

CHARMING HEALTH

GUT HEALTH • NATURAL WELLNESS • HEALTHY LIFESTYLE

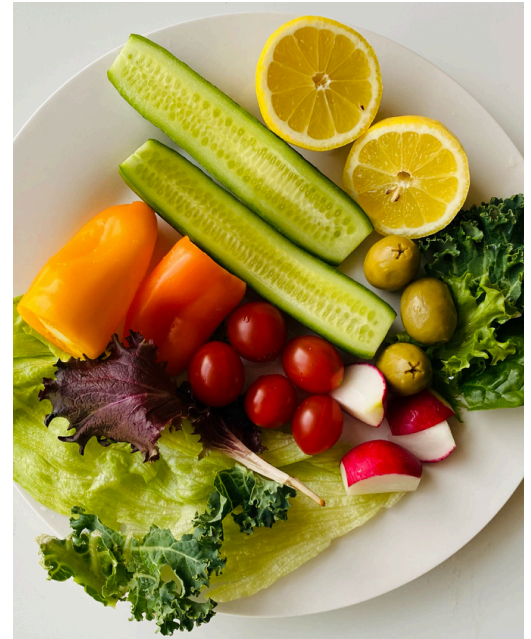
ABOUT ME

Charming Health is a wellness-focused digital platform dedicated to weight balance, gut health, digestion support, and natural lifestyle education.

I create simple, practical, and trust-based content that helps audiences improve digestion, reduce bloating, and build healthier daily habits.

Content Focus

- Gut health & digestion
- Natural drinks & herbal remedies
- Healthy lifestyle habits
- Weight balance support



STATISTICS

168k

Followers

1.3m

Monthly Reach

73%

Women Audience

24%

Engagement



73%



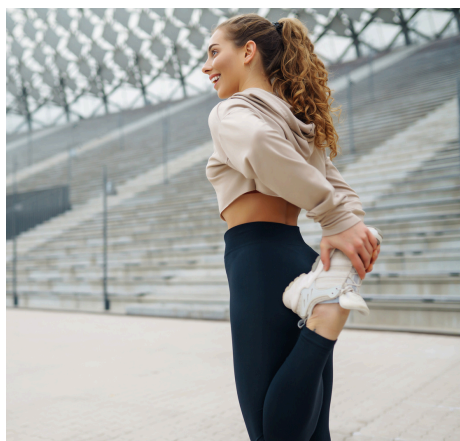
27%



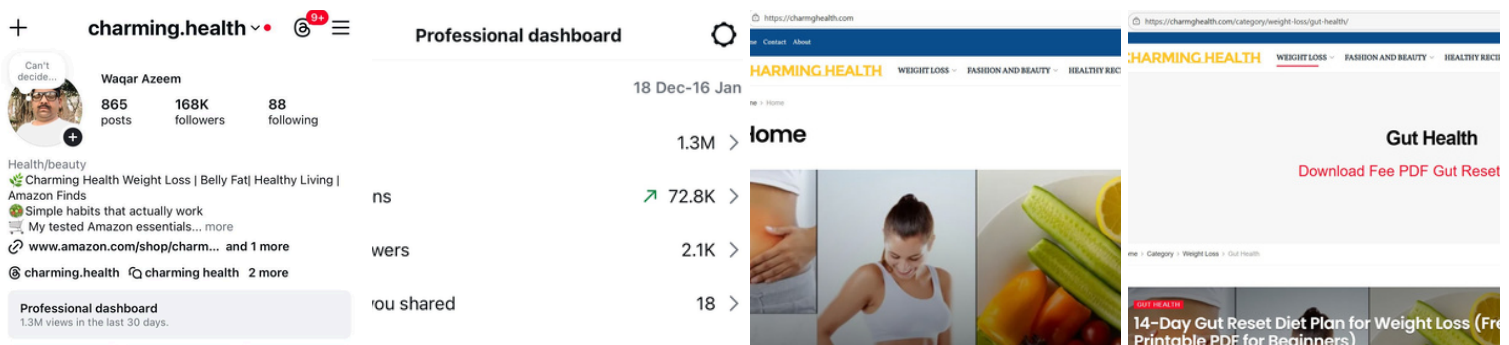
Gut Health



Healthy Lifestyle



Healthy Weight Management



LET'S WORK TOGETHER!

Interested in collaborating? Let's work together.

I collaborate with health, wellness, and lifestyle brands to create authentic, educational content that builds trust and delivers real engagement. Through meaningful storytelling, I help brands connect naturally with the right audience.



COLLAB OPTIONS

PLATFORM PERFORMANCE

- Instagram Followers: 168,000+
- Weekly Reach: 400,000+
- Engagement Growth: +24%
- Facebook Followers: 4,900+

WHY BRANDS TRUST CHARMING HEALTH

- Highly engaged wellness audience
- Educational, authentic content
- Policy-safe messaging
- Long-term brand alignment
- Helps brands increase awareness, trust, and engagement through educational wellness content

COLLABORATION FORMATS

- ✓ Instagram Reels
- ✓ Feed Posts
- ✓ Story Promotions (Link + Tag)
- ✓ Educational Content
- ✓ Blog Mentions
- ✓ Affiliate Promotions

AUDIENCE INSIGHTS

- Age: 18–45
- Gender: Mixed
- Top Locations: US, India, Pakistan, Middle East, Global
- Interests: Gut health, wellness, fitness, healthy diet

SAMPLE CONTENT & ENGAGEMENT

The collage features several social media posts and product images. On the left, there's a post titled 'FLAT TUMMY IN 5 DAYS' with a '5 DAYS CHALLENGE' graphic. In the center, there's a post for 'COLLAGEN OIL' with a '5 DAYS CHALLENGE' graphic. On the right, there's a post for 'FLAT TUMMY DRINK' with a '5 DAYS CHALLENGE' graphic. The posts show various health products like 'FLAT TUMMY DRINK', 'COLLAGEN OIL', and 'FLAT TUMMY DRINK' being used. The posts also show engagement metrics like likes, comments, and shares. The posts are arranged in a grid-like fashion, with some overlapping. The overall theme is health and wellness, specifically focusing on gut health and weight loss.