

media kit 2026

rachael rose

yoga, strength, dance, media and the
work underneath it all.

leicestershire and online.

hello@itsrachaelrose.com



hi, i'm rachael

i create scroll-stopping brand content and UGC for wellness, fitness and lifestyle brands, and i'm on camera for editorial, activewear and movement work.

with over a decade in senior R&D and procurement at PepsiCo, i understand briefs, deadlines and what a brand needs from a creator.

movement

yoga, strength,
R&B yoga dance

media

UGC, brand
content, casting

mind

nervous system
and mindset

meet me in

retreats, including
Koh Phangan, Thailand



the numbers

58K

**across both
platforms**

47K

**YouTube
subscribers**

11K

**Instagram
followers**

1.8K

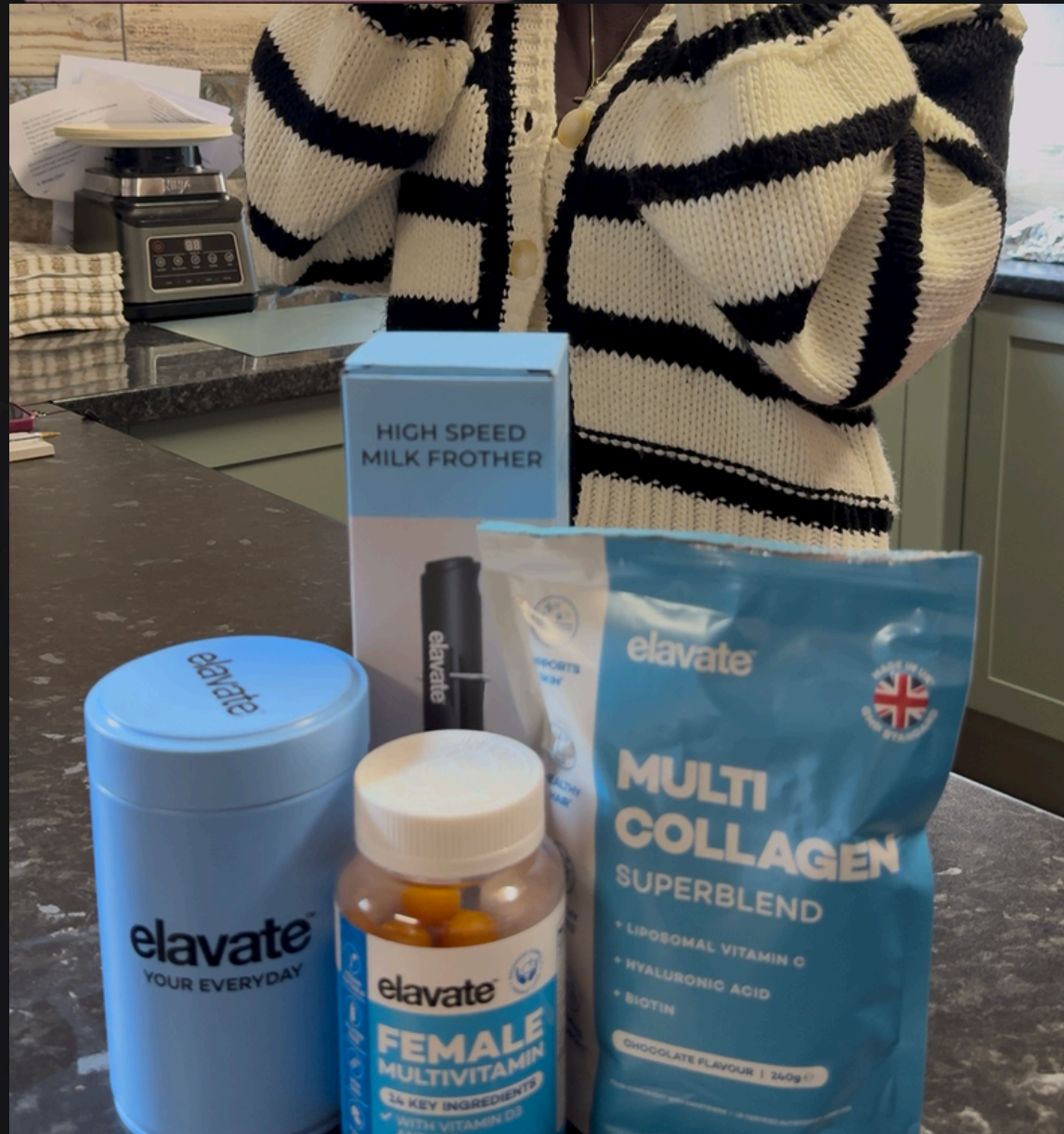
avg reel views

7.9%

engagement rate



recent work



Elavate

**collagen & supplements
morning ritual reel**



KH Holistics

**‘the one I keep using’
reel**



UGC and product content

**magnesium set,
ceremonial cacao**

services & rates

01

brand content & UGC

vertical video, stills or both
in every aspect ratio

scripted hooks with on-
camera delivery or silent b-
roll

graded, captioned,
finished files

from **£150** per asset
bundles from **£350**
full usage rights included

02

paid partnerships on my channels

Instagram post **£150-£300**

Instagram reel **£250-£450**

YouTube integration **£300-£600**

03

modelling & casting

editorial, activewear,
wellness, lifestyle and
movement work
(yoga, dance, stretch)

Rates on request



let's connect

hello@itsrachelrose.com

itsrachelrose.com/media

Instagram @itsrachelrose · YouTube @itsrachelrose

Portfolio @_moodhaus

