

COSMOPOLITAN
MAY 2015

Let's glow!

Raye
Candice Swanepoel
Therapist and sister

Babygirl
(a bad) back
Why you're not doing it and how to bring it all around

The rise of 'sex for the story'
Is this the new normal?

How much is your health worth?
The new health insurance plan that could save your life

84,365 hours at work...
So good, it's addictive

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MAY 2015

OUR BEST BEAUTY ADVICE EVER
From the pros, the secrets to looking like a goddess

HAPPY BIRTHDAY TO US!
50TH BIRTHDAY
Celebrating 50 years of the ultimate girl's magazine

The new pill revolution
The new birth control that's changing the game

Free therapy?
A year abroad? A four-day week?

Munroe Bergdorf
The new face of sex

THE TALK ABOUT SEX
The new health insurance plan that could save your life

(THIS IS NOT A THIRD-PARTY SUPPLEMENT, IT IS FEATURED INSIDE THE NEWSPAPER AND IS INCLUDED IN ALL NATIONWIDE PRINTED EDITIONS)

Health, Beauty & Fashion SECRETS

Looking and feeling your best can be more challenging than you think it is. In our new e-book, we reveal the secrets to achieving the look and feel you want your customers to have. This e-book is available for free on our website.

Give the gift of glam

The Christmas season is a great time to give your customers a gift that will last. The perfect gift is one that will make them feel like a queen. The perfect gift is one that will make them feel like a queen. The perfect gift is one that will make them feel like a queen.

Revolution Beauty
Revolution Beauty is a leading brand in the beauty industry. We offer a wide range of products for all skin types and tones. Our products are made with the highest quality ingredients and are cruelty-free.

Revolution Beauty London
Revolution Beauty London is a leading brand in the beauty industry. We offer a wide range of products for all skin types and tones. Our products are made with the highest quality ingredients and are cruelty-free.

When blisters strike, carry on with Compeed®

Compeed® is the world's leading brand of blister plasters. It's the only Compeed® plaster that's been clinically proven to be the most effective at preventing blisters from forming. It's the only Compeed® plaster that's been clinically proven to be the most effective at preventing blisters from forming.

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Dress to impress (for less!)

choice
choice is the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best.

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Steaming life into fashion & PROGRESS

How fast, how much, how often... these are the questions that every fashion designer asks. The answer is: as fast as you can. The answer is: as much as you can. The answer is: as often as you can.

777111
777111 is a leading brand in the fashion industry. We offer a wide range of products for all skin types and tones. Our products are made with the highest quality ingredients and are cruelty-free.

A game-changing beauty box

Beauty is a game-changer. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best.

A game-changing beauty box
A game-changing beauty box is the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best.

Clothes that look good on everybody

Everyone wants to look good. Everyone wants to look good. Everyone wants to look good. Everyone wants to look good. Everyone wants to look good.

Clothes that look good on everybody
Clothes that look good on everybody are the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best.

boohoo

boohoo is the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best. It's the key to looking your best.

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It's time for a fresh start – and that includes your hair!

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Remember just how good a little self care feels

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Start the new year with a new career

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Turn your resolutions into results

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Start a new life with one of the UK's fastest-growing wellbeing franchises

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SCOTTISH BEAUTY EXPERT TRAINING ACADEMY

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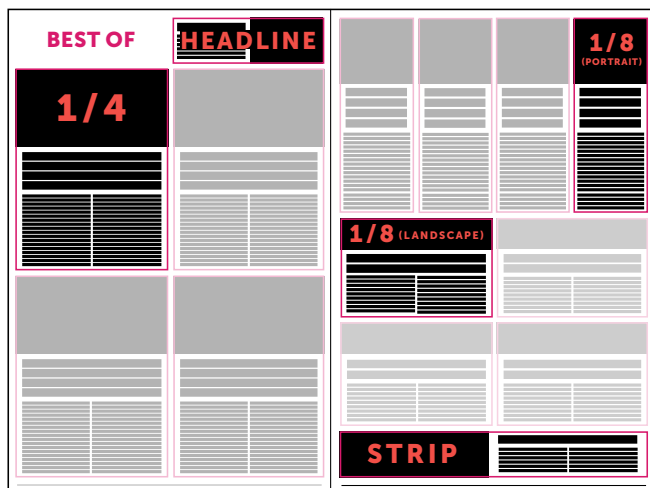
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of millennials read *Cosmopolitan*

¹Facts and figures from Cosmopolitan, Ofcom UK, Canopy Media 2020, Reach of Cosmopolitan magazine in the United Kingdom 2019-2020, by demographic (Statista, 2022)

1/4 , 1/8 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



QUARTER PAGE

Portrait: 94 x 106 mm

Total word count	130-150 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	2 images + logo

EIGHTH PAGE

Landscape: 94 x 56 mm
Portrait: 45 x 106 mm

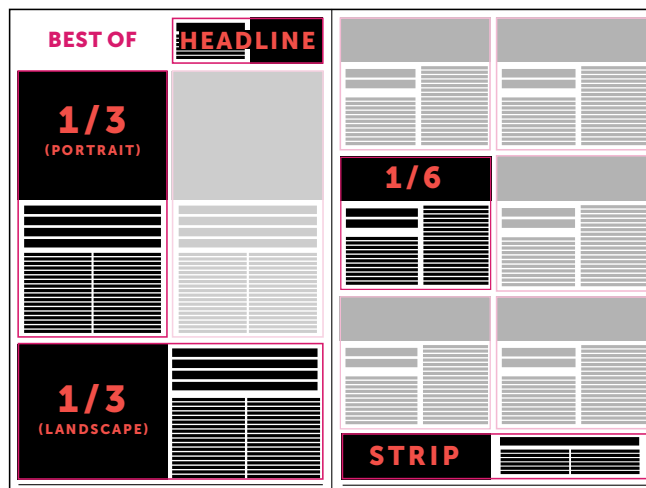
Total word count	50-70 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	1 image + logo

STRIP Landscape: 193 x 32 mm

Total word count	80-100 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	2 images + logo

1/3 , 1/6 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



THIRD PAGE

Landscape: 193 x 69 mm
Portrait: 94 x 142 mm

Total word count	160-200 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	2-3 images + logo

SIXTH PAGE

Landscape: 95 x 106 mm

Total word count	80-100 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	1-2 image + logo

HEADLINE Landscape: 94 x 32 mm

Total word count	30 words
Call to action	i.e. Discount offer, website, phone, or social links
Images	1 image + logo

SUPPLYING CONTENT

IMAGE SPECIFICATIONS*

- CMYK images in JPEG, TIFF or PSD format.
- All images are high resolution (at least 300dpi).
- Please supply images at their original size and aspect ratio. We will crop images to an appropriate size when laying out your advertorial.
- Please do not supply images with any copy i.e. slogans on top.
- We recommend supplying lifestyle images depicting your target audience, service or general message; or product shots.

COPY SPECIFICATIONS

- Total word count includes max. 10 words for headline and max. 20 words for a call to action.
- Hurst Media reserve the right to make changes, including grammatical changes and corrections to ensure supplied copy meets house style.

FILE TRANSFER WARNING: EMAIL ATTACHMENT LIMIT

Files less than 8mb (total attachment limit) can be emailed to production@hurstmediacompany.co.uk. Larger files can be sent to production@hurstmediacompany.co.uk via the free file sharing service [wetransfer.com](https://www.wetransfer.com). Please clarify in your message your company name, publication, theme and on sale date as per your booking.

DESIGN PROCESS

- Once all material is submitted according to specification, **Hurst Media will layout your advertorial** within the pre-approved house style of the publication.
- Supplied copy will be **subedited by Hurst Media's editorial team**. Spelling, grammar and punctuation will also be corrected to the house style.
- Layouts may vary depending on style of images and/or text supplied.

APPROVALS & AMENDMENTS

- Hurst Media will provide a PDF for client approval.
- The client will have the option of two rounds of amendments before final approval is required. Please ensure any amendments are clear and concise.
- Approval is required within 48 hours.
- Please note that the newspaper must also approve all advertorials and they reserve the right to make changes or corrections to ensure copy passes their compliance standards.

* Image use subject to editorial discretion and may vary depending quality, size and layout. We cannot guarantee the quality of the final print for images supplied outside of these specifications.

Bespoke advertorials (in which Hurst Media supplies the copy ONLY, and all images/logos are provided by the client) will be charged at a further 10%, or a one-off fee of £150, whichever is greater.

Image sourcing conducted by Hurst Media on behalf of the client will be charged at a fee of £25.

CONTACT DETAILS

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Company number: 08375910 VAT number: 161866882

Health, Beauty & Fashion Secrets is advertorial content compiled by Hurst Media Company Ltd which takes sole responsibility for the content, but is published in *Cosmopolitan*
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HURST MEDIA
The UK's trusted media partner