

embraceU

nourish your beauty from within



CONTRIBUTORS GUIDELINES

We are looking for original, engaging content that is concise and written from unbiased views. The *embraceU* community of women love and crave health related content focused on nourishing beauty from within through clean healthy living. We want the latest and greatest tips on anything that involves healthy living and self-empowerment through shared knowledge and positivity!

We are looking for..

Original content that has not been previously published. We want concise, fresh, fun, engaging, and friendly material that fall into the following categories:

Health

Cleanse & Detox
Healthy Lifestyle Tips
Family Health

Life

Green Living
Mind + Skin + Beauty
Shopping on a Budget
Organic Cleaning

Skin

Skincare Health
Skincare Regimens
Celebrity Skin
Organic Skincare
Skin + Environment

Food

Nutrition
Recipes
Cooking Tips
Weight Loss
Organic Food(s)
Raw Food(s)
Cooking Gadgets
Treats for Children
Juicing



embraceU is looking for..

Informative Articles: Articles of any topic listed above written in your own words. Introduction, conclusion, pictures and articles. Please be specific and mindful of our brand and readers.

Do-It-Yourself / DIY: This style provides step-by-step instructions and directions when creating something. example: unique recipes. You would want to include a brief summary of dish, all ingredients, directions, tools required etc... These recipes are your own and not found on other websites. Add introduction, conclusion and pictures.

Writing: We welcome your top 5, 10, 20 list that contains, foods, skincare products, recipes, cooking tips, etc... You may gather information form other websites Additional Requirements of Contributors

Interview Q&A: This style of writing will provide clear concise questions from the interviewer followed by a response from the interviewee. Begin each writing with an introduction followed by the format of copy and paste in the body then your conclusion.

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Additional Requirements for Contributors...

- Minimum of 250-650 words. Please be mindful that your writing is free from bias. Our audience consists of health conscious women who want to transform their lives, living healthier and achieving healthy glowing skin in the process.
 - Include certifications, degrees, licenses, awards, publications and recognition.
 - Please use original images and links that pertain to your writing.
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Pre-Submission Checklist...

- Author
 - Author Bio & Credentials
 - Author Contact Information
 - Article Name
 - Brief Article Summary
 - Keywords
 - Original Images
 - Videos are welcomed and encouraged
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Before You "Submit" Please Check the Following...

- Is your article original and not previously published?
- Did you include original images?
- Did you follow the *embraceU* ~preferred styles listed above including proper formatting?
- Did you complete the "Check List" above?

Once complete, Please submit your article to contributor@embraceu.com