
Bella Lam

HEALTH + LIFESTYLE

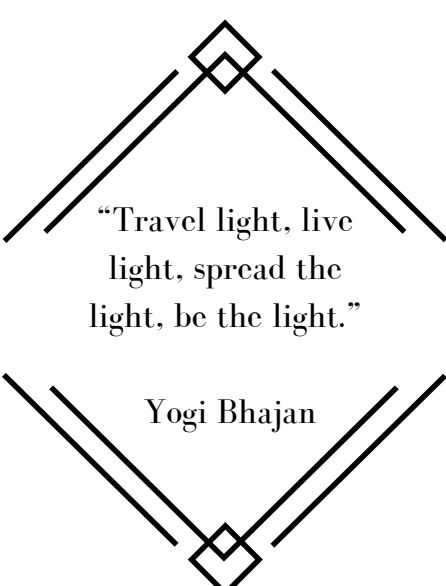


HEYA!

First off, thanks for stopping by! Over the past year, I've been pouring my heart and growing my personal brand and business like there's no tomorrow. If you don't know already, I'm a believer in plant-based living, holistic health, genuine community, and personal growth.

Therefore, I want to continue to work with companies and brands that represent those set of values too. This guide gives you all the info you need when deciding if you want to work with me (which I pray we do!). I'm looking forward to hearing how you plan to team up and collaborate. I hope that we can work together, encourage one another and make an impact. Thanks for seeing something in me that made you want to reach out.

Now, let's go!



“Travel light, live
light, spread the
light, be the light.”

Yogi BhaJan





About the blog

Bella's blog is the main hub when it comes to keeping up with her life and business. New posts are scheduled for every Wednesday and they cover various topics including vegan recipes, holistic wellness and blogger/ business resources. Her blog also includes a monthly news letter for her subscribers that include exclusive content on health and business.



Social Media

Bella believes social media is more than followers and likes, she knows that it's a place where genuine connection occurs. She keeps it 100% real when sharing various aspects of her life like photography, health, travels, recipes and business tips. Running a multifaceted & thriving business and brand take a consistent posting schedule and voice and she takes pride in that.

What can you expect?

A naturally lit, high quality, professionally shot & styled image of your product/service. You'll get a real, lively, captivating caption, and a genuine desire to share with my audience!

Hello stats!

566+

Monthly page views



@_bellalam

2.6k+



@itsbellalam

150+



@bellalamm

680+



@itsbellalam

160+



A lil more about who I am

- Born in Vietnam and am a proud first generation student
- Studies Community Health Education
 - Obsessed with my fur baby
 - Believes in a minimal lifestyle
- Plant based living is near and dear to my heart
- Drinks a green smoothie every morning
 - Enjoys rapping in my car
- I'd rather go to a yoga class than the gym
 - Loves the challenge of meeting new people
 - My planner is one of my BFF's
- Enjoys staying in just as much as going out
 - Lover of all things lavender
- Would rather spend money on plane tickets than anything else
- Focuses on progress over perfection
- Could spend hours listening to podcasts
 - Enjoys anywhere with palm trees
- Thinks grocery shopping and cleaning is fun & calming
- Envy those who can meditate for longer than 20 minutes
- Always thinks about my family first
 - Inspired most by mother nature



Rates

Social Media Endorsement:

This will include an endorsement of product/service either on Instagram (along with a story), Facebook, Pinterest or Twitter.

\$60 per post

Sponsored Giveaway:

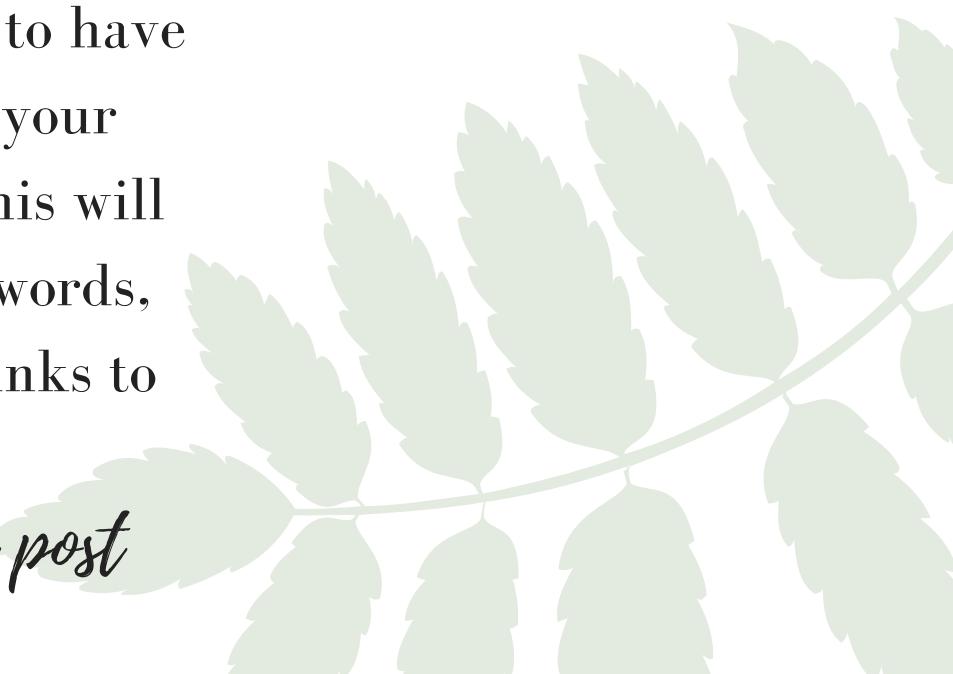
This is one of the best ways to gain new followers and excitement about your service or product.

\$50 per post + product

Blog Posts:

Posts allow the reader to have an in depth look at your product or service. This will include at least 500 words, curated images and links to purchase page.

\$100 per post





To get your product or service ready for a collaboration, please email: **hello@bellalam.com** and include the product or service, website, and what your visions are for the sponsorship/promotion. Responses typically take 24-48 hours. Woohoo! I'm excited to work together!

Instagram: @_bellalam

Website: bellalam.com

Who are the fabulous followers?

They are mainly female go-getters, big dreamers, and entrepreneurs. They are uplifting, driven, optimistic and health conscious! And believers in working together and community building.

Women
18-30
USA



I can't wait to hear from ya!

Brands I've worked with

JORD®

emmy's
ORGANICS

BIOSSANCE™
BEAUTY IS IN OUR BIOLOGY™

Zing®
Nutrition Bar



LYFE FUEL™
LIVE YOUR FULLEST EVERYDAY



TALBOTT
TEAS

BootayBag

MINNY
SPOONS
& CO.

teami
WWW.TEAMIBLENDS.COM

EXCD
CLOTHING COMPANY

df Define Fettle