

RED AREA

Please make sure your background artwork (colours and images) fill all of this area.

WHITE AREA

Please make sure all text and logos are within this area.

IMPORTANT!

BLACK AREAS

Our magazine is perfect bound - this means an additional 6mm will be glued into the magazine binding.

SUPPLY OF YOUR ADVERT

Please supply your advert **without crop marks**.

SIZE OF YOUR ADVERT

245mm x 168mm +3mm bleed, making the final advert size to be supplied: **251mm x 174mm**.