

KOTILÄÄKÄRI

A STEP TOWARDS OVERALL WELL-BEING

The roots of Kotilääkäri go back 130 years as a reliable health magazine. The most important thing for the Kotilääkäri reader is the well-being and holistic health of themselves and their loved ones. They want to be on the crest of the latest wave of health trends and treatments. Kotilääkäri also provides versatile everyday psychological information about relationships for self-development and stress management, as well as touching survival stories. The Kotilääkäri reader is a versatile active woman who is also interested in men's health. Healthy cooking, decorating, dressing, and beauty care are qualities of life for her. She values innovation, quality, responsibility, and ethics and also chooses products and services from an ecological perspective. Kotilääkäri digital content can be found at [Anna.fi](https://anna.fi). Kotilääkäri appears 10 times per year.

PRICES

SIZE	PRICE €
2/1	6 860
1/1	3 810
1/2	2 590
1/4	1 910
2. COVER	4 190
3. COVER	4 190
BACK COVER	4 190
1. SPREAD	7 550
2. SPREAD	7 550

TECHNICAL INFORMATION

ENQUIRIES, RESERVATIONS

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MATERIALS

An email with material delivery instructions and link will be provided when making a reservation.

SUBMISSION OF ATTACHMENTS

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NUMBER OF ISSUES

10 issues per year

SIZE OF THE MAGAZINE

230 x 297

PRINTING METHOD

Offset

BINDING

Saddle stitching

NUMBER OF READERS

57 000

TIMETABLE 2023

ISSUE	PUBL. DATE	RESERV	MATERIALS	SPECIAL THEME
1	11.1	12.12.2022	19.12.2022.	Weight management and new energy from lifestyle renewals. Quitting smoking: keys to success.
2	15.2	18.1	25.1	Skin care and help for dry eyes. Diabetes and metabolic syndrome.
3	15.3	15.2	22.2	Asthma and allergies. Spiritual well-being and mental health. Better sleep.
4	19.4	20.3	27.3	Relief for menopause. Oral well-being. Headaches.
5	17.5	18.4	25.4	Bones and joints. Protect the skin from the sun.
6	14.6	16.5	24.5	Treatment of intimate problems. Help with urinary incontinence.
7	19.7	20.6	28.6	Stomach well-being and nutrition. Cottage cosmetics.
8	13.9	16.8	23.8	Heart and vascular diseases. Strengthen immunity.
9	11.10	13.9	20.9	Thyroid diseases. Light up the dark time with exercise and versatile nutrition.
10	15.11	18.10	25.10	Extra memory and plenty of crosswords. Let's nurture relationships!

Updated on this page:

9.1.2023 insert delivery address