

BONNIER
Publications

MAGASINET

Liv

Media kit 2026



Index

Magasinet Liv

Our universe

Editorial schedules, rate cards and formats

Print

Digital

NTA

Pro Age Favoritter

Sundt Liv

Our universe

Editorial schedules, rate cards and formats

Print

Contact

Advertisement specifications



Magasinet Liv is the distinctive magazine for the grown-up woman.

It will appeal to those who see not only the wider picture, but also the more far-reaching perspective. Interviews with a variety of 40+ women, whether they are already in the spotlight or not, go into topics like lifestyle, health, beauty, fashion, food, home and travel.





“To be honest I’m so proud to be in front of Magasinet Liv. Because Magasinet Liv is about sharing the lives that we lead and how we lead them. It’s about celebrating and inspiring 40+ women, right where we are, in all that we dare and do, in the midst of new opportunities, new needs and new adventures. In depth and with enthusiasm and from vanity to sanity. Because why not help each other?”

- **Lea Østergaard, Editor in Chief**



56.000

Magazine readership*



2.293.000

Monthly pageviews**



15.000

Newsletter subscribers



29.438

Facebook likes



12.376

Instagram followers



*Index Denmark - H2 2024 / H1 2025

**Magasinet Liv er en del af Woman.dk

Digital users

Instagram

4%

male



96%

female



Facebook

4%

male

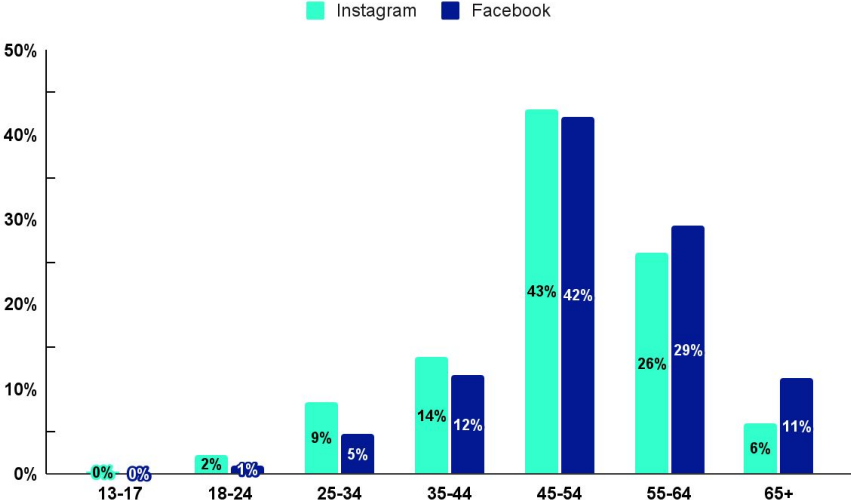


96%

female



Age



Print readers

Gender

32%

male



68%

female



Geography

46%

east region

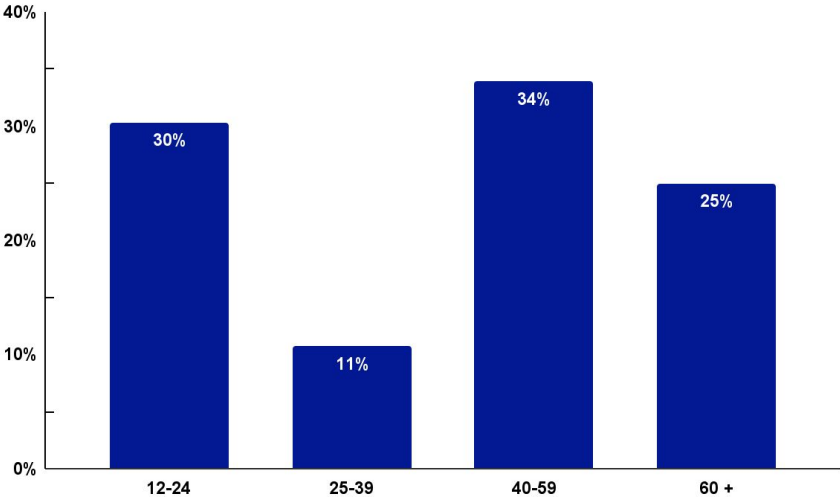


54%

west region



Age





Editorial schedules, rate cards and formats

Magasinet Liv

January - December 2026

No.	Publishing date	Week	Deadline	Theme
1	05/01/2026	2	27/11/2025	
2	05/02/2026	6	05/01/2026	
3	26/03/2026	13	23/02/2026	
4	07/05/2026	19	01/04/2026	
5	18/06/2026	25	13/05/2026	
6	30/07/2026	31	29/06/2026	
7	03/09/2026	36	03/08/2026	
8	08/10/2026	41	07/09/2026	
9	19/11/2026	47	19/10/2026	

Print Advertising rate card

Format	Pricing in DKK*
2/1 page	75.400
1/1 page	45.700
½ page	27.300
Back cover	54.900
Inner back cover	52.500

Format	Pricing in DKK*
Page 2-3	114.300
Page 4-5	109.600
2/1 page + coverflap	219.400
1/1 page + halfpageflap	84.500
2/1 page Native Article	94.200**
!/1 page Native Article	57.200**

*Gross prices only

**In addition, production cost

Print formats

See visualizations and ad specifications further below

*We recommend offsetting any images that cross the spine 2,5 mm to each side (5 mm on the first/last spread).

Product	Format
2/1 page	434x280*
1/1 page	217x280
Vertical ½ page	106x280
Horizontal ½ page	217x137
Back cover	217x280
Inner back cover	217x280

Product	Format
Page 2-3	434x280*
Page 4-5	434x280*
2/1 page Native Article	434x280*
1/1 page Native Article	217x280

New format from issue 2304 (1/1 page 217x280)

Digital Advertising rate card

Desktop	Price in DKK*
Standard banner	CPM 50
Megabanner	CPM 60
Skyscraper/sticky	CPM 50

Mobile	Price in DKK*
Mobile standard banner	CPM 50

High impact formats	Price in DKK*
Ex. Topscroll, Midscroll and Desktop Skin	CPM 100 + CPM 5 ad tech fee

Video	Price in DKK*
Video-in-banner	CPM 60

Newsletter	Price in DKK*
Newsletter banner	CPM 100

*Gross prices

Digital formats

Desktop	Format
Standard banner	930x180
Megabanner	930x600
Skyscraper/sticky	160x600

Mobile	Format
Mobile standard banner	320x320 / 300x250

Newsletter	Format
Newsletter banner	600x500

High impact formats – All devices

We partner with Adnami to deliver a wide range of high impact formats. Possibilities include Topscroll, Midscroll and Desktop Skin. Contact us for specific formats available for this site or for more info*.

Find all Adnami's specs at adnami.io/specs.

Video-in-banner	Format
Desktop video	Ratio: 16:9
Mobile video	Ratio: 1:1

See visualizations and ad specifications further below

*Contact traffic@bonnier.dk for more info.

NTA* formats

Product	Format
Native Article	Ad as on online article. The focus can be either on content storytelling or branding of products in a gallery. Incl traffic drivers
Competition	Competition with prize from distributor
NTA Newsletter	The native article is included in editorial newsletters
Instagram	Post in feed or Story. Story available for 24 hours
Facebook	Postings on the brand's Facebook wall.
Sponsorship	Ownership on categories or events
Video	Video clips formed as an editorial clip, but with a commercial message.

*Non traditional
advertising

NTA Advertising rate card

Product	Pricing in DKK*
Native Article	25.000
Competition	10.000-20.000
NTA Newsletter	10.000
Instagram	10.000
Facebook	10.000
Sponsorship	Contact for price**
Video	Contact for price**

* Gross prices only

**Contact local office for prices
- Contact information further
below

The Beauty Editors Favorites

Magasinet Liv's Beauty Editor, Maria Rothmar selects her **5 favorite products from your brand** and promotes them via our digital channels for one week.

- **2 x post on Magasinet Liv's Facebook**
(1 dark post, 1 organic post)
5 products / gallery including editors note
- **1 x story - line on Liv's Facebook**
5 products / gallery including editors note
- **1 x newsletter**
Editorial element in the newsletter
- **Views: 80.000 unique views**
- **Periode: 1 weeks**
- **Price: DKK 35.000**

Introduction price: DKK 25.000



Pro Age Favoritter

Pro Age Favoritter is our annual award and your opportunity to be showcased in the universe of Magasinet Liv. Our panel of judges makes a selection from the nominated brands/products and afterwards it is up to our digital users to choose their favorites. This is how it works:

- 1. Nominate your brand/products**
 - It is **free of charge** to nominate a brand/product in one or more of the main categories.
- 2. The judges nominates**
 - If one or more of your products are nominated by the judges you pay a handling fee per. nomination.*
 - It is possible to buy an active link to a website/webshop of your choice.*
- 3. Our digital users vote for their favorites**
 - Our users vote for their favorites and choose the winners.

*Contact local office for prices - contact information further below



BONNIER
Publications

MAGASINET
SUNDT Liv

Media kit 2026

Sundt Liv is the health magazine for the grown-up woman

Sundt Liv salutes and takes care of the grown-up woman. Both her body, mind and soul! It focus on all the different challenges and changes that happens halfway through life and it serves as both an inspiration and an encyclopaedia as to what you can do to stay well and get better – with your diet, your training, your rest, your lifestyle.





Editorial schedules, rate cards and formats

Sundt Liv

January – December 2026

No.	Publishing date	Week	Deadline	Theme
1	09/03/2026	11	11/02/2026	Healthy Living
2	04/06/2026	23	30/04/2026	Food & Life
3	03/09/2026	37	05/08/2026	Food & Life
4	21/12/2026	52	20/11/2026	Healthy Living

Print formats & rate card

Product	Format	Pricing in DKK**
1/1 page	225x295	8.000
2/1 page	450x295*	12.000
Back cover	225x295	10.000

See visualizations and ad specifications further below

*We recommend offsetting any images that cross the spine 2,5 mm to each side (5 mm on the first/last spread).

We are here to help you

Contact our team if you have any questions about media sales.

Try our FAQ page, if you need support on how to upload ad material, technical guidance etc.

[GO TO FAQ](#)



KRISTINA LANGBERG

Sales - Front Media ApS
kristina@frontmedia.dk



LEA ØSTERGAARD ANDERSEN

Editor in Chief - Magasinet Liv
leaa@magasinetliv.dk



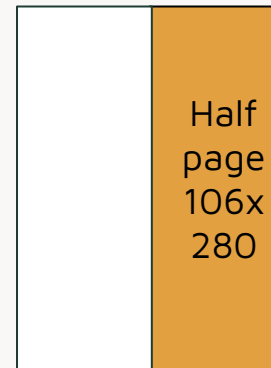
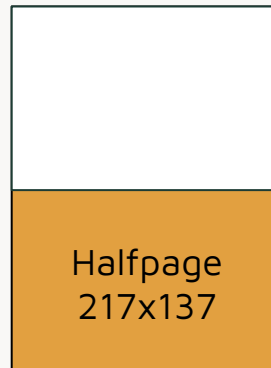
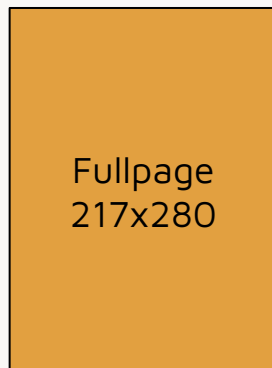
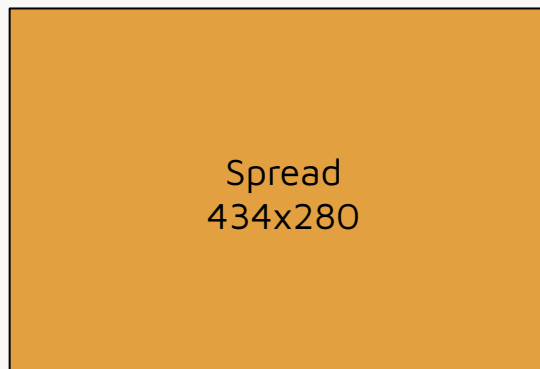
THERESE GUNNI

Advertising Material
therese.gunni@bonnier.dk

Advertisement specifications

Print, mobile, tablet and desktop formats

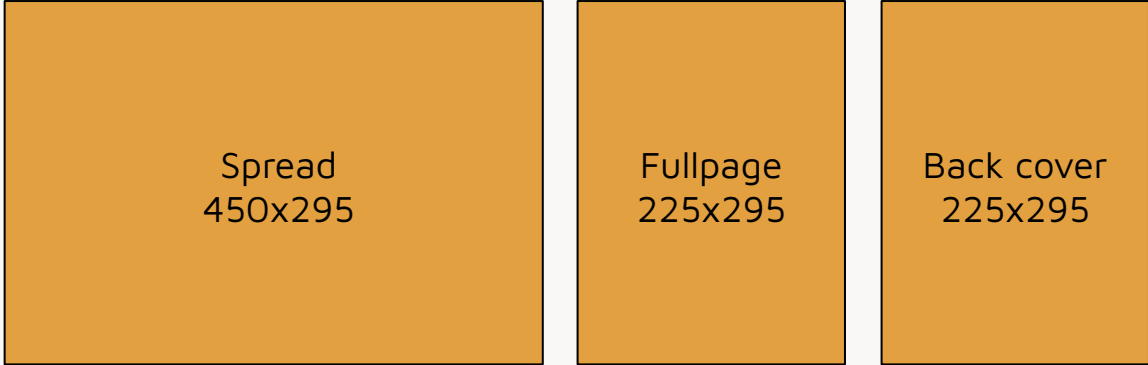
Magasinet Liv Print- formats



Missing some prices?

See details about pricing above

Sundt Liv **Print-** **formats**



Spread
450x295

Fullpage
225x295

Back cover
225x295

Missing some prices?

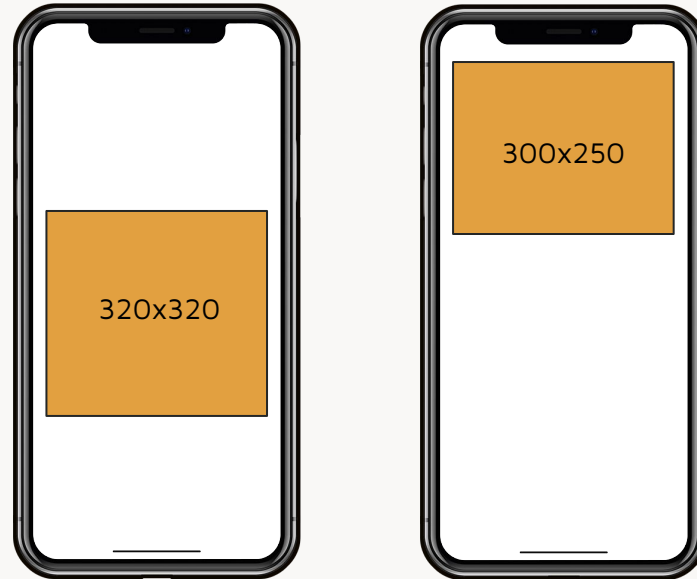
See details about pricing above

Mobile standard banners

Specifications:

HTML5 banner
JPG / PNG / GIF
3rd party tag
Max 150 KB

Incl. URL / tracking

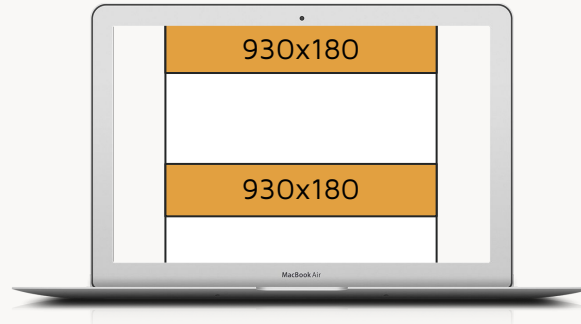


Desktop standard banner

Specifications:

HTML5 banner
JPG / PNG / GIF
3rd party tag
Max 150 KB

Incl. URL / tracking



Desktop mega banner

Specifications:

HTML5 banner
JPG / PNG / GIF
3rd party tag
Max 150 KB

Incl. URL / tracking

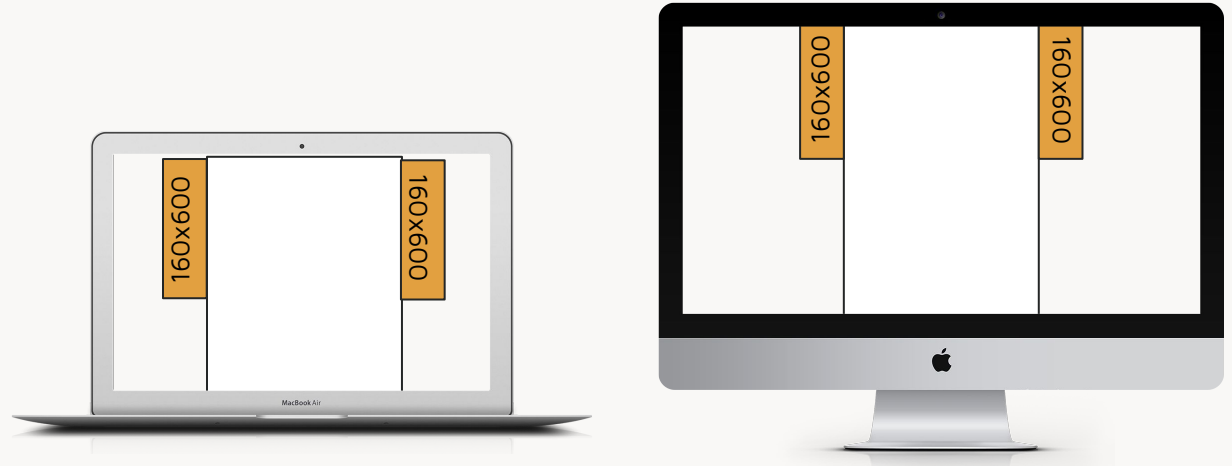


Skyscraper/ Sticky

Specifications:

HTML5 banner
JPG / PNG / GIF
3rd party tags
Max 150 KB

Incl. URL / tracking



Video outstream / instream

Specifications:

- MP4, MPEG4, MOV files.
- VAST

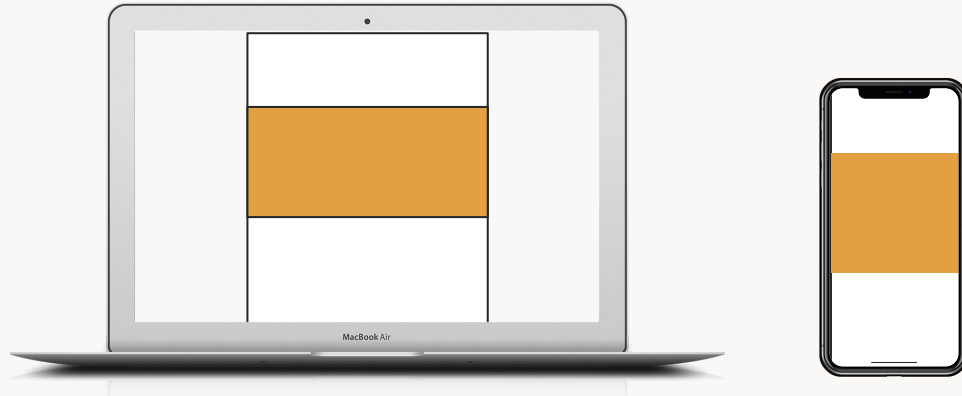
Desktop ratio: 16:9
(1920x1080)

Mobile ratio: 1:1
(1080x1080)

Max. weight: 5 MB

Recommended to keep
under 15 seconds. Max. 30.

Incl. URL / tracking



Newsletter

Specifications:

JPG / PNG / GIF
Max 150KB

Incl. URL / tracking

