

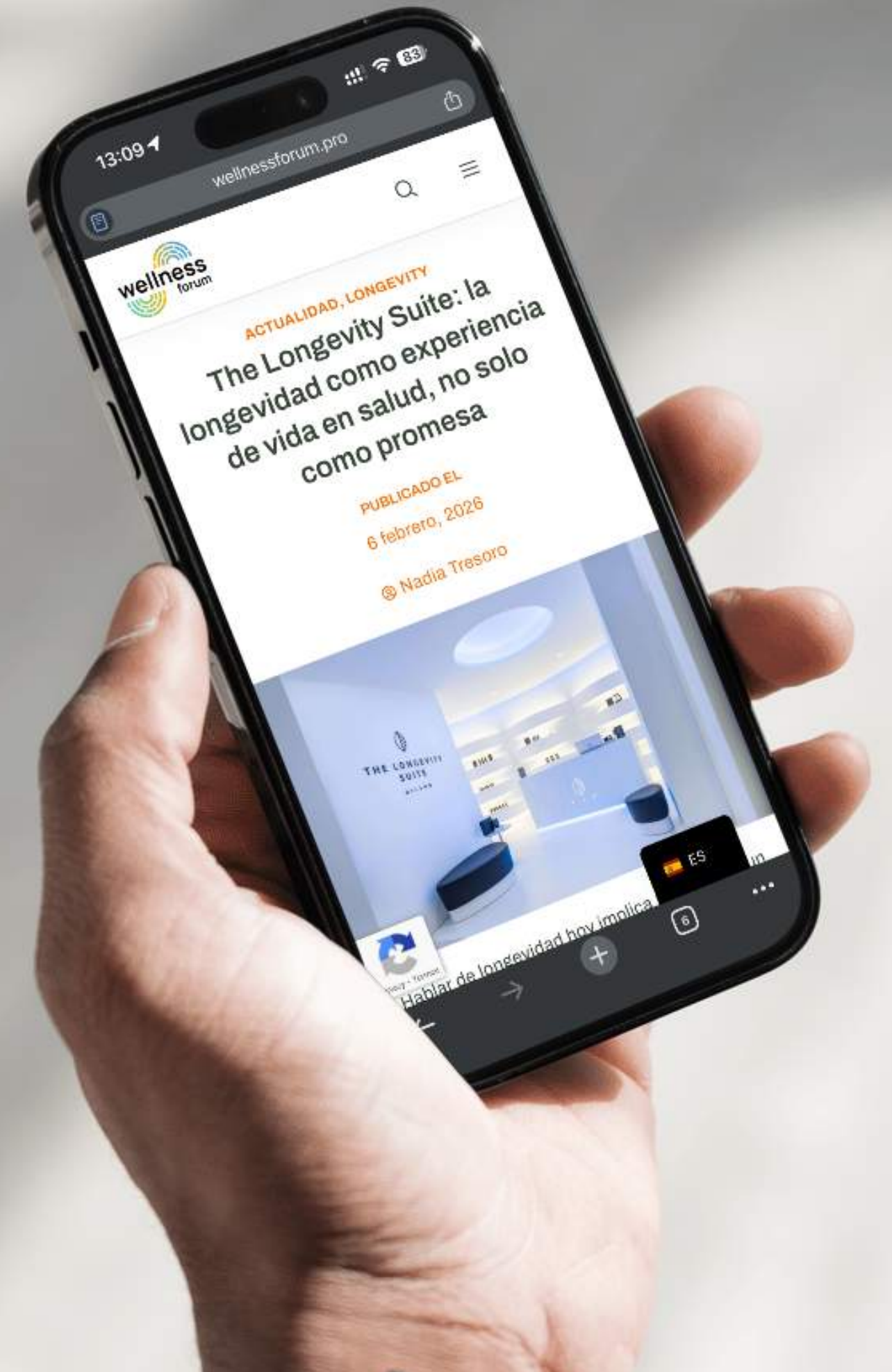


The premier professional Wellness and Power Platform

*"Where the future of wellness intersects with global
influence"*

Global Media Partner in Wellness, Health, and
Longevity

MEDIA KIT 2026



More than an a media.

WellnessForum.pro is a premier global media organization focused on wellness, health, longevity, fitness, nutrition, and human performance.

We serve as a strategic media partner at the leading congresses, trade fairs, and summits within the sector worldwide.

We connect brands, institutions, and thought leaders with a highly qualified audience, fostering an ecosystem where innovation, science, and business intersect.

La plataforma profesional de WELLNESS & POWER de referencia en España

Tu guía hacia el bienestar integral



- Actualidad, Salud, Sexual**
Pantallas en la cama: cuando la hiperconexión digital erosiona la intimidad en pareja
- Salud, Terapias holísticas**
Por qué el dolor crónico empeora en invierno y cómo aliviarlo desde la Medicina China
- Actualidad, Longevity**
The Longevity Suite: la longevidad como experiencia de vida en salud, no solo como promesa
- Actualidad, Salud**
Obesidad: una enfermedad crónica marcada por la desigualdad, la biología y el reto de la prevención
- Actualidad, Congresos, Eventos**
Málaga se convierte en epicentro de la medicina estética con el 41º Congreso de Medicina Estética
- Longevity, Prevención y Rehabilitación, Salud**
SimonMed impulsa la medicina preventiva con resonancias de cuerpo completo y distribución
- Experiencias, Saunas & Spas, Wellness**
Rock Spa en Hard Rock Hotel Marbella: bienestar con ritmo ruman
- Actualidad, Tendencias**
Tendencias 2026: el bienestar se vuelve personal, inteligente y profundamente humano

NEWS, EXPERIENCES, WELLNESS

Fashion or medicine: is it worth suffering for an ice bath?

PUBLISHED ON 13 October 2025

by Nadia Tinsoro



Ice baths and saunas have gone from being Nordic rituals or protocols for elite



Nutrilermo: EVITA estos 3 ALIMENTOS y CAMBIARÁS TU VIDA por completo (entrevista)

Wellness Forum 1,71 K suscriptores 4,4 K likes Compartir Guardar Recortar

wellnessforum_pro
Wellness Forum
454 publicaciones 1829 seguidores 693 seguidos

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Longevity Suite: la vida como ncia de vida en no solo como romesa
PUBLICADO EL febrero, 2026
Nadia Tinsoro

41 Congreso Nacional de Medicina Estética - MADRID
MEDICAL LONGEVITY HEALTHY AGING
No con la Medicina
21 eyaculaciones al mes para la salud prostática. v

Our Worldwide Presence

Multichannel Platform

- Professional Online Magazine
- Specialized publication
- Dynamic social networks
- Audiovisual material
- Industry-focused podcast

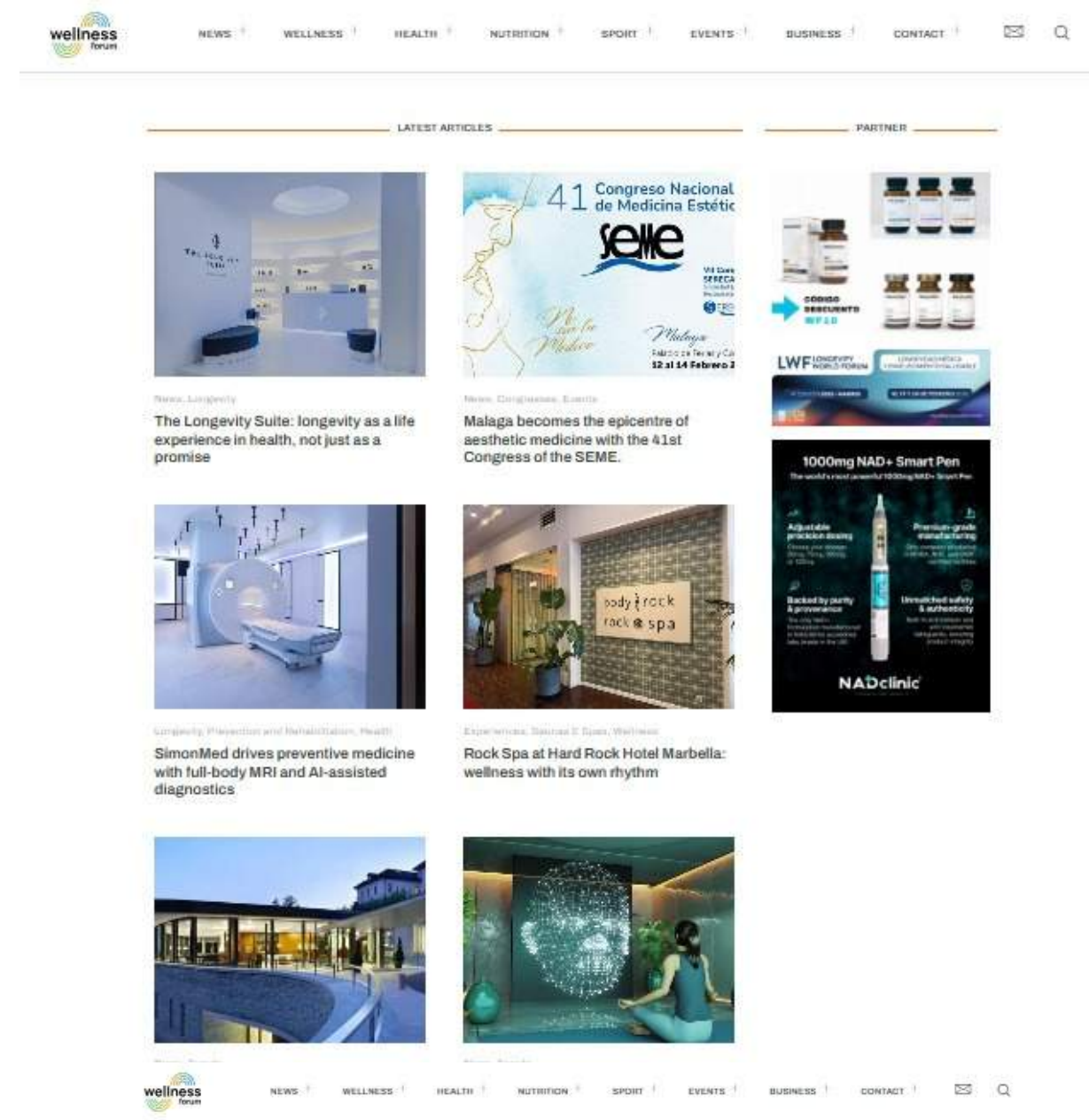
Global Audience

Established a presence in the primary markets of the wellness sector, with strategic distribution that effectively reaches professionals and decision-makers across various countries.

Qualified Engagement

A high-value monthly audience characterized by engaged unique users, consistent page views, and a vibrant community across all our digital platforms.

MEDIA KIT 2026



Women's health: the great missed opportunity for global wellbeing

PUBLISHED ON

27 January 2026

@Nada Tresora



Women's health has become one of the major blind spots in the global health system. This is confirmed by the latest report of the **World Economic Forum (WEF)**, which puts numbers and context to a reality that is as obvious as it is under-funded: the enormous economic, social and health opportunity that investing in women's health represents.

The study, entitled **Women's Health Investment Outlook**, the report examines why, despite the fact that women make up about half of the world's population, their health continues to receive disproportionately disproportionate attention and investment. According to the report, **only 6% of private investment in healthcare** is targeted at women's health, and companies that focus exclusively on women's health are attracting **less than 1% of the total**.



Premium Professional Demographic

Key profiles:

- Healthcare practitioners and physicians
- Clinics and longevity institutes
- Executives and decision-makers within the industry
- Wellness and Health Brands
- Hospitality, fitness, and peak performance
- Investors and thought leaders

Audience, exposure, and global distribution

Total monthly audience: approximately 23,000

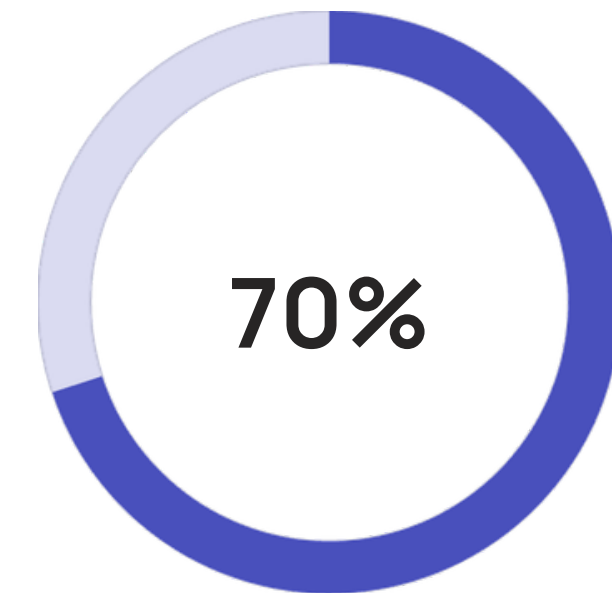
Unique web users/month: approximately 19,000

Newsletter subscribers: approximately 4,000

- YouTube & Followers: ~ 1,800
- Principal countries: Spain, United Kingdom, Italy, Portugal, Mexico, United States.

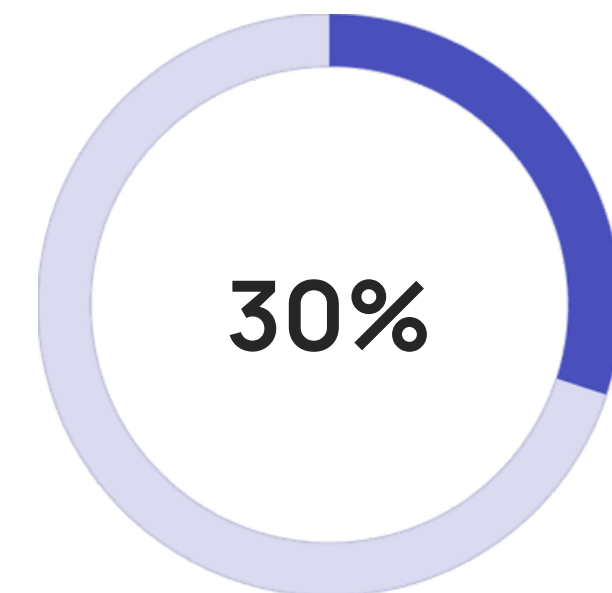
Active channels:

Web · Newsletter · Instagram · LinkedIn · YouTube · WhatsApp Channel



B2B Target Audience

Industry professionals and decision-makers



B2C Premium

Premium consumers

A presence that shapes the future of the sector.

WellnessForum.pro serves as the official media partner for:



Medical Conferences and Longevity

Coverage of conferences, scientific summits, and congresses focused on advanced health, integrative medicine, and longevity.



Wellness Events

Participation in significant events related to wellness, wellness tourism, holistic therapies, and human performance.



International Trade Exhibitions

Participation in premier exhibitions focused on fitness, health technology, and wellness equipment, including saunas, spas, and treatments.

Our Function as a Media Partner

01

Thorough Editorial Coverage

Content created before, during, and after the event that enhances the visibility of speakers, brands, and partners.

03

Multichannel Digital Amplifier

Strategic dissemination across web, newsletters, social media, and video platforms.

MEDIA KIT 2026

02

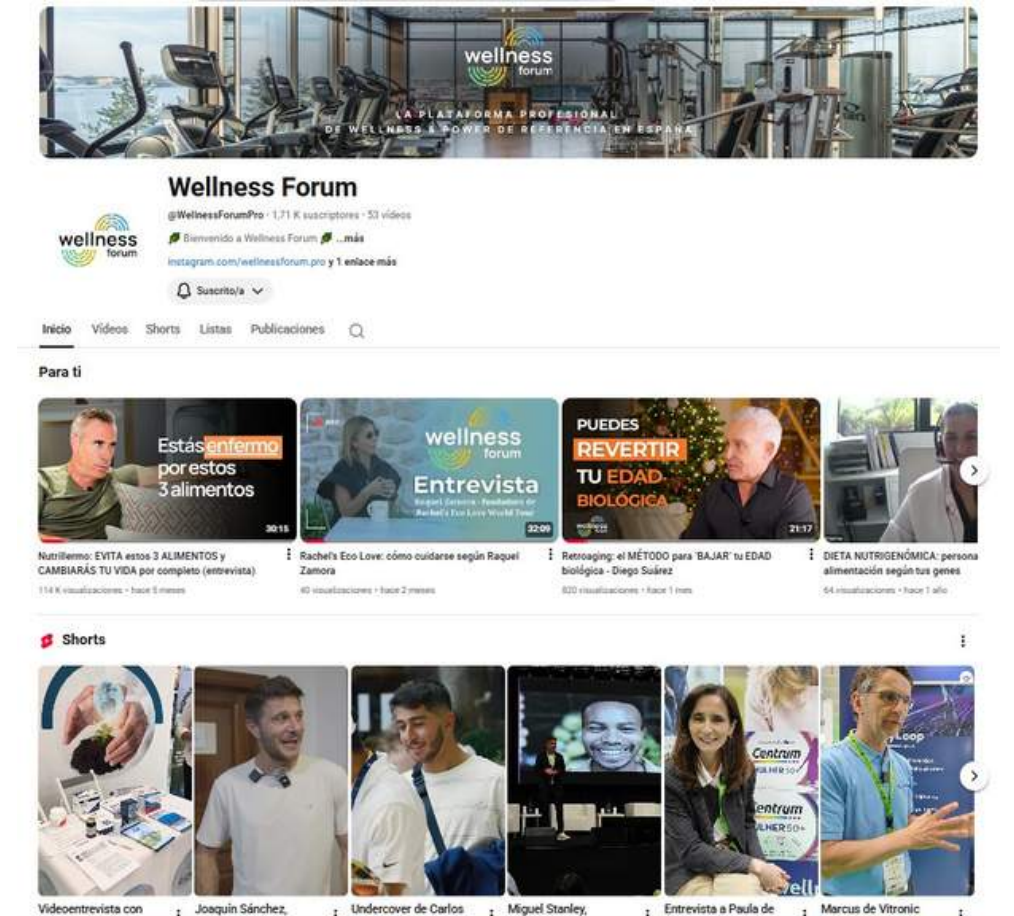
Exclusive Interviews

Direct access to thought leaders, specialists, and decision-makers within the sector.

04

On-site Audiovisual Materials

Production of video reports, interviews, and highlights that extend beyond the event.



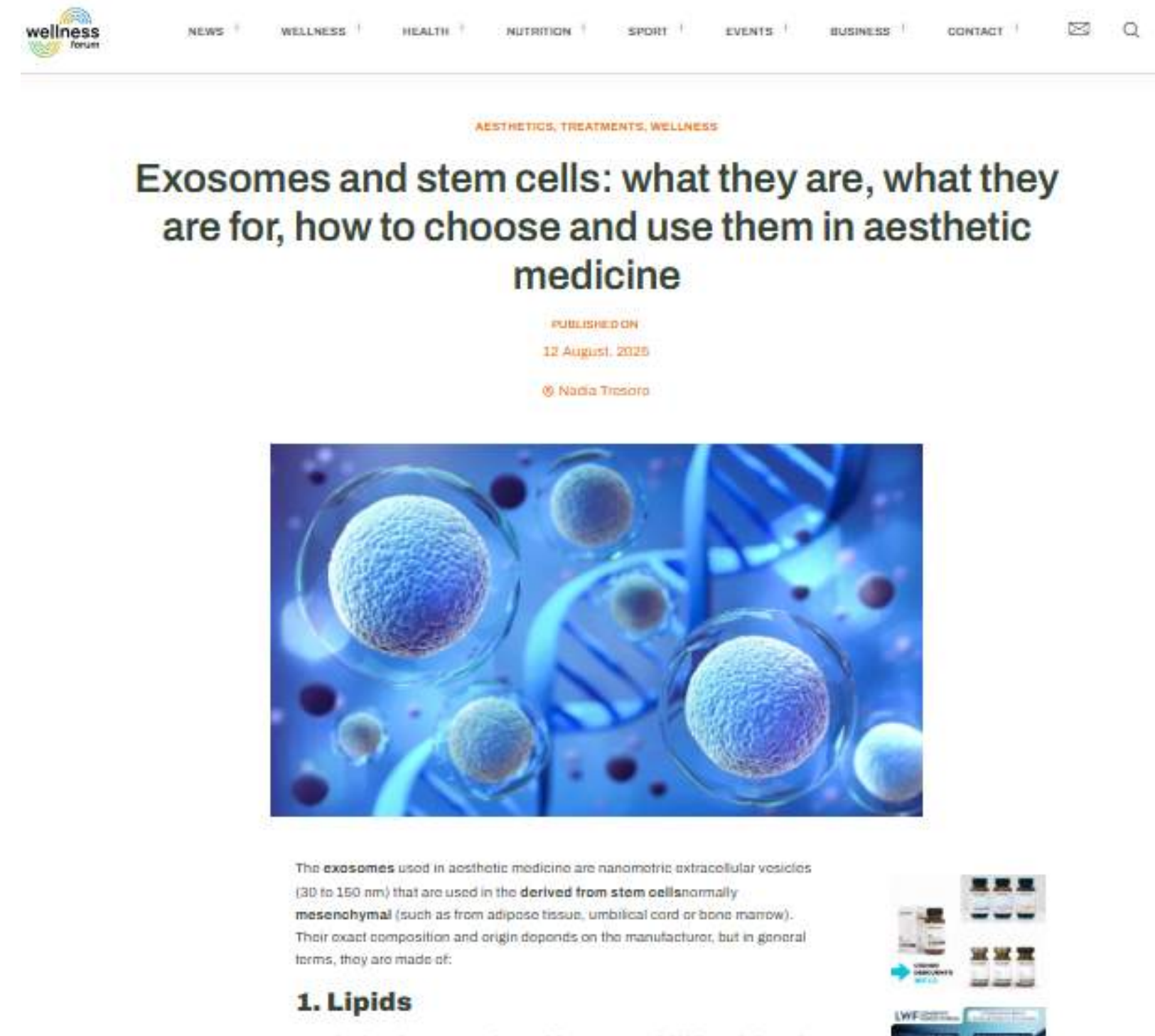
The same goals for your brand

WF is designed for brands that aspire to:

- To serve as international benchmarks within their category.
- Acquire authority, credibility, and prestige.
- Spearheading the discourse on innovation and enhanced well-being
- Engage with a worldwide audience committed to excellence.

*Accelerate your global expansion and **STAND OUT** in the arenas where pivotal decisions that shape the future of the industry are made.*

MEDIA KIT 2026



The screenshot shows a webpage from the Wellness Forum. At the top left is the 'wellness forum' logo. A navigation menu includes 'NEWS', 'WELLNESS', 'HEALTH', 'NUTRITION', 'SPORT', 'EVENTS', 'BUSINESS', and 'CONTACT'. There are also icons for an email and search. Below the navigation, the article title is 'Exosomes and stem cells: what they are, what they are for, how to choose and use them in aesthetic medicine'. The sub-header is 'AESTHETICS, TREATMENTS, WELLNESS'. The article is published on '12 August, 2025' by 'Nadia Trosioro'. The main image is a blue-toned illustration of exosomes and DNA. Below the image, the text reads: 'The **exosomes** used in aesthetic medicine are nanometric extracellular vesicles (30 to 150 nm) that are used in the **derived from stem cells** normally **mesenchymal** (such as from adipose tissue, umbilical cord or bone marrow). Their exact composition and origin depends on the manufacturer, but in general terms, they are made of:'. The first point is '1. Lipids'. To the right of the text is a small image of several vials of exosome products.

Why promote your brand through Wellness Forum?



Decision-making stakeholders

Highly skilled healthcare practitioners, administrators, investors, and thought leaders.



Premium Context

Content that enhances the credibility and prestige of your brand.



Global Presence

Visibility on the principal platforms where the future of the industry is determined.



Strategic Enhancement

Multichannel integration encompassing web, newsletters, social media, video, and events.



Storytelling

Narrative that cultivates reputation, rather than conventional advertising.



Advanced Networking

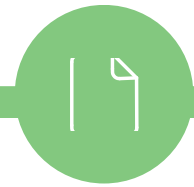
Access to a worldwide network of decision-makers.



WF does not offer space for sale.

WF ESTABLISHES POSITIONING.

Consistent visibility at distinctive prices



Premium Content

- Editorial interviews
- Analytical articles
- Branded content premium
- Video reports

WEB ARTICLE

450€ /publication



Amplification

- Newsletter functionality
- Social media enhancement
- Promotional banners
- Multichannel distribution

WEB BANNER

180€/month



Events

- Official media partnership
- strategic content collaborator
- Thorough coverage of trade fairs, conferences, retreats, and similar events.

VIDEO REPORT

starting at €600

Each collaboration is meticulously tailored to align with the distinct visibility, positioning, and business objectives of each partner, recognizing that all online advertisers will influence social networks.

CONGRESOS, EVENTOS, LONGEVITY

Longevity World Forum Madrid: ciencia, innovación y futuro del envejecimiento saludable

PUBLICADO EL
16 enero, 2026
Redacción



Del 18 al 20 de febrero de 2026, Madrid se convertirá en uno de los principales focos internacionales de la ciencia y la innovación aplicada al envejecimiento saludable con la celebración de la cuarta edición del *Longevity World Forum*, un encuentro que reúne a investigadores, profesionales de la salud, emprendedores y divulgadores para reflexionar sobre cómo vivir más años con mayor calidad de vida.

El programa de esta edición se articula en torno a tres grandes ejes: **ciencia, tendencias y emprendimiento** y ha sido diseñado para ofrecer una visión integral y actualizada de los avances que están redefiniendo la longevidad.



If you want to lead the future of wellness,

you need to be seen where it happens.

WELLNESS | HEALTH | NUTRITION | SPORT | EVENTS | BUSINESS

approved this molecule as a drug either, but allows its use in customised master formulations.

So is it only a matter of time before Europe follows in the footsteps of the US? Or is it simply a wave of premature enthusiasm?

An expert voice from the inside: NADclinic's CEO replies



In order to shed some light, we take the statements of **Iain De Havilland** CEO and founder of **NADclinic Group** which claims to have developed the most potent injectable NAD+ on the market: the **SQX 1000 mg Smart Pen**. In one recent publication De Havilland debunks some of the most widespread myths on social media about the colour and purity of injectable solutions:

"The quality of a product is not measured by the colour of the liquid, but by the purity of the active ingredient, the manufacturing process and the absence of

artificial stabilisers that compromise its efficacy".

De Havilland advocates the use of certified pharmaceutical raw materials (API), manufacturing in UK GMP-accredited facilities and full transparency through independent laboratory analysis (UKAT). It rejects the use of synthetic additives, even though these may give a "cleaner" appearance to the solution, because they compromise the **bioavailability and therapeutic efficacy** of the product.



info@wellnessforum.pro



+34 655080195



www.wellnessforum.pro

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Let's build influence together!