

# Stil

“Stil” – das Magazin für Lebensart

## HEALTH



### Publication date

Sunday, 1 May 2016

### Advertising deadline

Thursday, 21 April 2016








### Print material deadline

Monday, 25 April 2016

## EDITORIAL CONCEPT

- Focusing on tea: what's healthy in it?
- The desk lunch test: the best suppliers (Ayla & Co.).
- Fighting back pain: the new Pilates app for office workers and frequent fliers.
- Dr. Padi Ortho is judging fashionable shoes.
- Pomegranates: a delicious superfood.
- Ayurveda the hard way: Kalari Rasayana.
- Detox in Vorarlberg: Hotel Post Bezau.

## FIXED FORMATS

Fixed format	Price	Type area	Bleed margin <sup>1</sup>
 2/1 pages	31,300.-	436 × 270 mm	460 × 297 mm
 2/2 pages <sup>2</sup>	18,720.-	436 × 133 mm	460 × 146 mm
 2/4 pages <sup>2</sup>	12,480.-	436 × 64 mm	460 × 70 mm
 1/1 page	15,600.-	206 × 270 mm	230 × 297 mm
 1/2 page landscape <sup>2</sup>	9,360.-	206 × 133 mm	230 × 146 mm
 1/3 page landscape <sup>2</sup>	7,800.-	206 × 88 mm	230 × 97 mm
 1/4 page landscape <sup>2</sup>	6,240.-	206 × 64 mm	230 × 70 mm
 1/4 page portrait <sup>2</sup>	6,240.-	101 × 133 mm	

<sup>1</sup> Plus 3 mm bleed margin per page. <sup>2</sup> Page sections are placed next to text.

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