



flow

Bimonthly Lifestyle Publication
Published on Thursdays
Cover Price: 8,90€



MARKET POSITION:

Flow is the French creative magazine, with passionate and curious readers **Flow's** unique format is aimed at women seeking to simplify their lives, feel connected and live life to the maximum. Flow is all about positive psychology, creativity and self-development. Each edition contains creative ideas, and a stationary gift supplement. Its readers are inspired by the editorial profiles on extraordinary people, and the articles encouraging readers to reflect on their lifestyles. **Flow** targets open minded, positive and creative women that are 25-49 Y/O, and AB+. 86% of readers are women..

	Flow
Paid Circulation in France ACPM OJD 2024 - 2025	52 987
Total Circulation ACPM OJD 2024 - 2025	60 467

EDITORIAL PROFILE:

Flow is an innovative and authentic magazine, both in content and appearance. It has a scrapbook like format, and uses different types of high quality paper. Evry issue includes the sections: Feel connected, Live life to the maximum, Spoil Yourself, Simplify your Life. It also has a book for paper lovers that is released once a year for 25 €.

ADVERTISING RATES 2026:

FORMAT	STANDARD	SIZE (H x W) mm + 5mm trim
Full Page	24 300€	280x225
DPS	48 600€	450x280
½ Page	16 000€	225 X 135 OR 100 x 280

TECHNICAL SPECIFICATIONS:

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