

Southpoint

LIVING

DETAILS

- A lifestyle magazine for Kingsville, Leamington, Wheatley and surrounding area.
- Published in June (Summer) and November (Winter).
- Content includes fashion, beauty, home, health, wellness, food, drinks, entertaining and travel.



DISTRIBUTION

5,000 Magazines



Pick-up locations

Boutiques, retail stores, recreation centres, community centres, and more across Kingsville, Leamington, Wheatley, Essex and Harrow.



Waiting Rooms

Over 300 professional offices, clinics, salons, and more across Kingsville, Leamington, Wheatley, Essex and Harrow.

Online

Current and past issues available on Issuu and at southpointlivingmag.ca



Southpoint

LIVING

BOOMER EDITION

- A lifestyle magazine for people ages 60+ in Kingsville, Leamington, Wheatley and surrounding area.
- Published annually in March.
- Content includes fashion, beauty, home, health, wellness, food, drinks, entertaining and travel.

DISTRIBUTION

5,000 Magazines



Pick-up locations

Boutiques, retail stores, recreation centres, community centres, and more across Kingsville, Leamington, Wheatley, Essex and Harrow.

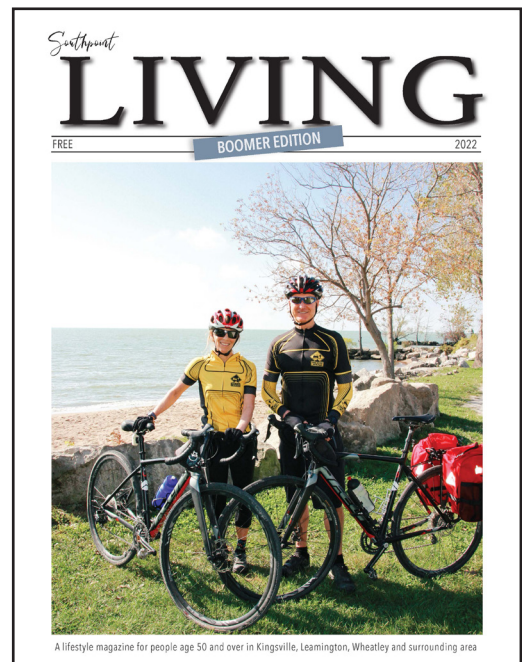


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LIVING

ADVERTISING RATES (PER PUBLICATION)

**PRIME
POSITIONS**

\$1900
inside front and
inside back cover

\$2200
back cover

\$3500
centre spread

**FULL
PAGE**

\$1500
SIZE:
8.125" x 10.625"



**1/2
PAGE**
HORIZONTAL

\$900
SIZE:
7.25" x 5"



**1/2
PAGE**
VERTICAL

\$900
SIZE:
3.5" x 10"



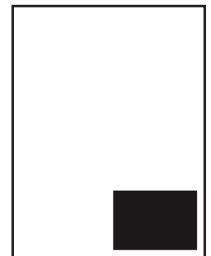
**1/4
PAGE**
\$600

SIZE:
3.5" x 5"



**1/8
PAGE**
\$300

SIZE:
3.5" x 2.5"



DISTRIBUTION: March, June & November

LIVING

ADVERTORIAL RATES

- Combines the credibility of editorial storytelling with the clarity and impact of advertising
- Builds awareness, trust, and connection with readers in a way that feels authentic
- Showcases expertise and puts you ahead of your competitors

ADVERTORIAL

THE SECRET SUPERHIGHWAY OF HEALTH: UNLOCKING THE POWER OF YOUR LYMPATHIC SYSTEM

When it comes to health, energy & radiance, the Lymphatic system is where it's at. Quietly working behind the scenes, it is arguably one of the most powerful systems in our body.

It has a vast network of vessels, nodes, and tissues that act like a built-in sanitation crew. It flushes out waste, drives the immune system, and helps balance fluid in the body.

When your lymphatic system is running smoothly, you feel light, vibrant and clear. When it gets sluggish? Think bloating, brain fog, low energy, weak immunity, and stubborn puffiness.

Unlike the circulatory system (heart pumping blood), the lymphatic system has no pump of its own. It depends on movement, breath and therapeutic techniques, such as manual lymphatic drainage.



Ashton Beausoleil
Owner of LYMPHAUS

"Functional lymphatic drainage does not just sweep away the toxins, it helps regulate inflammation, support hormone balance, drain fluid from our organs and can even influence how we think and feel."



One fascinating discovery is the glymphatic system in the brain. This overnight "rinse cycle" clears out waste and proteins that can build up in the nervous system. It's most active while we sleep, which is why quality rest is essential for memory, focus, and long-term brain health.

The lymphatic system is also connected with the vagus nerve, which helps regulate digestion, mood, and stress response. When the vagus nerve is calm and balanced, lymph flow improves, and the body shifts into "rest and digest" mode moving away from the standard fight or flight mode we are often prone to.

No area of the body is left untouched by the lymphatic system. The gut is home to a majority of our immune system, and lymphatics play a vital role. Special lymph vessels in the digestive tract, called lacteals, absorb fats and fat-soluble nutrients while also helping regulate immune responses. When gut lymph is sluggish, it can contribute to bloating, food sensitivity, and inflammation. This reminds us how connected digestion and detox truly are.

Lymphatic drainage is not only focused on detox, but also on creating space for the body to thrive.

Book your treatment today!
226-345-7775
lymphausbyashton.com
@lymphausbyashton



\$1250

FULL PAGE

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8.125" x 10.625"

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\$750

1/2 PAGE*

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