

SLIM

magazine

A guide to living your best life



Reach more:

CIRCULATION
25,000

READERSHIP
925,369

MEDIA KIT 2026

SLIMMING | HEALTHY LIVING | MEDICAL ADVICE | PRODUCTS AND TIPS
SMART EXERCISE | FAMILY FITNESS | WELLBEING | BEAUTY & FASHION

and much more

www.slim-magazine.com.au

ABOUT SLIM MAGAZINE

Slim Magazine is designed for everyone who wants to reach or maintain a healthy body weight. This magazine helps people achieve great results by presenting the latest medical information, the most effective products, exercise routines, and the most appropriate procedures. Slim Magazine is linked with local and international experts who know how to help everyone be the best they can be. Men, women, and children can get fit and healthy with the expert help that has to date been available only to the rich and famous. Discover the facts about looking good and feeling great. Add to this a little help from our beauty and fashion experts. Your personal make over starts with Slim.

SLIM MARKETING

Slim Magazine is not left on newsagents shelves. Copies are available at coffee shops, hair salons, doctors' rooms, dental and medical surgeries, specialist medical centres, and hospitals. The magazine is promoted through select electronic media including facebook, the Slim website; www.slim-magazine.com.au, and emailed to an extensive database.

DISTRIBUTION

Slim is strategically distributed to reach Gold Coast, Brisbane and Northern NSW consumers. The magazine is presented to guests at social events and luncheons, fashion launches, winemakers' dinners, motor vehicle launches, health retreats, day spas, medical conferences and hospitals.

PAYMENT & CANCELLATION TERMS

Total cost per issue to be paid as follows:

- On contract, one third total cost.
- With proof approval, one third total cost.
- On publication, one third total.
- Cancellations after the booking deadline will be charged at full rate.
- Written cancellations accepted seven days prior to booking deadline.
- 10 percent GST applies on all prices.

SALES AND ADVERTISING ENQUIRIES

Advertising enquiries: Kate Bennett 07 5591 7231 or 0419 909 925

Enquiries and artwork to: kate@slim-magazine.com.au

Editorial enquiries to: editor@slim-magazine.com.au

Correspondence: PO Box 8875, GCMC QLD 9726

EDITORIAL

JAN HERDMAN: PROVING THAT AGE IS JUST A NUMBER

THE CHIEF OF THE LIFE COACHES, JANE'S TRANSFORMATION WELNESS PROGRAM IS CHANGING HER REALITY

SUMMER Nights

A guide to living your best life

DEMOGRAPHICS

Female	69%
Male	31%

SOCIOECONOMIC

AB	34%
C	31%
D	21%
E	14%

AGE GROUP

14-24	17.5%
25-34	31%
35-59	37%
60+	14.5%

READER PROFILE

Renting	21%
Own Property	79%

INCOME

20,000 - 39,000	17.9%
40,000 - 59,000	19%
60,000 - 79,000	19.1%
80,000 - 99,000	24.7%
100,000+	19.3%

BUYING POWER

(AVERAGE SPEND PER MONTH)

Clothing/shoes	\$1250
Cosmetics/pharmacy	\$450
Salon treatments	\$400

ADVERTISING RATES

	Casual
Full page	\$4,500
Half page	\$3,000
Third page	\$2,000
Inside FC or Inside BC	\$6,000
DPS	\$7,000
Back cover	\$8,000

Multiple booking rates on application. Run-ons available.

ADVERTISING DEADLINES

Publication	Booking Deadline	Material Deadline
February 2026	7th January 2026	21st January 2026
July 2026	9th June 2026	16th June 2026
October 2026	7th September 2026	14th September 2026

ARTWORK

Charges/Proofs and Specifications

- Photography, copy writing, design and layout fees on application.
- Proof supplied in PDF format, changes and approvals required by email.
- Advertisers are responsible accuracy on proofing.
- Complete material supplied as press quality pdf (300 dpi).

ADVERT

spaQ

LOVE THY NEIGHBOUR? WE DO.

TRIPLE M GOLD BREAKFAST

WITH LEISEL JONES, LIAM AND SPIDA

DAKOTA JOHNSON

WIN! Beauty and wellness

DEMI MOORE

WIN! Beauty and wellness

Angelina Jolie

WIN! Beauty and wellness

Drew Barrymore

WIN! Beauty and wellness

Taylor Swift

WIN! Beauty and wellness

Dazzling Zendaya

WIN! Beauty and wellness

Dazzling Zendaya

WIN! Beauty and wellness

Dazzling Zendaya

WIN! Beauty and wellness

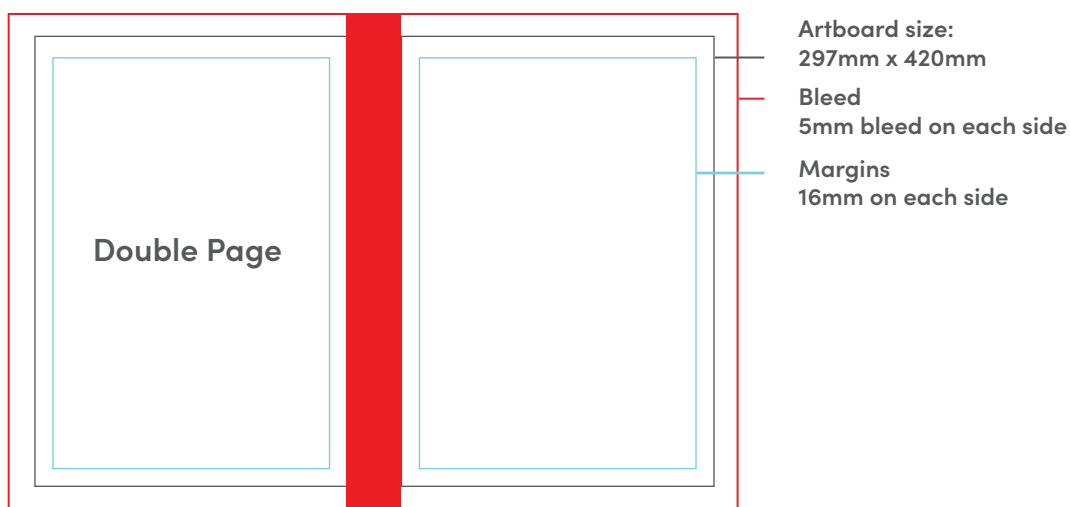
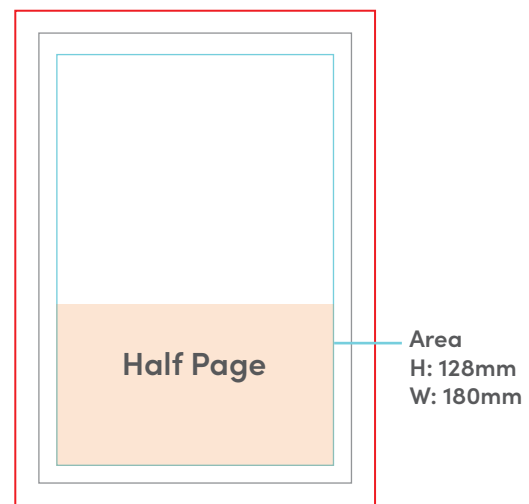
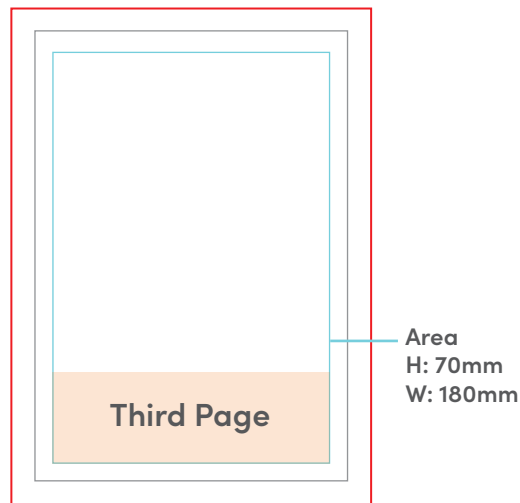
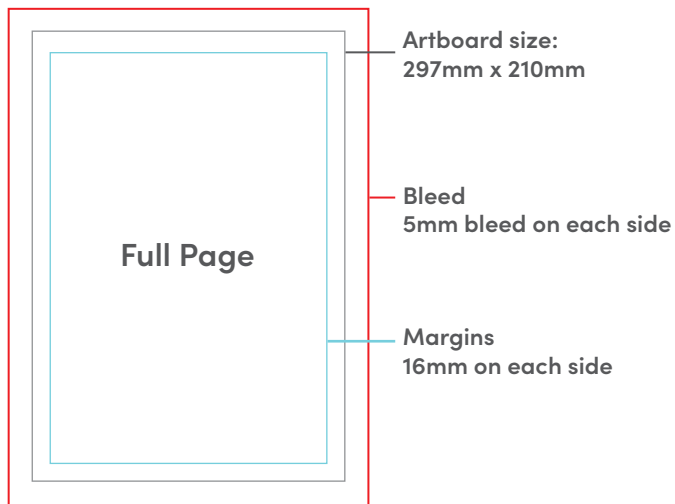
Dazzling Zendaya

WIN! Beauty and wellness

Dazzling Zendaya

WIN! Beauty and wellness

PAGE SPECIFICATIONS



Please allow a 16mm safety gutter in centre of spread

EXPORT:

Export with 5mm bleed and with Trim Marks

PAGE EXAMPLE

FROM KITCHEN SINK TO GLOBAL STARDOM: THE
REMARKABLE RISE OF JACINE GREENWOOD

FROM THE HUM OF A BAMIX STICK BLENDER IN HER KITCHEN SINK TO THE GLOBAL STAGE OF COSMETIC INNOVATION, JACINE GREENWOOD'S JOURNEY IS NOTHING SHORT OF EXTRAORDINARY.

As the CEO and Chief Cosmetic Chemist behind Roccoco Botanicals and now the force behind Carmen Electra's celebrity skincare line, Greenwood has redefined what it means to disrupt an industry.

In 2023, Greenwood was recognised as Australia's fastest-growing beauty exporter, with Roccoco Botanicals now stocked in five countries. Even more impressively, her brand became the only Australian company to win the prestigious Alle Awards, often referred to as the Oscars of cosmetic science, cementing her status as a trailblazer in innovation-led skincare.

But behind the accolades lies a story of relentless determination. Greenwood's brand was born out of personal frustration, after struggling with sensitive, acne-prone skin and finding no products that worked, she took matters into her own hands. What began as a mission to heal her own skin sparked a movement. At the time, she wasn't a qualified chemist, just a passionate woman blending formulas at home with a dream. She would go on to earn her cosmetic chemistry qualifications in 2018, officially stepping into the lab coat she had already earned through experience.

What sets Greenwood apart isn't just her groundbreaking formulations, it's her unbreakable spirit. Throughout her company's rapid growth, she has undergone eight spinal surgeries. Most entrepreneurs would pause. Greenwood pressed forward. Under her leadership, Roccoco Botanicals didn't just survive; it scaled.



Her vision? To create skincare that works in harmony with the skin, not against it. By targeting inflammation, barrier health, and the root causes of skin dysfunction, her formulations have become beloved by estheticians and consumers alike and with Carmen Electra choosing her to formulate a celebrity skincare range, Greenwood's influence now extends to Hollywood's elite.

Her journey reminds us that success doesn't come from playing it safe, it comes from daring to believe in yourself when no one else does. In a world that often underestimates women with big dreams, Jacine is living proof that relentless purpose, paired with unapologetic persistence, doesn't just change an industry it changes lives.