

# INSTAGRAM

## Price List



### ROSE RADIANCE (3 MONTH MINIMUM)

**Our Rose Radiance Instagram package is perfect for ambitious CEOs ready to effectively grow their brand online and strategically pivot their accounts to better ROI.**

Includes:

- Account growth strategy
- 7 x weekly posts (including 2 x reels)
- 5 x weekly stories
- Audience management
- Account engagement
- Monthly report

£720

[CLICK HERE TO BOOK](#)

---

### NATURE'S NECTAR (3 MONTH MINIMUM)

**Our Nature's Nectar Instagram package is the ideal solution for business owners lacking the time and/or knowledge to take their social media platforms to the next level.**

Includes:

- 4 x weekly posts (including 1 x reel)
- 3 x weekly stories
- Audience management
- Account engagement
- Monthly report.

£310

[CLICK HERE TO BOOK](#)

---

### PETITE BLOOM (3 MONTH MINIMUM)

**Our Petite Bloom Instagram package is designed to help small business owners and solopreneurs start gaining momentum on social media and build their audience.**

Includes:

- 2 x weekly posts
- 1 x weekly story
- Audience management
- Account engagement

£125

[CLICK HERE TO BOOK](#)

---

### INFLUENCER MARKETING

**Want to work with influencers and content creators but don't know where to start? We are here to help!**

Includes:

- Creation and management of blogger & influencer campaigns
- Brief creation and outline as per brand guide
- Influencer outreach and correspondence
- Contract negotiation
- Success report from campaigns

£120 PER COLLABORATION

[CLICK HERE TO BOOK](#)

---

# FACEBOOK & TIKTOK



## Price List

### FACEBOOK – PAGE MANAGEMENT (PAYG)

**Facebook Page Management takes the pressure away from you having to constantly check in and ensure your audience is replied to, they have quality content rolling out, and the community is growing with minimal input from YOU!**

Includes:

- 1 x post per week
- 1 x ad per month (budget TBC with client)
- Audience replies
- Audience management
- Monthly report

£125

[CLICK HERE TO BOOK](#)

---

### FACEBOOK – GROUP MANAGEMENT (PAYG)

**Facebook Groups Management nurtures and grows your community, turns followers into loyal customers, all without you needing to sacrifice your evenings and allowing you more time doing what YOU want to do!**

Includes:

- 2 x post per week
- Group management (approval, comments, community engagement)

£100

[CLICK HERE TO BOOK](#)

---

### TIKTOK – ROSE RADIANCE (3 MONTH MINIMUM)

**Our Rose Radiance TikTok package is perfect for ambitious CEOs ready to effectively grow their brand online and reach a new audience.**

Includes:

- Account growth strategy
- 4 x videos per week
- 5 x stories per week
- Comments and audience management
- Account engagement
- Monthly report

£765

[CLICK HERE TO BOOK](#)

---

### TIKTOK – PETITE BLOOM (3 MONTH MINIMUM)

**Our Petite Bloom TikTok package is designed to help small business owners and solopreneurs start gaining momentum on TikTok to build their community.**

Includes:

- 2 x videos per week
- 2 x stories
- Audience management.

£350

[CLICK HERE TO BOOK](#)

---

# CREATIVE SUPPORT



## Price List

### CONTENT DAY

**Content days are perfect for boost to you social media - receive a selection of ready to use photos and videos tailored to your business, using evergreen content tactics to engage your audience!**

Includes:

- On the day video and photography capture
- Photo edit (up to 55 photos)
- 5 video edits ready to post online
- File transfer

£550

[CLICK HERE TO BOOK](#)

---

### EMAIL NEWSLETTER (3 MONTH MINIMUM)

**Newsletters are a powerful marketing tool, but they can take some time to craft and develop to ensure they resonate with your audience and gently nudge them to take the desired action.**

Includes:

- 4 x monthly newsletters
- Research, copywriting, and editing of newsletters (up to 2 x amends)

\*Please note this doesn't include the design and set up of newsletter\*

£200

[CLICK HERE TO BOOK](#)

---

### GRAPHIC DESIGN (PAYG)

**Needing a graphic, print sign, advert, email banner, infographic, or anything else your business requires set up? Our team of talented creatives are on hand with quick turnaround.**

Includes:

- Client brief
- Project design
- 2 x rounds of amends
- Delivery to required format

\*Project time will be estimated and quoted upon brief\*

£50 PER HOUR

[CLICK HERE TO BOOK](#)

---

### VIRTUAL ASSISTANCE (PAYG)

**Virtual assistants are a life changer. These magical humans free up your time to work on your business, spend more time with family and friends, and take much needed breaks to help you and your business grow.**

Includes:

- Diary management / Booking accommodation and travel
- Social media comments reply/engagement
- Writing letters/reports etc.
- Invoicing
- Audio typing and dictation / Minute taking
- Managing booking systems File management
- Research
- Data entry

£30 PER HOUR

[CLICK HERE TO BOOK](#)

---

# WEBSITE

## Price List



### BLOG POST (PAYG)

**Blog posts are a great way to keep working on your SEO, provide value to your audience, and help build organic relationships with customers - as well as showcase your product or expertise!**

Includes:

- Topic research and development
- Royalty free imagery (or client provided imagery)
- 800-1,200 words per post
- 2 x rounds of amends
- Supply to client via file transfer

£120 PER POST  
[CLICK HERE TO BOOK](#)

---

### SEO REPORT

**Do you know what the SEO on your website is like? If the answer is 'no' this is the must have for you - a full SEO report to let you know how the website is doing, and what needs to be improved yesterday!**

Includes:

- Full website SEO report supplied to client via email

£120  
[CLICK HERE TO BOOK](#)

---

### SEO REPORT AND DEVELOPMENT

**Same as above, but we can then go ahead and fix the issues we find so your website is up to date on SEO and Google can start loving you again.**

Includes:

- Full website SEO report supplied to client via email
- Identify fixes and complete all possible points
- Follow up report following optimisation

£330  
[CLICK HERE TO BOOK](#)

---

### WEBSITE DESIGN AND DEVELOPMENT

**A website is the shopfront of your business - whoever your customer is and whatever you trade, a website is non negotiable. Unlike many other platforms, you OWN your website and it becomes your true corner of the internet.**

Includes:

- Consultation where we discuss the scope of the website and all desired capabilities
- Website design (x2 amends)
- Website development
- Client to provide content
- Full SEO
- Optimisation across devices
- Transfer to client

STARTING FROM £775 –  
FULL COST PROVIDED UPON BRIEF  
[CLICK HERE TO BOOK](#)

---

# COACHING & EVENTS



## Price List

### POWER HOUR (1-1 WITH LANA)

If you want me to dip into your social media accounts for an hour and answer all your burning social media questions, then this is for you!

If you have been using social media for your business for a while, and just need a fresh perspective, then this is perfect for you. I can look at your content, your bio, engagement levels and come up with some practical quick wins for you. We can talk about content ideas, reels, hashtags, monetisation, how to win new clients - whatever you want!

If you're just looking for a boost, some fresh ideas and some top tips, then I will share everything I can with you. Perfect for a one off, or whenever you feel like you need a bit of inspiration!

Once you have booked your power hour I will send you a brief questionnaire before our chat to give me some background, and we'll schedule your hour session at a time convenient for you.

£155

[CLICK HERE TO BOOK](#)

---

### EVENTS, WORKSHOPS, TALKS

There's nothing like a face to face interaction with the audience - I have worked with schools, colleges, universities, networking groups, financial institutions, fashion shows, and more to help educate and inspire the people involved. I craft a tailored talk for every event to ensure my audience get the most from it - and there are always questions at the end!

Workshops and event times differ depending on scope, typically these last between 2-3 hours including 30 minutes of question time at the end.

£175 PER HOUR PLUS TRAVEL EXPENSES

[CLICK HERE TO BOOK](#)

---

### SOCIAL MEDIA TRAINING

If you are struggling getting to grips with TikTok, reels are a thing of frustration not fun, you don't even know what an Instagram broadcast is or how to use it - let's change that in a fun and interactive session!

I love teaching business owners how to use social media to their advantage - this service is ideal for those not quite ready to level up and outsource their social media, but also don't really know how to use social media to its full potential. My non negotiable - you must be willing to learn and try new things!

You will leave the session feeling empowered, inspired, and motivated - fact.

£200 PER HOUR PLUS TRAVEL EXPENSES

[CLICK HERE TO BOOK](#)

---