

hi, I'm Shazie

WWW.THESHAZDIARIES.COM



I am a health, wellness, and lifestyle blogger working a typical 9-5 in public health by day and creating content by night. I aspire to inspire women on-the-go to live their happiest and healthiest lives through sharing all things wellness and realness!

Below, you will find more information about my audience and previous brands I have worked with. I look forward to hearing all about your brand and campaign, and how we can work together to create something meaningful!

NICE TO
meet *you!*



audience demographics

GENDER PERCENTAGE

82% Women - **18%** Men

AGE RANGE

25-34

4,200+
INSTAGRAM
FOLLOWERS

900
AVERAGE
REACH

4,107
AVERAGE
IMPRESSIONS



Past Collaborations

- Orgain Protein
- Wild Joy Goods
- Intimate Wellness Shop
- Ekoa
- Refresh
- Uqora
- Blush Wellness
- Subi
- FitJoy
- Gardein
- Organic Valley
- :ratio food

looking forward to connecting!

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