.625
x 4.75

1/4 horizontal
4.875 x 3.125

1/4 horizontal
7.5 x 2.25

1/8
2.375
x
3.125

1/6
vertical
2.375
x
4.75

1/12
2.375
x 2.25

bus. card
3.625 x 2.25

1/6 horizontal
4.875 x 2.25