Instagram

Instagram Profile Details

Full Name: Caroline Zalog

Profile picture:



Username: carolinezalog UNVERIFIED

Biography: @girlnextdoorco @fittybycaroline Los Angeles Tik Tok: @carolinezalog

mgmt@carolinezalog.com

Website: https://linktr.ee/carolinezalog

Instagram Profile Stats

Followers:	1.2M
Posts:	390
Average likes:	40.6k (3.48%)
Average comments:	349 (0.03%)
Average total engagement:	41k (3.51%)
Average posts per day:	1.0944

Instagram Follower Count History (up to 30 days)

9th Oct 2020	1.1M
10th Oct 2020	1.11M
11th Oct 2020	1.11M
12th Oct 2020	1.11M
13th Oct 2020	1.11M
14th Oct 2020	1.12M
15th Oct 2020	1.12M
16th Oct 2020	1.12M

Instagram Follower Count History (up to 30 days)	
17th Oct 2020	1.13M
18th Oct 2020	1.13M
19th Oct 2020	1.13M
20th Oct 2020	1.14M
21st Oct 2020	1.14M
22nd Oct 2020	1.14M
23rd Oct 2020	1.14M
24th Oct 2020	1.14M
25th Oct 2020	1.14M
26th Oct 2020	1.15M
27th Oct 2020	1.15M
28th Oct 2020	1.15M
29th Oct 2020	1.15M
30th Oct 2020	1.15M
31st Oct 2020	1.15M
1st Nov 2020	1.16M
2nd Nov 2020	1.16M
3rd Nov 2020	1.16M
4th Nov 2020	1.16M
5th Nov 2020	1.16M
6th Nov 2020	1.16M
7th Nov 2020	1.17M
8th Nov 2020	1.17M

Instagram Media (sample)

Instagram Media (sample)

Sunday 8th November 2020

Caption:	last vacay for a little while because of @skyethepomski @
Location:	-
Likes:	35.36k
Comments:	220
Direct Link:	https://www.instagram.com/p/CHVwe3LncLV/

Saturday 7th November 2020

Caption:	
Location:	-
Likes:	30.66k
Comments:	217
Direct Link:	https://www.instagram.com/p/CHTnIDunHw5/

Friday 6th November 2020

Caption:	3 am tea
Location:	Nobu Los Cabos
Likes:	57.17k
Comments:	463
Direct Link:	https://www.instagram.com/p/CHQ5fUgHF_f/

Thursday 5th November 2020

Caption:	a vibe // full fit @dollskill #dollskill
Location:	Los Angeles, California
Likes:	35.34k
Comments:	304
Direct Link:	https://www.instagram.com/p/CHOUaArnwMv/

Wednesday 4th November 2020

Caption:	staying positive // @revolve #revolveme
Location:	Los Angeles, California
Likes:	32.64k
Comments:	286
Direct Link:	https://www.instagram.com/p/CHLgweTn4o9/

Tuesday 3rd November 2020

Caption:	be more kind than necessary ♥
Location:	Los Angeles, California
Likes:	34.3k
Comments:	369
Direct Link:	https://www.instagram.com/p/CHJLG_eHPiJ/

Monday 2nd November 2020

Caption:	ootd
Location:	Los Angeles, California
Likes:	40.3k
Comments:	335
Direct Link:	https://www.instagram.com/p/CHGjLEinZMF/

Sunday 1st November 2020

Caption:	till next year
Location:	Los Angeles, California
Likes:	44.64k
Comments:	398
Direct Link:	https://www.instagram.com/p/CHD7IzEHXDE/

Sunday 1st November 2020

•	
Caption:	
Location:	Los Angeles, California
Likes:	51.04k
Comments:	479
Direct Link:	https://www.instagram.com/p/CHB_RrAnQsY/

Saturday 31st October 2020

Caption:	NEW YOUTUBE VID OUT NOW! Link in bio!! Happy Halloween
Location:	-
Likes:	7.18k
Comments:	94
Direct Link:	https://www.instagram.com/p/CHBST4vnEep/

Instagram Hashtags (sample)

x15	#revolveme
x1	#superdown

Instagram Hashtags (sample)	
x1	#fashionnovapartner
x1	#mods
x1	#museumofdreamspace
x1	#BangEnergy
x1	#EnergyDink
x1	#EnergyDrink
x1	#natural
x1	#forgirlsbygirls
x1	#dollskill

Instagram Mentions (sample)	
x15	@revolve
x5	@bangenergy
x4	@blotch
x4	@avantstay
x3	@fashionnovamen
x2	@fashionnova
x2	@ohpolly
x2	@dollskill
x1	@superdown
x1	@neonbeachco
x1	@manscaped
x1	@carolinezalog
x1	@thenightfallgroup
x1	@bl

@eshbeverlyhills

x1

x1

@skyethepomski

Youtube

Description:

Youtube Channel Details	
Channel Name:	Caroline Zalog
Main picture:	
Username:	carolinezalog

Youtube Channel Subscriber History (up to 30 days)	
Subscribers:	226k
Total Views:	11.73M
Videos:	88
Avg Videos Per Day:	0
Avg Views Per Video:	33.33k (14.75%)
Avg Likes Per Video:	1.16k (0.51%)
Avg Dislikes Per Video:	59 (0.03%)
Avg Like/Dislike Ratio Per Video:	20:1
Avg Comments Per Video:	83 (0.04%)

Youtube Videos (sample)

Monday 9th November 2020

Title:	GETTING MY DREAM DOG, first 24 hours with NEW PUPPY
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Skye: https://www.instagram.com/skyethepomski/ Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	345
Dislikes:	23
Like/Dislike Ratio:	15:1
Comments:	47
Tags:	2 months, 24, 7 weeks old, amazing, bath, beautiful, bed, best, blanket, blue eyes, bones, bowls, breed, breeders, canine, Caroline, chicken, crate, cute, designer, difference, differentiations, dog, dream, dreamy, f1, f2, feed, first, food, friendly, grass, healthy, hours, how, husky, little, liver, new, Nyla, pads, pee, pen, perfect, pet, Petco, pets, petsmart, play, pocket, Pomeranian, pomski, pomsky, precious, pup, puppy, shampoo, shopping, size, sizing, skye, small, store, teacup, the, tiny, to, top, train, treats, turf, what, when, where, white, wolf, Zalog

Friday 6th November 2020

Title:	5 MIN HEALTHY PUMPKIN MOUSSE low-carb, dairy-free, paleo, vegan
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	497
Dislikes:	27
Like/Dislike Ratio:	18:1
Comments:	48
Tags:	aesthetic, amazing, autumn, bake, baking, best, burn, carb, Caroline, clean, coconut, color, cook, cooking, cream, creme, dairy, dessert, entertaining, fall, family, fat, fit, free, fun, funny, gluten, grain, grind, gym, health, healthy, holiday, idea, ideas, influencer, ingredients, inspo, instagram, jars, kitchen, low, mason, milk, mixer, model, mousse, nuts, orange, paleo, pumpkin, puree, quick, recipe, shooting, skinny, slim, stevia, sweetener, thanksgiving, top, vegan, vlog, vlogging, waist, whipped, whisk, worthy, zalog

Saturday 31st October 2020

Title:	Becoming a VICTORIA'S SECRET ANGEL using CELEBRITY HAIR & MAKEUP Artists HALLOWEEN COSTU
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en Hair by: @eshbeverlyhills Makeup by: @anasafazada
Likes:	2k
Dislikes:	54
Like/Dislike Ratio:	36:1
Comments:	132
Tags:	2020, angel, Angeles, artist, beautiful, becoming, blonde, by hour, Caroline, celeb, celebrity, cheap, corset, curls, diy, do, dress, dtla, easy, entertaining, feathers, film, fun, get, girl, glam, grwm, hair, halloween, hi, how, inexpensive, influencer, inspiration, inspo, it, jenner, kardashians, Kendall, last, look, los, makeup, me, minute, MUA, ostrich, out, outfit, photoshoot, pintrest, pretty, professional, project, puppy, quick, ready, renting, secret, studio, styling, stylist, the perfect, to, up, victorias, VS, waves, white, wings, with, yourself, Zalog

Thursday 29th October 2020

Title:	SPIDER COOKIES, bake with me! low-carb & sugar free BEST HALLOWEEN
	TREATS

FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok:

https://www.tiktok.com/@carolinezalog?lang=en Ingredients Peanut Butter Thumbprints: 3/4 cups defatted peanut flour 1/2 tsp baking soda 1/4 tsp salt 1/2 cup butter softened 1/2 cup peanut butter 1/3 cup Swerve Sweetener 1 large egg 1/2 tsp vanilla extract 1/8 tsp stevia extract or an additional 3 tbsp Swerve Chocolate Drizzle for legs: 1 1/2 ounces Lily's Dark Chocolate or other good quality dark chocolate such as Green & Blacks 85%, chopped Chocolate Ganache Filling: 1/2 cup heavy whipping cream (we used cottage cheese) 5 tbsp powdered Swerve Sweetener 2 1/2 ounces unsweetened chocolate 1/4 tsp vanilla extract Candy monster eyes (optional) Instructions Cookies: -Preheat oven to 325F and line a large baking sheet with parchment or a silicone liner. In a medium bowl, whisk together the peanut flour, baking soda and salt. In a large bowl, beat butter and peanut butter until smooth. Beat in sweetener until well combined, then beat in egg, vanilla extract, and stevia extract. -Roll dough into 1 inch balls and place 2 inches apart on baking sheet (you should get about 30 balls). Flatten slightly with the palm of your hand and then create a well in the center of each with your thumb (you may need to wet your hands a few times). -Bake 12 to 16 minutes, until puffed and just golden brown and barely set. They will still be very soft. Remove from oven. Use the end of a wooden spoon or other blunt, round kitchen implement to gently re-do the wells in the center of each cookie. Let cool completely. Chocolate Drizzle: -Place chopped chocolate in a microwave-safe bowl. Heat on high for 30 second increments, stirring in between, until melted and smooth. -Cut the very tip of the corner of a Ziploc bag. Place chocolate in bag and drizzle four lines across each cookie. Chocolate Ganache Filling: -In a small saucepan over medium heat, bring cream and sweetener to just a simmer, stirring to combine. -Remove from heat and add chopped chocolate. Let sit 5 minutes until chocolate is melted, then whisk to combine. Add vanilla and whisk until smooth. -Dollop about 1 to 2 tsp ganache into the well of each cookie, taking care not to overflow the well. Let cool 20 minutes before adding candy monster eyes, if using. ENJOY!!! recipe from: https://alldayidreamaboutfood.com/low-carb-chocolatepeanut-butter-spider-cookies/

Likes:

499

Dislikes:

25

Like/Dislike

Ratio:

20:1

Comments:

48

Tags:

2020, amazing, and, bake, baking, best, butter, calorie, candy, caroline, cheese, chocolate, cookie, cookies, cottage, cream, dark, defatted, delicious, dessert, desserts, diet, drizzle, easy, eat, entertaining, excited, extract, eyes, fat, fit, flour, free, fun, funny, ganache, girls, grain, guilt, healthy, keto, love, low, me, mouth, oven, peanut butter, powdered, professional, proffesinal, quick, replacement, season, skinny, slim, soda, spider, spooky, stevia, sugar, sweetener, sweets, swerve, top, two, vanilla, watering, whipping, with, wow, yum, yummy, zalog

Friday 23rd October 2020

Title:	Three BEST Quick & Easy Halloween Looks UNDER 5 MINUTES Dolls Kill try on
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en ALL looks from @DOLLS KILL 1) Clueless Costume https://www.dollskill.com/halloween-dolls-kill-whatever-plaid-mini-skirt-costume-set-yellow.html SMALL https://www.dollskill.com/puma-white-cali-leather-sneakers.html Size 9 2) Stars and Moon Costume https://www.dollskill.com/moon-and-star-halloween-dress-costume-gold.html XSMALL https://www.dollskill.com/halloween-dk-glitter-platform-heels-black.html Size 9 https://www.dollskill.com/pointelle-ruffle-ankle-socks-white.html 3) Angle Costume https://www.dollskill.com/halloween-sexy-angel-costume-set-mini-dress-white.html XSMALL https://www.dollskill.com/funtasma-icy-she-s-scary-sexxxy-patent-boots.html Size 9
Likes:	3.8k
Dislikes:	127
Like/Dislike Ratio:	30:1
Comments:	187
Tags:	2020, advice, and, angel, ariana, backless, beautfiful, best, black, boots, cardigan, caroline, cher, clueless, costume, costumes, cute, description, dolls, dolls kill, dresses, easy, entertaining, fast, five, fluffy, get, girl, good, grande, grwm, halloween, haul, headpiece, how, ideas, influencer, inso, instagram, leather, look, looks, matching, me, mintures, minutes, moon, on, outfit, perfect, pinterest, plaid, pretty, quick, rate, ready, review, satin, school, shipping, shoes, simple, sizing, stars, three, to, try, under, wings, with, worthy, yellow, Zalog

Thursday 22nd October 2020

Title:	THIS HOTEL WAS CRAZY Chileno Bay Pt 2
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	1.5k
Dislikes:	48
Like/Dislike Ratio:	31:1
Comments:	75
Tags:	activity, amazing, animals, bay, beach, beaches, best, bikini, cabo, cabos, Caroline, chileno, clear, coconuts, coffee, creative, day, destination, diy, fire, fish, fit, food, funny, game, go, gym, how, influencer, las, leg, life, lifestyle, live, los, Lucas, luxury, Mexico, on, pro, recording, reef, resort, room, rosewood, san, sand, snorkeling, soft, sports, stay, studio, summer, swim, swimmable, taxi, the, to, travel, traveling, underwater, vacation, vacay, ventanas, vlog, water, when, where, white, workout, works, zalog

Tuesday 20th October 2020

Title:	THIS is where celebrities stay in Cabo Chileno Bay Pt 1
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	1.2k
Dislikes:	51
Like/Dislike Ratio:	23:1
Comments:	98
Tags:	activities, amazing, beach, beachfront, beautiful, best, bikini, blue, bougie, budget, cabo, Caroline, celebrity, checking, clear, content, deluxe, destination, expensive, experience, famous, food, fun, funny, hotel, houses, in, influencer, jenner, kardashians, Kendall, king, Kylie, layout, like, live, location, locations, loft, Lucas, luxury, Mexico, on, paddleboarding, panel, part, pool, pools, private, review, rich, rooms, san, snorkeling, stay, swimming, the, they, through, top, travel, traveling, villas, visit, vlog, walk, water, were, where, windows, zalog

Sunday 18th October 2020

Title:	MY EXPERIENCE STAYING AT THE NOBU HOTEL LOS CABOS
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	1.3k
Dislikes:	53
Like/Dislike Ratio:	25:1
Comments:	87
Tags:	adventure, amazing, beach, best, bikinis, bts, buratta, cabana, cabo, cabos, caroline, contemporary, creative, destination, diy, drone, eel, events, experience, farms, food, healthy fun, high end, hotel, how, infinity, influencer, insane, inso, japanese, los, lucas, luxury, malibu, me, mexico, modern, must, my, natural, nobu, photographer, pool, pools, poolside, proposal, resort, review, rich, robes, salads, san, see, service, side, spa, spots, stay, staying, style, sun, sushi, tacos, tanning, to, top, toro, travel, vacay, wedding, where, with, yummy, zalog, zen

Thursday 15th October 2020

Title:	INSANE CABO BEACH HOUSE WALK THROUGH
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Onlyfans: https://onlyfans.com/carolinezalog Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	432
Dislikes:	42
Like/Dislike Ratio:	10:1
Comments:	40
Tags:	amazing, baja, bathrooms, beach, beautful, bedroom, best, blogging, brick, bridge, cabana, cabo, california, caroline, castle, ceiling, chileno bay, destination, fire pit, glass, hot, house, how, huge, ideas, inexpensive, influencer, insane, inspiration, inspo, light, lucas, massive, master, mexico, millionaire, millions, model, on, palm trees, pedregal, photographer, photography, pool, resort, safe, san, shoot, shooting, stars, the, to, travel, traveling, tropical, tropics, tub, vacation, vlog, warm, waterfall, waves, weather, what, when, where, zalog

Saturday 10th October 2020

Title:	THE MOST EXPENSIVE NEIGHBORHOOD IN CABO!!
Description:	FOLLOW ME!! Instagram: https://www.instagram.com/carolinezalog/?hl=en Tik Tok: https://www.tiktok.com/@carolinezalog?lang=en
Likes:	1.7k
Dislikes:	76
Like/Dislike Ratio:	23:1
Comments:	121
Tags:	adventure, affordable, airbnb, amazing, arch, atv, beach, beachside, beautiful, best, bikinis, boarding, Cabo, caroline, casa, cheap, clear, delta, destinations, did, door, drone, explore, fast, flying, food, foodie, horseback riding, hotel, how, influencer, jet, lovers, lucas, luxurious, medano, mexican, mexico, model, nature, next, office, paddle board, pedregal, places, playa, rec, san, sand, shoot, shooting, ski, skiing, slim, snorkeling, sunset, swim, tan, tanning, top, travel, traveling, vlog, wake, warm, water, what, when, where, white, yummy, zalog

Youtube Video Tags (sample)
Toutube video rago (Sample)

x60	girl
x56	to
x48	fit

Youtube Video Tags (sample)	
x48	how
x47	cute
x44	best
x44	fun
x41	on
x40	funny
x38	gym
x33	workout
x33	vlog
x33	try
x33	haul
x33	influencer
x33	bikini
x32	beach
x30	me
x30	blonde
x30	pretty
x30	fitness
x29	zalog
x29	caroline
x28	body
x27	the
x27	food
x27	skinny
x27	slim

Youtube Video Tags (sample)	
x26	summer
x25	fashion
x25	white
x25	instagram
x24	top
x24	los
x23	clean
x23	eating
x23	clothing
x22	trending
x22	tan
x22	angeles
x22	girls
x21	fat
x20	clothes
x20	2020
x20	what
x19	healthy
x19	lean
x18	model
x18	beautiful
x18	in
x18	outfit
x17	amazing
x16	shopping

Youtube Video Tags (sample)	
x16	hot
x16	outfits
x15	sunset
x15	new
x15	pool
x15	thick
x15	get
x14	of
x14	style
x14	tik
x14	glutes
x14	blue
x14	good
x14	tok
x13	stay
x13	keech
x13	health
x13	shooting
x13	bikinis
x13	small
x13	booty
x13	comedy
x13	daisy
x13	with
x13	trendy

Youtube Video Tags (sample)	
x13	swimwear
x13	look
x12	fast
x12	travel
x12	my
x12	bts
x12	photography
x12	for
x12	waist
x12	creative
x12	pants
x12	free
x12	swim
x12	day
x12	gains
x11	black
x11	goals
x11	shorts
x11	crazy
x11	house
x11	tanning
x11	california