

ad sizes & specifications

Format for Print-Ready Ad

If you are providing print-ready copy, your ad must be submitted in one of the following formats:

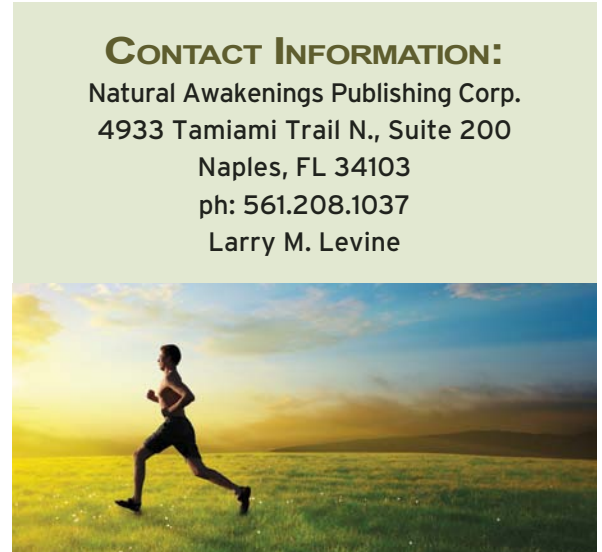
- 1) EPS, JPG, PSD or PDF file. All fonts must be embedded and/or attached. Please "flatten" all files before saving. Emailed files must be under 6 MB.
- 2) Adobe Acrobat® PDF file, distilled from InDesign as 'Press Quality' with all fonts embedded. Microsoft Word or Publisher files are not accepted as print-ready ads.
- 3) Native application files: InDesign files with "ALL 300 dpi files needed for remote printing." This should include the original one-page InDesign file, any linked 300 dpi graphics and all fonts. Adobe Illustrator files saved as EPS with embedded photos & art. All fonts converted to outline and set at 100% black. Adobe Photoshop files saved as flattened JPG or PSD, at 300 dpi & CMYK.

Photos and Graphics

Be sure to include any photos or graphics in one of the following formats as an email attachment. Graphics embedded into word documents are not acceptable.

- 1) Digital photos (JPG or TIFF) unretouched "right out of the camera" are preferred.
- 2) Professionally printed photos scanned at 300 dpi. TIFF, EPS, PDF or JPG windows format accepted.
- 3) Professionally printed photos (to be scanned).

No computer-printed material or website images are accepted.



full page bleed bleed size: 8.75 x 11.25 trim size: 8.25 x 10.75 live area: 7.5 x 10 full page no bleed 7.5 x 10	2/3 page vertical 4.75 x 9.75	half-page vertical (2-column) 3.5 x 9.75	1/3 vertical 2.25 x 9.75	1/8 2.25 x 3.25 1/6 vertical 2.25 x 4.75
2/3 page horizontal 7.5 x 6.25	half-page horizontal 7.5 x 4.5	1/3 horizontal (3-column) 7.5 x 3.25	1/4 horizontal (3-column) 7.5 x 2.25	1/6 horizontal 4.75 x 2.25
half-page vertical 4.75 x 7	5/12 4.75 x 5.75	1/3 horizontal (2-column) 4.75 x 4.5	1/4 horizontal (2-column) 4.75 x 3.25	1/4 vertical (2-column) 3.5 x 4.5 3.5 x 2 business card

online specs

about us | own a magazine | advertise | submissions | contact us | join our community | my account

Your Local Edition
natural
awakenings

THIS MONTH HEALTH FIT BODY EAT WELL COMMUNITY

Leaderboard
728 x 90 pixels

Banner
468 x 60 pixels

Ad Options

- Natural Healing
- Wellness & Antiaging
- Beauty & Skincare
- Perfect Weight
- Health & Wellness Centers
- Healthy Kids
- Natural Health Guide

EARTH ENERGY FOR HOME

Build Your Own Renewable Energy System Using Solar And Wind Power

Dr. Clement's Life Change Program
Nov 7-13 and 14-20 Mycenas Beach, California, CA

Splash with advertorial
460 x 258 pixels
with advertorial link

Rectangle
300 x 250 pixels

50 States for Good
Giving Away \$100,000 with Your Help!

Click here to vote today!

Our judges have chosen 45 non-profit finalists.
You vote online for five winners.

EILEEN FISHER

Healing Ways

Splash Bottom Wrap
460 x 80 pixels

Gallery Advertorial
300 x 250 pixels
150 x 150 photo with advertorial link

World of Health

RED TEA
Beauty Secret Hidden in 90-year-Old Kitchen Cabinet

Pure Radiance - "Nutrition for Your Skin": The Wisdom of Dr. Al Sears

Skyscraper
160 x 600 pixels

ULinks.com

Enter to Win

ICAN DO IT!
Win 3 Day Pass
Hay House Conference
November 11-14
Tampa, Florida

Contest Sponsor
160 x 160 pixels
with advertorial link

Page Sponsor
300 x 500 pixels
Video or Slideshow
Multiple Links
with 2 advertorial links

Global College of Natural Medicine - Earn a Natural Health Diploma or Nutrition Degree from Home!

Bastyr University - At the Heart of Alternative Medicine Education

Texas Chiropractic College - Natural Healers

Institute for Integrative Nutrition - The World's Largest Nutrition School

Beauty & Skincare

Radically Clear Skin
Tomato Paste and Other Natural Skin Remedies

Featured Video with Wrap
300 x 65 pixels top
300 x 85 pixels bottom
Embedded Video

Perfect Weight

Starving for Perfection
Hope and Healing for Eating Disorders

Revive DNA Rejuvenation Creams
For the first time ever, you can slow down and even REVERSE the signs of aging.
Available in the Natural Awakenings store