

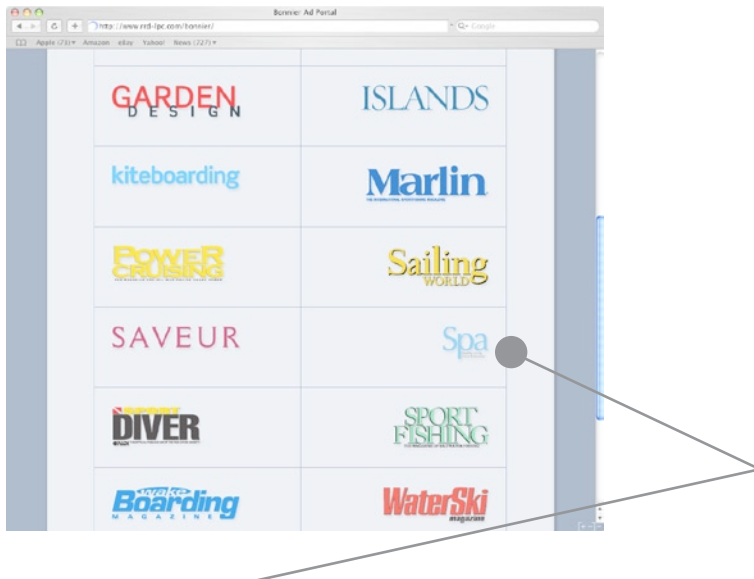
Spa

Healthy Living,
Travel & Renewal

Ad Portal Instructions

We are pleased to make available our Ad Portal that allows you to submit ad materials electronically via a web browser (no FTP software required)

www.rrd-lpc.com/bonnier



Click on the *Spa* logo to submit ad material, then follow the simple instructions on-screen.

Files: Preferred file types: PDF/X1A and PDF
Supported file types: Zip or Stuffit archives, if you are submitting application files (InDesign, Quark, etc.)

Proofs: You will need to supply a separate content proofing file such as a .jpeg or low-res PDF. It is required that you include it with your ad material within a zipped or stuffed file.

For Full Page or Spreads: If you do not intend to ship a contract color proof, we will generate one at a charge of \$42 per page.

You will receive a confirmation email after your file uploads successfully.