

Instagram campaign 2023

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Content Strategy

Each week, our content delves into a specific cycle phase, covering:

What's happening in your body

How do you feel

How to nourish your body

How to nourish your mind

What your superpowers are











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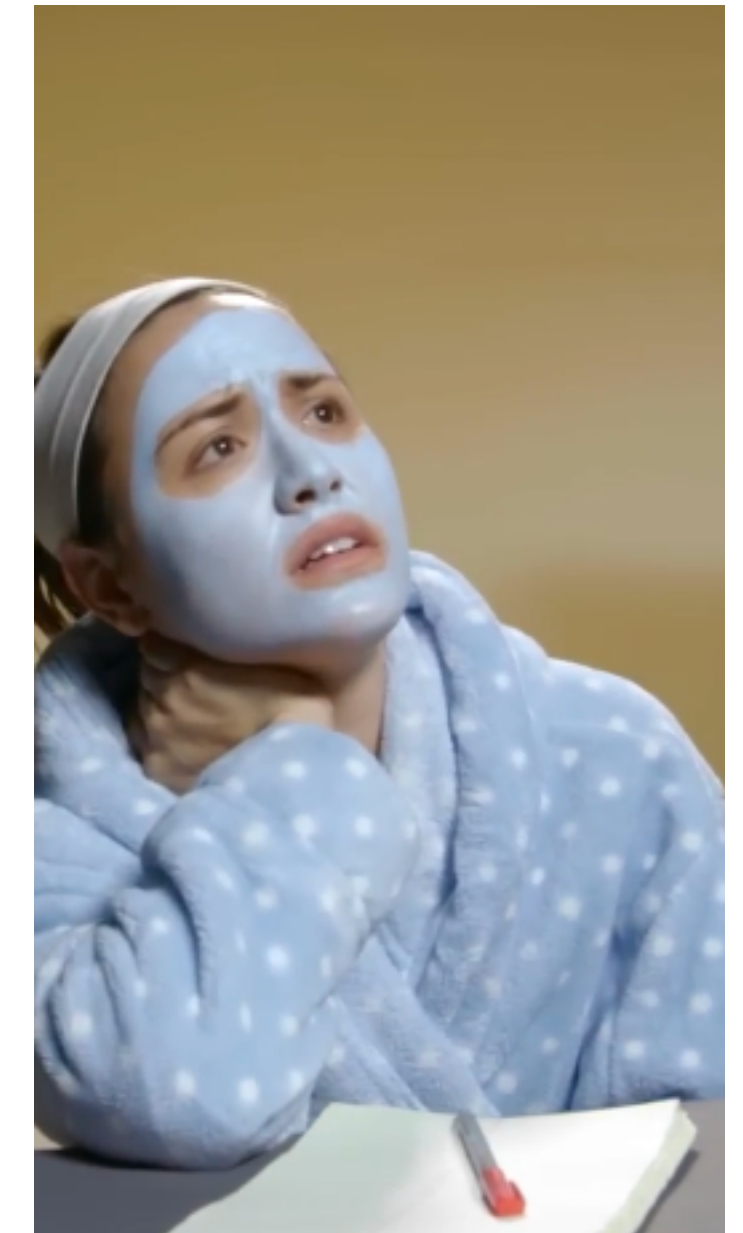
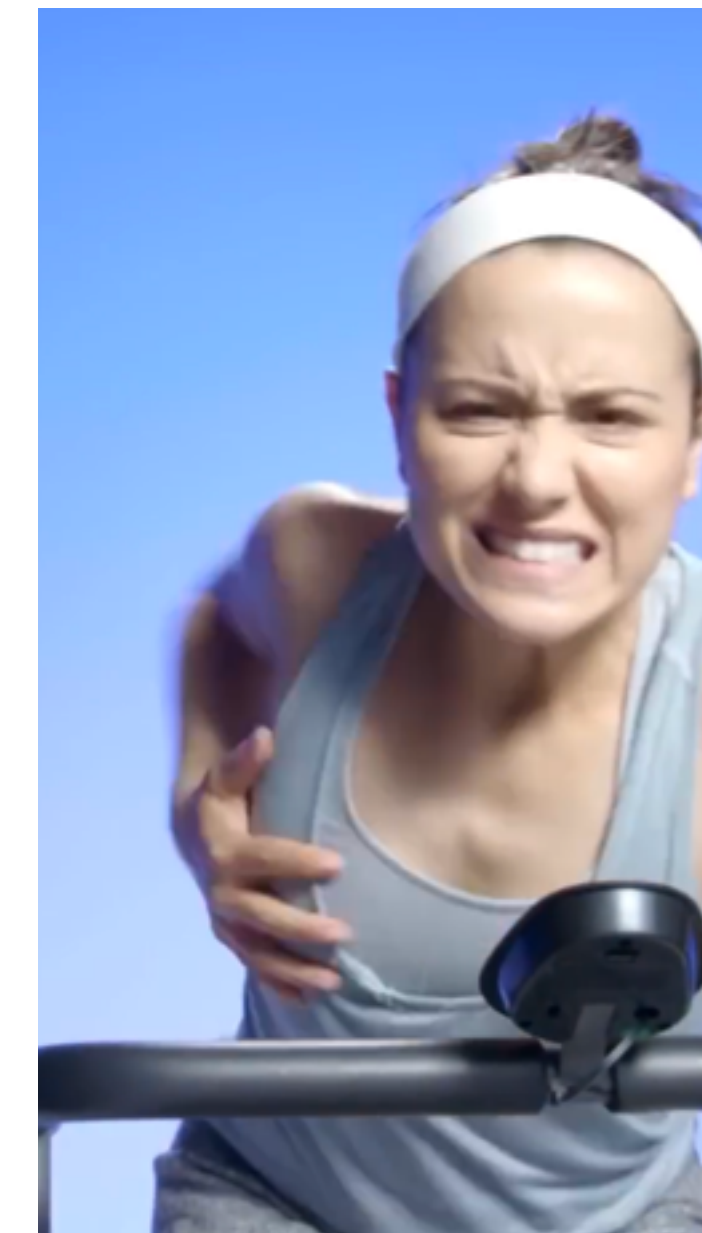
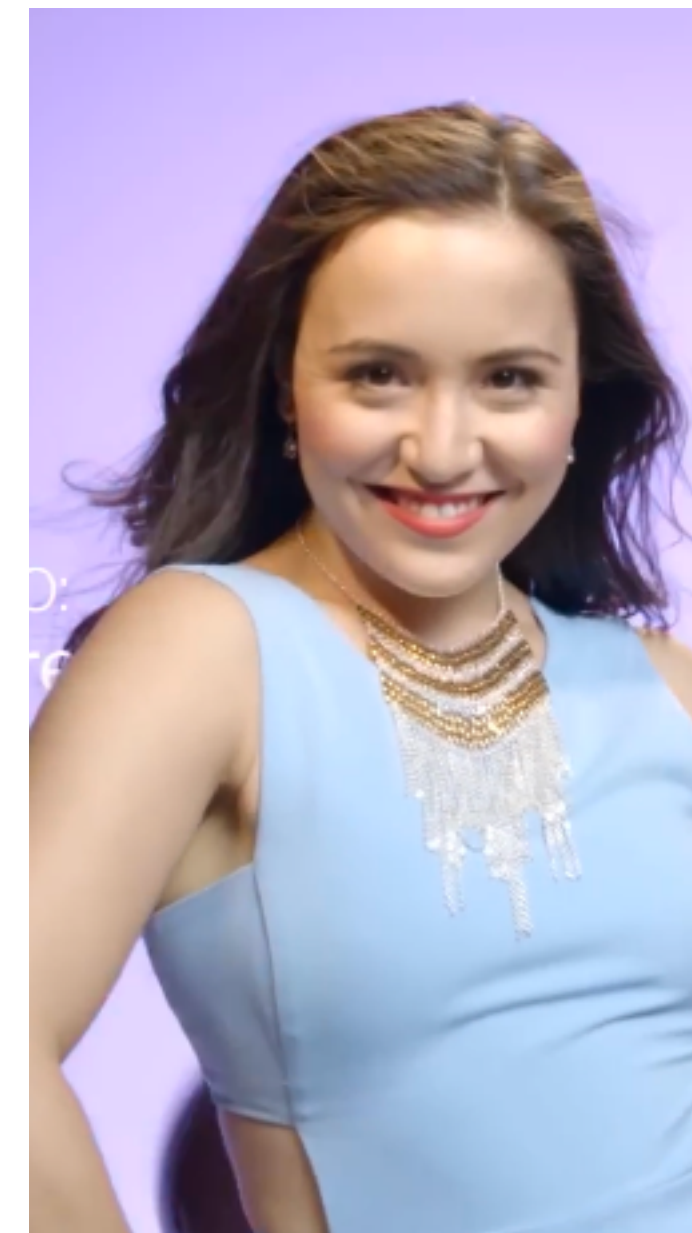
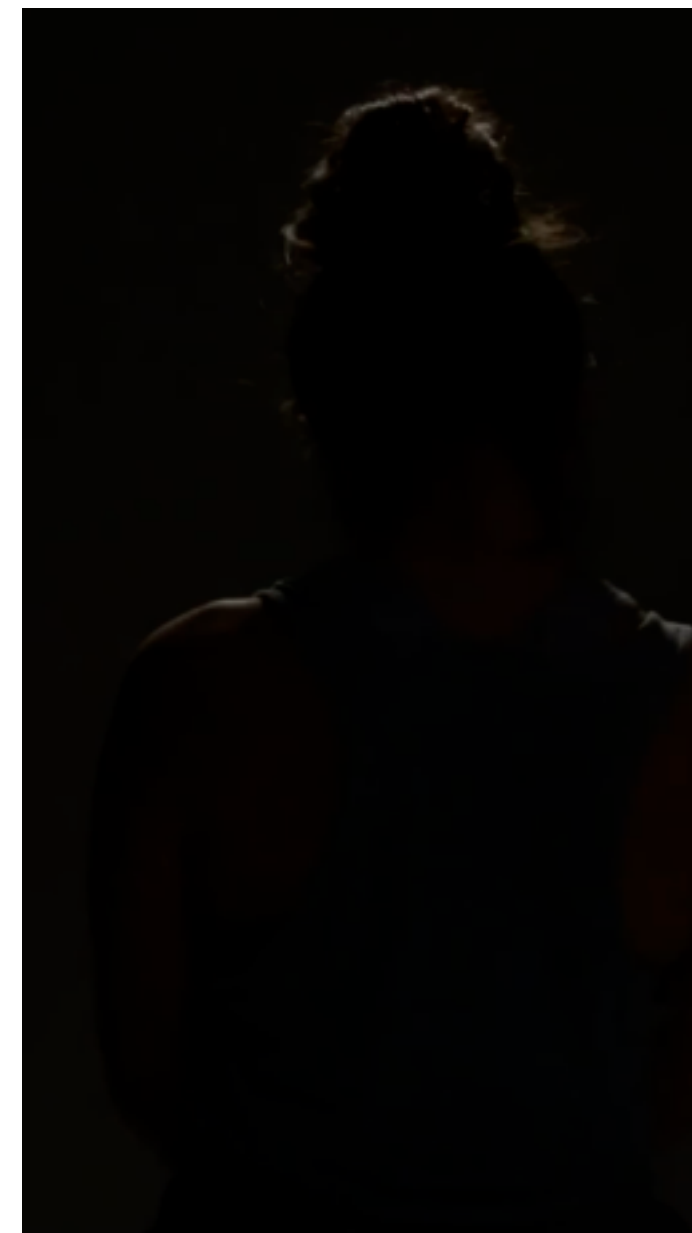
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Paid Social Campaign

Target: Woman, 28 - 43 years old

Budget: 200 euros

Timeline: 1 week

