

### ABOUT RELAX...

RELAX magazine is an A4 full colour glossy complementary magazine distributed throughout the UK to ABC1 homes with children, from preschool age to teens. It is also circulated to hospitals, educational teams and selected schools.

RELAX magazine combines informative editorial for adults with dedicated features for children with activity pages and recreational exercises. 10,000 copies are printed on a quarterly basis with an total readership of approx. 35,000 per issue.

RELAX is designed to educate, inform and entertain this affluent audience. The seasonal magazines cover 3 months per issue. Several large retail websites offer to add copies of the magazine to their purchases. A virtual online edition with links from advertisers will be available to over 1 million parents and teachers.

### SECTIONS

Your Family – Articles and editorials relevant to having a relaxing home

Your Class – Articles and editorials relevant to creating a calm classroom

Yourself – Articles and editorials relevant to a composed lifestyle

### ADVERTISING IN RELAX MAGAZINE

For information on PR or advertising in Relax contact [adverts@relax-magazine.com](mailto:adverts@relax-magazine.com) PR alerts will also be sent out via [Health4media.co.uk](http://Health4media.co.uk) to let you know last minute opportunities.

Advertisement rates are subject to change please keep your eye on the website for further details.

### PRODUCTION SCHEDULES

Deadlines for Advertising in RELAX magazine

ISSUE	COPY DEADLINE	FINAL AD DEADLINE
SPRING	8TH JANUARY	18TH JANUARY
SUMMER	8TH APRIL	18TH APRIL
AUTUMN	8TH JULY	18TH JULY
WINTER	8TH OCTOBER	18TH OCTOBER

## ARTICLES

For more details or to pitch an idea please email [info@relax-magazine.com](mailto:info@relax-magazine.com). All articles are subject to editing to fit the layout of RELAX magazine. When large numbers of articles are received – they will be selected on quality and appropriateness for the selected issue.

General Themes and Ideas for you to send articles and exercises to be considered for our Spring Issue are:

- |   |                                      |
|---|--------------------------------------|
| A ) Self belief                               | G ) mother's day ideas               |
| B ) creative thinking                         | H ) teddy bear's picnic              |
| C ) embracing change                          | I ) sleeping soundly                 |
| D ) games for kids / family at Easter         | J ) quality time with those you love |
| E ) healthy lifestyles / beating sugar rushes | K ) reading / storytelling           |
| F ) rainy day activities                      | L ) Spring cooking / creative ideas  |

General Themes and Ideas for you to send articles and exercises to be considered for our Summer Issue are:

- |  |                                     |
|--|-------------------------------------|
| A ) Teamwork                                   | G ) Holidaying                      |
| B ) Things to make you smile / happier         | H ) Art Activities                  |
| C ) Fathers Day Ideas                          | I ) Working Under Pressure          |
| D ) Dance                                      | J ) Boosting self esteem            |
| E ) Exam Relief / Child Stress / Concentration | K ) Sports Day                      |
| F ) Recycling Tips / Homemade gifts or food    | L ) Summer cooking / creative ideas |

General Themes and Ideas for you to send articles and exercises to be considered for our Autumn Issue are:

- |                            |  |
|----------------------------|--|
| A ) Nature                 | H ) Tips to make friends                                 |
| B ) Halloween              | I ) Accepting other peoples qualities                    |
| C ) Back to school         | J ) Teachers / Best teacher / what makes a good teacher? |
| D ) Child anxiety / worry  | K ) Being Peaceful                                       |
| E ) Dreams / Fantasy       | L ) Autumn cooking / creative ideas                      |
| F ) Understanding emotions |  |
| G ) Carnivals / Festivals  |  |

General Themes and Ideas for you to send articles and exercises to be considered for our Winter Issue are:

- |  |                                     |
|--|-------------------------------------|
| A ) Beating Bullying                       | G ) Achieving goals                 |
| B ) Gardening in Winter                    | H ) Confidence Tips                 |
| C ) Stress Free Christmas/ Chill Out Ideas | I ) Resolutions                     |
| D ) Inexpensive Gifts                      | J ) Fireworks night activities      |
| E ) Being thankful                         | K ) New Years                       |
| F ) Wishes for the world                   | L ) Winter cooking / creative ideas |

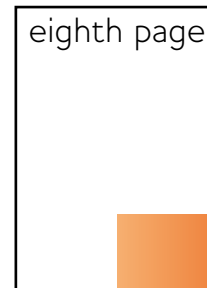
## ADVERTISING RATES



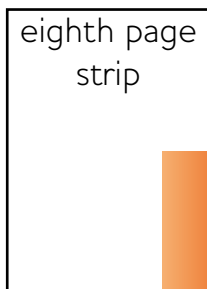
300 characters  
**online only: £10**  
**online and print: £20**  
**with hyperlink: +£10**



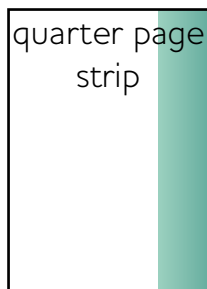
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plus logo/photo  
**£45**



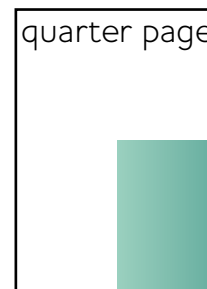
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**£75**



53mm x 147mm  
**£75**



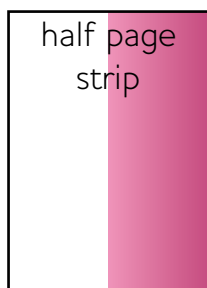
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**£99**



210mm x 147mm  
**£175**



105mm x 294mm  
**£175**



210mm x 294mm  
**within magazine: £329**  
**inside front: £649**  
**inside back: £649**  
**outside back: £900**

All prices are per issue, and subject to VAT. A design service is available starting from £50, please contact us for details. Prices correct at time of writing - please visit our website for current rates. DPS available on request.

Please email [info@relax-magazine.com](mailto:info@relax-magazine.com) for further details.