

Citrus Diaries

Modern Wellness Club

 citrusdiariesss  citrusdiaries



About

Citrus Diaries was created to bring people together regardless of where they are at in their wellness journeys. It doesn't matter if you are a wellness guru, started yesterday or are looking for the push to get started - you are welcome here!

Citrus Diaries was born on my parents couch one night in 2019. I had just been diagnosed with chronic migraines and felt lost in my health journey. So, I decided to start an IG page to connect with others and share my journey of learning to take care of myself.

Today it has blossomed into a popular wellness podcast, monthly supper clubs, lots of recipe content, wellness chats on socials, a newsletter, and so much more!

Tik Tok

90%

United States

84%

Women

Instagram

86%

United States

94%

Women

Social Media

01

Healthy Recipes

I love experimenting in the kitchen and cooking gluten-free + vegan recipes using local, in-season produce.



02

Conscious Living

Through my wellness journey, I've realized the impact that all of my actions, products I use, lifestyle choices, etc. have on my health. I make a conscious effort to live sustainably for both the planet and myself.



03

Community Based Wellness

The mission of Citrus Diaries is to heal our communities while we heal ourselves because they go hand-in-hand.



CHALAIT
— matcha —


Worked With

VoyageOhio
elix

**the
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co.**

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**cocojune**

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# The Stats



## Tik Tok

319

Followers

12.3k

Total Likes

past 7 days

2.2k

Video Views

1k

Likes



## Instagram

470

Followers

+62.9%

Engagement

past 7 days

+156%

Impression

46.8%

Age Range: 18-24

34.9%

Age Range: 25-34



Let's Connect

Thank you so much for expressing interest in working with me. I would love to connect via email, [hello@citrusdiaries.com](mailto:hello@citrusdiaries.com). I look forward to hearing from you & determining next steps.

- *Lauren Hodgen*

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