



MY BLISS CO

MEDIA KIT



MY BLISS CO

WE RISE BY
LIFTING OTHERS



MY BLISS CO

ABOUT MY BLISS CO



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My Bliss Co began as a passion project founded by Samantha Reynolds.

It has evolved to become a creative agency and plant based consulting company working with women and the brands that champion them.

At the heart of My Bliss Co is a deep desire to support women, especially women in the 40+ space to navigate these often turbulent and challenging decades and to find and embrace joy, health, beauty and balance, to live more bliss full lives.

MY BLISS CO

A woman with brown hair in a bun, wearing sunglasses and a red patterned dress, is seen from the back, reaching up to touch a cluster of bright pink flowers. The background is a lush garden with green trees and foliage. The text "ABOUT SAM" is overlaid in the center in a light red, serif font.

ABOUT SAM

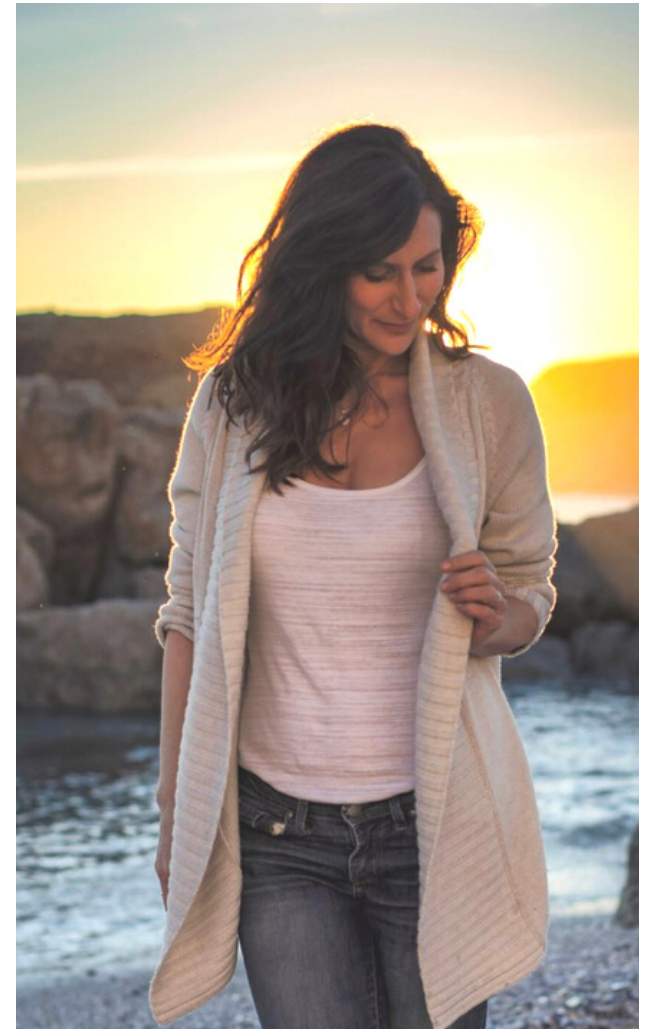
ABOUT SAM



Samantha Reynolds is an internationally qualified Plant Based nutritionist, yoga teacher, massage therapist, Reiki practitioner, Spa Director, and Corporate Stress Consultant.

She is also an experienced writer, editor, photographer and Art Director.

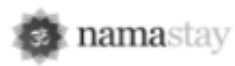
Sam founded My Bliss Co to support, comfort, and inspire women, especially those 40+ to celebrate joy and live more bliss full lives.



BRANDS WE'VE WORKED WITH



MY BLISS CO





MY BLISS CO

FIND YOUR BLISS



LET'S CONNECT

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MY BLISS CO