

enhancing our power of choice in the New York tradition of wellness

# the HEALING springs ❖ journal

**“healing:** 1. To restore to health or soundness; cure. 2. To restore (a person) to spiritual wholeness.”



**Healing Springs Journal:** A personal record of occurrences, experiences and reflections that arise from the source in order to restore the reader to health and spiritual wholeness.



**“springs:** 1. To move upward or forward in a single quick motion. 2. To appear or emerge suddenly. 3. To arise from a source; develop. 4. A usually rapid return to normal shape after removal of stress. 5. A natural fountain or flow of water.”



**“journal:** 1. a. A personal record of occurrences, experiences and reflections kept on a regular basis; a diary. b. A record or account of daily events. 2 a. A newspaper. 4. A periodical presenting news in a particular area.”

our region's resource for practitioners & events that facilitate the well-being of mind, body, spirit & environment

**Healing Springs Mission:** With knowledge comes choice. Our mission at Healing Springs is to address the whole person, by providing articles and stories that allow the reader to make empowered lifestyle decisions in relation to the wellness of their mind, body, spirit, and environment.

## Distribution

The Healing Springs Journal is distributed free in over 200 locations throughout Saratoga, Albany, Latham, Clifton Park, Glens Falls, Lake Placid, Saranac Lake and surrounding areas. It can be found in such places as Natural Food Stores, Visitor Centers, Coffee Shops, Libraries, Health Clubs, Health Care Offices, Retail businesses and the list goes on.

## Circulation

With each new issue, there are 12,000 journals printed and distributed. In addition, it is available for download at [www.healingspringsjournal.com](http://www.healingspringsjournal.com)

## Frequency

Published every other month. The issues are scheduled as follows:

February-March, April-May, June-July, August-September, October-November, December-January.

## Deadlines

The deadline is the first week of the month prior to publication. For example, the deadline for the February-March issue is the first week of January. We will do our best to accommodate deadline extensions if needed.

## Editorial Content

There is a wide range of article topics addressing the whole person. Including stories on physical well being, nutrition, preventative health care, holistic treatments for people and animals, energy healing, environmental issues as well as humor and art. Article submissions are welcomed and encouraged.

## Contact

Ad sales: Kathy Driscoll, 518.587.1125 or [ads@healingspringsjournal.com](mailto:ads@healingspringsjournal.com)

Editorial consideration: Katrina Clay, 518.583.3277 or [katrina@healingspringsjournal.com](mailto:katrina@healingspringsjournal.com)

## 2010 rate card

see pg. 4 for ad pricing

**full page**  
7.25" X 9.75"

**half page vertical**  
3.5" X 9.75"

**3BC triple business card**  
3.5" X 6.4"

**half page horizontal**  
7.35" X 4.75"

**mini**  
3.5" X 1"

**BC business card**  
3.5" X 2"

**1.5BC one and half business card**  
3.5" X 3.2"

**2BC double business card**  
3.5" X 4.2"

### Submissions

Please, submit ads by email to [ads@healingspringsjournal.com](mailto:ads@healingspringsjournal.com) or [healingspringj@aol.com](mailto:healingspringj@aol.com). We also accept ads on CD sent via standard mail to: PO Box 167, Middle Grove, NY 12850

Ads may be submitted as PDF, EPS, TIFF, or JPEG; resolution 300 dpi (lower accepted, but will compromise the integrity of output.)

Ads submitted in Microsoft Word, fax, or as hard copy will be subject to design fees. We do not accept Adobe PageMaker, Microsoft Publisher, PowerPoint, or Works files.

No ad cancellations accepted after space closing date. Agreement to run ad via email or telephone constitutes a contract. Ads not received by the closing date permit publisher to repeat the last published ad.

*Contents of all advertisements are subject to the Publisher's approval. The Publisher reserves the right to reject or cancel an advertisement or insertion order, and to insert the word "advertisement" above or below an ad.*

### Ad design fees:

Mini:	\$12
BC:	\$15
1.5 BC:	\$18
2BC:	\$22
3BC:	\$26
Half Page:	\$33
Full Page:	\$40

*Multiple issue ads may be revised (not redone) without incurring a design fee.*

## 2010 rate card

	<b>1X</b>	<b>3X</b>	<b>6X</b>
<b>Mini Ad</b> color 3.5" x 1"	\$48 \$55	\$45/ea. \$52/ea.	\$41/ea. \$47/ea.
<b>Business Card</b> color horizontal 3.5" x 2" or vertical 2" x 3.5"	\$89 \$102	\$84/ea. \$97/ea.	\$79/ea. \$91/ea.
<b>1.5 Business Card</b> color vertical 3.5" x 3"	\$105 \$121	\$97/ea. \$112/ea.	\$92/ea. \$106/ea.
<b>Double Business Card</b> color vertical 3.5" x 4.2" or horizontal 7.25" x 2"	\$138 \$159	\$128/ea. \$147/ea.	\$120/ea. \$138/ea.
<b>Triple Business Card</b> color vertical only 3.5" x 6.375 (6 3/8)"	\$185 \$214	\$173/ea. \$194/ea.	\$167/ea. \$192/ea.
<b>Half Page</b> color horizontal 7.375" X 4.75" vertical 3.5" X 9.75"	\$247 \$284	\$218/ea. \$251/ea.	\$206/ea. \$237/ea.
<b>Full Page</b> color 7.375" X 9.75"	\$379 \$436	\$341/ea. \$392/ea.	\$319/ea. \$367/ea.

**Classified Ads and Calendar Listings** are priced at .50/word (counting words of 4 letters or more.)

**Directory Listings** are \$15 as stand alone ads and include name, town, phone, web address, and email address. Any extra words above that are charged at .50/word (counting words of 4 letters or more.)