The magazine for beauty, wellness and health

**Wohlfühlen** is a quarterly companion magazine to the Süddeutschen Zeitung. It targets a growing population of people keen on tapping into their inner potential and boosting their health and overall wellness.

The magazine stands for a higher quality of life and holistic sense of well-being suited to today’s fast-paced lifestyle.

### Example pages:

**Preise 2019**

<table>
<thead>
<tr>
<th>Seite</th>
<th>Preis</th>
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<tbody>
<tr>
<td>2/1 Seite</td>
<td>43.000 € (Innenteil)</td>
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<td>1/1 Seite</td>
<td>21.500 € (Innenteil)</td>
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<td>1/2 Seite</td>
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Alle Preise zzgl. gesetzlicher MwSt.; gültig ab 1. Oktober 2018.
# Topics 2019

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1/2019</td>
<td>Spring</td>
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<tr>
<td>2/2019</td>
<td>Summer</td>
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<td>3/2019</td>
<td>Fall</td>
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<td>4/2019</td>
<td>Winter</td>
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**Balance**
- **Battery re-charge:** Stress-busters and tips for upping energy levels
- **Allergies:** Hay fever tips and more
- **Slimming down:** Reinterpreting F.X. Mayr’s weight loss findings

**Sleep:** Tips for a perfect night’s rest

**Starry-eyed:** Eye care and protection along with fashion eyewear

**Take the pharmacy with you:** First aid for sunburn and more

**Sniffle buster:** How to strengthen the immune system and free up airways

**Grow a backbone:** Working wonders with targeted training exercises

**Belly busters:** How to best digest the festive period

**Travel**
- **Waterways:** River and sea cruises
- **Malaysia:** From urban jungles to island paradises
- **Allgäu:** A visit in the spring

**Northern lights:** Scandinavian living
**The Maldives:** The ideal location for free-diving
**Weimar:** An exploration of culture and cooking in this Thuringian city

**Fall sun:** Off-season travel to the Iberian peninsula
**Culinary peaks:** Hiking, relaxing and feasting in Germany, Austria, Switzerland and Italy

**Go it alone:** Women traveling alone

**Wanderlust:** Dream destinations in 2019

**Life & Home**
- **Blossoming:** Urban gardening for balconies and window sills
- **Foam party:** Bath time accessories

**Al fresco fun:** Outdoor furniture for garden parties
**Beach beauty:** The perfect beach volleyball figure

**Fall is here:** Get the garden ready for the temperature drop
**Sustainability:** Holidays, nutrition and natural cosmetics – with a future

**Lights and more:** Top decorations for Christmastime
**Just dreamy:** Beautiful bedroom furniture and accessories

**Beauty**
- **Get ready to glow:** Perk up your skin with vitamin D, retinol and more
- **Beauty sleep:** The best of new night-time products
- **Fresh-faced:** Natural products for beauty regime experts

**Sun struck:** Protection for skin and hair
**Flower power:** Perfumes and cosmetics featuring flowers
**Sandal time:** Creams, nail varnishes and more for summer feet

**Pure and simple:** Clean beauty and anti-pollution
**Cold care:** Skin protection for falling temperatures

**A touch of glitter:** The highlights of festive makeup

**Home spa:** Bath products, body butters, scented candles and more

**Style**
- **Light and breezy:** What to wear when temperatures rise
- **Style icons:** Top designer pieces of the season

**Heat wave:** Bikinis, bed linens and more
**City chic:** Urban summer outfits for work and play

**Layer up:** The crème de la crème of coats and fall shoes
**Back to basics:** Daily wardrobe essentials

**Festive fashion:** Showstoppers for the holiday season
**Comfort first:** Essential winter knitwear

**Nourish & Indulge**
- **Back to earth:** Vegan and vegetarian eating
- **Thirst quencher:** How to stay hydrated in summer

**A corking good time:** A crash course in wine
**Go organic:** Eating with gusto – and a clean conscience

**Baker’s bounty:** Delicious Christmas biscuit creations