



*Body and Mind*

# **MARKETING SERVICES**

**PROMOTING  
HEALTH AND WELL BEING  
AROUND SOUTH AFRICA**

**WHATSAPP - 083 677 1123**  
**INFO@BODYANDMIND.CO.ZA**

**www.bodyandmind.co.za**



# *Body and Mind*

Established April 2000

## **Marketing Package when you join Body and Mind Membership Program**

1. MINI WEBSITE ON BODY AND MIND  
DIRECTORY ALL DESIGNED AND  
SETUP
2. ANNOUNCEMENT ON OUR SOCIAL  
MEDIA 28 000
3. ANNOUNCEMENT IN OUR  
NEWSLETTER 20 000
4. ZOOM INTERVIEW WITH YOU ON  
OUR YOUTUBE CHANNEL AND BLOG
5. INTERVIEW ADVERTISED
6. DISCOUNTED ADVERTISING RATES

*R 2500 once off setup fee  
& R 95 per month membership fee*





*Body and Mind*  
Established April 2000

## **Monthly NEWSLETTER:**

200 words with a high quality image of  
your company logo or event.

WE HAVE 20 000 SUBSCRIBERS  
COUNTRYWIDE - OUR DATABASE CONSISTS  
OF KZN, CPT & 2 JHB GROUPS. EACH GROUP  
HAS ABOUT 5000 SUBSCRIBERS WITH THE  
BALANCE OF SUBSCRIBERS IN OTHER  
REGIONS.

MEMBERS: R250 PER GROUP OR R800  
FOR ALL PROVINCES.

NON- MEMBERS: R350 PER GROUP OR R1200  
FOR ALL PROVINCES.

## **Newsletter Dates:**

**1st Friday of every month**



*Body and Mind*  
Established April 2000

## **Mailshots**

We send out on Mondays,  
Wednesdays or Fridays.

WE DESIGN AN ADVERT THAT WE  
SEND TO OUR DATABASE.

(ABOUT AN A4 SIZE - TEXT AND PICTURES  
SEPARATELY)

OUR DATABASE CONSISTS OF  
KZN, CPT & 2 JHB GROUPS.  
EACH GROUP HAS ABOUT 5000  
SUBSCRIBERS AND YOU CAN  
CHOOSE TO SEND TO AS MANY  
GROUPS AS YOU WOULD LIKE.

MEMBERS R 840 PER GROUP  
/ NON- MEMBERS R 990  
PER GROUP





*Body and Mind*  
Established April 2000

## **Friday Blasts**

THIS GOES OUT ON OCCASIONAL FRIDAYS.  
YOU SHARE ADVERTISING SPACE WITH  
OTHER PEOPLE.

(80 - 100 WORDS AND 1 IMAGE)

MEMBERS: R300 PER GROUP / NON-  
MEMBERS: R400 PER GROUP

## **Social Media Splash**

WE ALSO DO A SOCIAL MEDIA SPLASH TO  
OUR 28 000 FOLLOWERS OVER FACEBOOK,  
FACEBOOK GROUPS, LINKEDIN, TWITTER,  
AND INSTAGRAM.ETC.

THIS GOES OUT EVERY TUESDAY.

MEMBERS: R300 / NON-MEMBERS: R380.



*Body and Mind*  
Established April 2000

## ***Package Deal Option 1***

SUBSCRIPTION - R95

BLOG ARTICLES - R55

NEWSLETTER INSERT

1 PROVINCE - R200

(NORMAL PRICE R250)

WHATSAPP ADVERT - R100

1 PROVINCE

(NORMAL PRICE R150)

**TOTAL R450 PER MONTH**





*Body and Mind*  
Established April 2000

## ***Package Deal Option 2***

SUBSCRIPTION - R95

BLOG ARTICLES - R55

NEWSLETTER INSERT

1 PROVINCE - R200

(NORMAL PRICE R250)

WHATSAPP ADVERT - R100

1 PROVINCE

(NORMAL PRICE R150)

SOCIAL MEDIA SPLASH - R250

(NORMAL PRICE R300)

**TOTAL R700 PER MONTH**



*Body and Mind*  
Established April 2000

## ***Package Deal Option 3***

SUBSCRIPTION - R95

BLOG ARTICLES - R55

NEWSLETTER INSERT

1 PROVINCE - R200

(NORMAL PRICE R250)

WHATSAPP ADVERT

1 PROVINCE - R100

(NORMAL PRICE R150)

SOCIAL MEDIA SPLASH-R250

(NORMAL PRICE R300)

MAILSHOT 1 PROVINCE - R750

(NORMAL PRICE R840)

**TOTAL R1450 PER MONTH**





# Body and Mind

Established April 2000

## **Body and Mind Web Design**

### **Creation of a 5 page website.** R4500

Home page, Services, Contact Form and 2 other pages of your choice. Setup of 3 email accounts.

You will be able to edit and update your own website.

**Domain purchase** R250 of a .co.za name for your business.  
This will be an annual fee.

**Graphic Design** per hour R450. If required, such as logos, headers etc. This also applies to update and changes to your website.

**E-Commerce** Setup of a shopping cart R1500,  
PayFast integration, loading of 5 to 10 products.

**SSL Certificate** R250, Purchase and installation.  
This will make your e-commerce site safe and secure for customers.

**Website Hosting** per month R150 for members and R250 for non members.

**Required 50% deposit and balance on completion.**

**Examples of our work**

**[www.bodyandmind.co.za](http://www.bodyandmind.co.za), [www.christinehardy.co.za](http://www.christinehardy.co.za),  
[www.thewellnesslifestyleconference.com](http://www.thewellnesslifestyleconference.com)**



# Body and Mind

Established April 2000

## Body and Mind Social Media Marketing

### BASIC PACKAGE

#### - STRATEGY

Research, Strategy Plan

#### - TACTIC

1 Posts per day/ 5 times a week

Community Management

#### - PLATFORMS

Facebook, Twitter, LinkedIn, Instagram

#### - CONTENT

Monthly Content Generation  
Text & Custom Graphics

#### - REPORTING

Monthly Analytics Report

**R2000 per month**

### PREMIUM PACKAGE

#### - STRATEGY

Research, Strategy Plan

#### - TACTIC

2 Posts per day/ 5 times a week

Community Management

#### - PLATFORMS

Facebook, Twitter, LinkedIn, Instagram, etc

#### - CONTENT

Monthly Content Generation

Text & Custom Graphics

#### - AMPLIFICATION

Boosting/ Paid Ads

#### - REPORTING

Weekly & Monthly Analytics Report

**R3500 per month**

**Excluding the paid amount for each platform**

### DELUXE PACKAGE

#### - STRATEGY

Research, Strategy Plan

#### - TACTIC

3 Posts per day/ 5 times a week

Community Management

#### - PLATFORMS

Facebook, Twitter, LinkedIn, Instagram, etc

#### - CONTENT

Monthly Content Generation  
Text & Custom Graphics

#### - AMPLIFICATION

Boosting/ Paid Ads Administration

#### - MAILER

Weekly Mailer designed and sent out

#### - REPORTING

Weekly, Monthly & Quarterly Analytics Report

**R6500 per month**

**Excluding the paid amount for each platform**





# Body and Mind

Established April 2000

*Helping Healers with Marketing and leaving  
them to do what they do best*

*- HEAL*

---

## **Rates and Services**

- Membership R95 per month  
(once off setup fee R2500)
- Mobile APP R55 per month
- Mailshots R840 per group  
(non member R990)
- Newsletter R250 per province  
(non member R350)
- Friday Blast R300 per group  
(non member R400)
- Social Media Splash R300  
(non member R380)
- Social Media Management starting  
R2000 per month  
(non member R2500 pm)
- WhatsApp Advert R150  
(non member R200)

Request a Quote:

- Banner advertising, - Web Design
- Graphic Design, - SEO, - Hosting

---

**Our Top websites (stats on Google Analytics)**

**[bodyandmind.co.za](http://bodyandmind.co.za)**

**[bodyandmindblog.co.za](http://bodyandmindblog.co.za)**



# Body and Mind

Established April 2000

*Join Us!*

---

## Mailing List

<https://bodyandmind.co.za/newsletter-signup/>

## WhatsApp Groups

KZN

<https://chat.whatsapp.com/JiPS36DahPW0ALjFbspNKu>

JHB

<https://chat.whatsapp.com/GOa5qyYvhRo0JigHG9vTCT>

CPT

<https://chat.whatsapp.com/EcyOTJjBveAIC9beEoG206>

---

## Our Top websites (stats on Google Analytics)

[bodyandmind.co.za](https://bodyandmind.co.za)

[bodyandmindblog.co.za](https://bodyandmindblog.co.za)