

SASHA SHANTEL

Lifestyle · Wellness · Fashion · Food

sashashantel.com

Partner with a platform built on authenticity, aspiration, and real women's lives.

WHO IS SASHA SHANTEL?

Sasha Shantel is a London-based lifestyle blogger, content creator, UGC video producer, podcast host, and author. Through **sashashantel.com** — a premium lifestyle platform covering wellness, fashion, and food — Sasha connects with an engaged community of women who are done playing small and ready to thrive. Her editorial voice is warm, honest, and unapologetically aspirational. This is *the becoming* — and your brand can be part of it.

◆ 3 Editorial Pillars

Feeling Good · Sasha Wears · At the Table

◆ Mon / Wed / Fri Publishing

Consistent, high-quality content drops

◆ Multi-Platform Reach

Blog · Instagram · TikTok · Pinterest · YouTube

THE EDITORIAL PILLARS

■ FEELING GOOD	■ SASHA WEARS	■ AT THE TABLE
Wellness · Mindset · Perimenopause Self-care · Mental Health · Fitness	Fashion · Style Edits · Get the Look OOTD · Trend Reports · Hauls	Recipes · Restaurant Reviews Food Culture · Entertaining

PARTNERSHIP OPPORTUNITIES

■ SPONSORED BLOG POSTS

A dedicated, SEO-optimised post on sashashantel.com showcasing your brand, product, or service. Written authentically in Sasha's editorial voice, complete with affiliate links, social amplification, and ASA-compliant disclosure. Stays live on the site permanently — evergreen traffic for your brand.

■ PAID HONEST REVIEWS

Sasha tries, tests, and tells the truth — that's what her audience trusts. Send your product or invite her to experience your service and receive a full written review published on the blog, amplified across all social channels. Reviews are always clearly disclosed and always genuine.

■ SOCIAL MEDIA SPONSORED CONTENT

Platform-native sponsored posts across Instagram, TikTok, Pinterest, Facebook, X, LinkedIn, and Threads. Each piece is crafted to feel organic — no stiff ad copy, just real storytelling that converts. Packages available for single posts, Reels, Stories, and multi-platform campaigns.

■ PODCAST MENTIONS & SPONSORSHIP

Reach a highly engaged listening audience via *It's Time to Thrive* — Sasha's podcast covering mindset, business, confidence, and lifestyle. Options include pre-roll mentions, dedicated sponsor segments, and episode partnerships.

■ UGC VIDEO CONTENT

Need scroll-stopping video creative for your own channels? Sasha produces professional UGC video content — unboxings, tutorials, lifestyle integrations, testimonials — delivered ready for your paid and organic social strategy. Usage rights included.

■ AFFILIATE & GIFTING COLLABORATIONS

Already on AWIN, Skimlinks, LTK, Impact, Rakuten, Metapic, ShopStyle, or Amazon Associates UK? Sasha is active on all major affiliate networks. Gifting collaborations with organic coverage are also considered for brands that are a strong editorial fit.

INVESTMENT

All rates are bespoke and based on scope, exclusivity, and deliverables. The below reflects starting investment — full packages available on request.

SERVICE	STARTING FROM
Sponsored Blog Post (written + SEO + social pack)	£250
Paid Product / Service Review	£175
Instagram Reel (sponsored)	£150
TikTok Sponsored Video	£150
Multi-Platform Social Campaign (3+ platforms)	£350
UGC Video Content (per video, usage rights incl.)	£120
Podcast Mention / Segment Sponsorship	£100
Bundle: Blog Post + Instagram Reel + TikTok	£450
Full Campaign Package (bespoke)	POA

** All collaborations include ASA/CAP-compliant disclosure as standard. VAT not applicable. Rates subject to change.*

WHAT EVERY PARTNERSHIP INCLUDES

- ◆ Authentic, editorial-quality writing in Sasha's signature voice
- ◆ Full SEO optimisation (keyword research, meta data, URL structure)
- ◆ Permanent placement on sashashantel.com — evergreen traffic value
- ◆ Multi-platform social amplification across 7 channels

- ◆ ASA/CAP-compliant disclosure on every paid piece
- ◆ Professional, reliable communication and on-brief delivery
- ◆ Affiliate link integration where applicable

BRANDS SASHA HAS WORKED WITH

Haute Florist · Kiko Milano · Fever London · Adidas · YSL Beauty · Creme of Nature · JJSHouse · LookFantastic · Holland & Barrett · ASOS · John Lewis · Feel Pro Metabolic

READY TO WORK TOGETHER?

Reach out with your brand, brief, and budget and Sasha will be in touch within 48 hours.

■ **sashashantelwebsite@gmail.com**

■ @iamsashashantel_ | ■ sashashantel.com

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