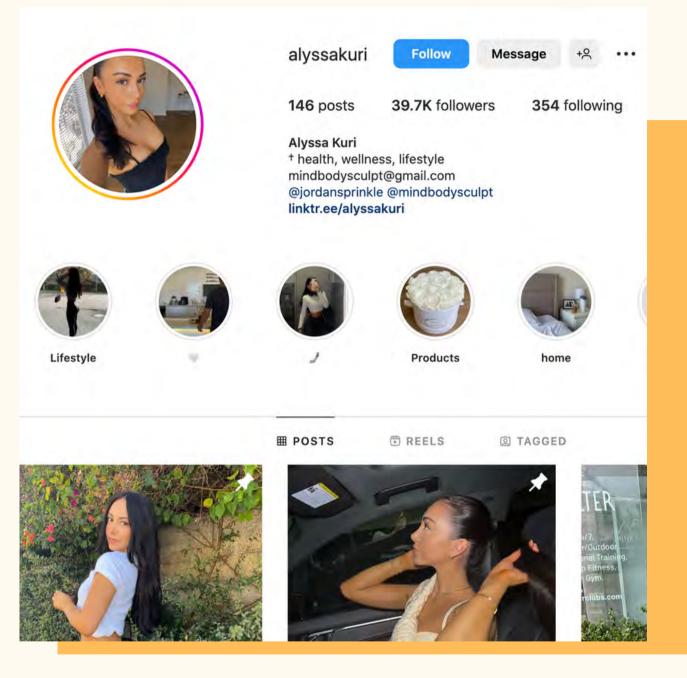
Health & Wellness

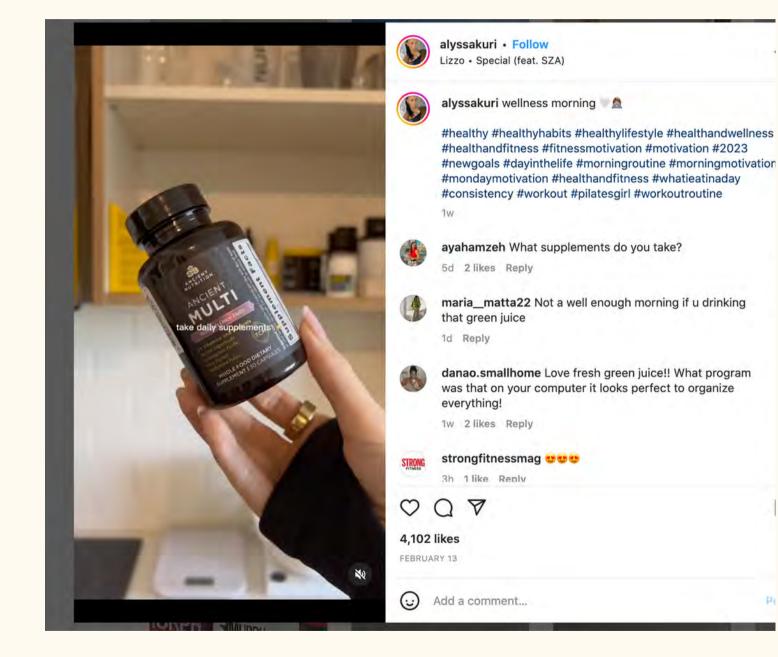


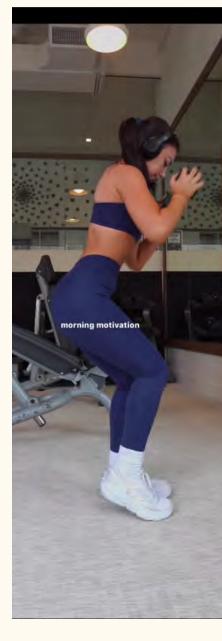
Instagram followers: 39,700 Average reel views: 199,800

ALYSSA KURI Instagram: <u>Aalyssakuri</u>

Alyssa Kuri is a health and wellness micro-influencer on Instagram. She is a Gen Z creator who shares wellness tips and product recommendations. Alyssa's content style is v-log-inspired, where she takes her audience on a personal journey throughout her day, sharing insights into her wellness lifestyle. Instagram reels perform strongly on her platform. Her platform is dominated by Instagram reels, which showcase fast-paced clips and trendy audio to keep her audience engaged. Overall, her content is designed to offer a fresh take on wellness that appeals to Gen Z and encourages her followers to adopt a similar approach.

ALYSSA KURI



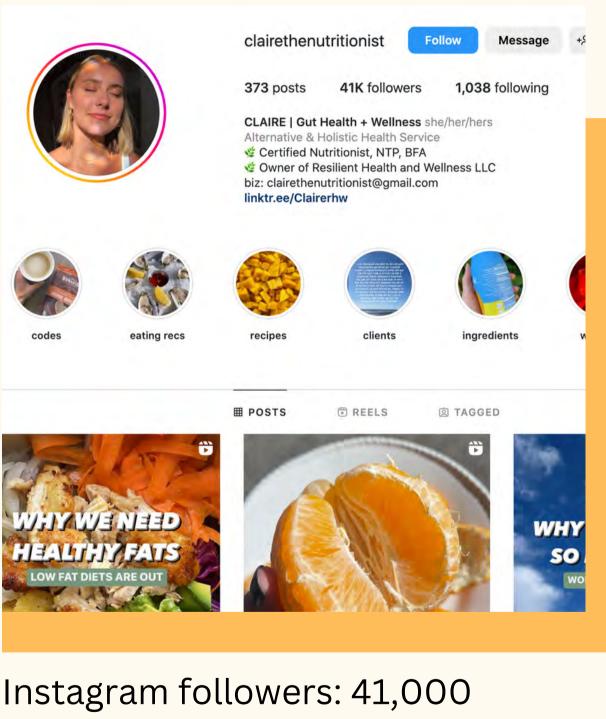


Link to post: HERE

- 🗇 🗡

	alyssakuri • Follow Original audio	
	alyssakuri happy monday w morning motivation + #morningmotivation #motivation #morningroutine #workoutroutine #workoutmotivation 12w	
	_priyal_raj what app do you use for workouts?? 12w 2 likes Reply — View replies (1)	Ø
۲	jessmollybell the pressed shots	0
۲	 mary_morgaan Can I ask your measurements (you can DM me). Wanna buy this set but not sure what size! Thank youu 11w Reply View replies (2) 	Ø
-	ohbiancarose Love your posts! Where is the bag from?	Ø
10,23	 Q ▼ 66 likes BBER 28, 2022 	
ink	to post: <u>HERE</u>	Pacat

Health & Wellness



TikTok following: 316,000 Average reel views: 15,844

CLAIRE INSTAGRAM & TIKTOK: <u>OCLAIRETHENUTRITIONIST</u>

Claire is a health and wellness micro-influencer with a specific focus on gut health. She is also a certified nutritionist, which adds credibility to her platform. She believes that complete wellness starts with a healthy gut and shares various tips and tricks to maintain gut health, including food swaps, easy recipes, educational content, and recommendations for wellness products. A majority of her content shared are reels, which tend to perform strongly. Claire often shares content of her talking directly to her camera, which adds a personal aspect to her page and also enhances her connection with her audience.

- 🗇 >

CLAIRE



clairethenutritionist • Follow monetmcmichael • Original audio

clairethenutritionist SUPER BOWL FOOD SWAPS 🏈

All of these products give you the same yummy taste as the typical Super Bowl staples, but without making you feel crappy by the end of the game!

'+That is the beauty of choosing clean ingredient products: they don't make you feel bad after eating them!

So often I see clients become disconnected between the food that they eat and how the food actually makes them FEEL

If we listen to our bodies, it makes the clean ingredient option less of a chore/something I "should do" and more of a no-brainer/I want to do this!

 $\mathcal{Q}\xspace$ And of course, always remember that life is will about balance

Here are the swaps! @applegate @grillospickles @bouldercanyon @primalkitchenfoods

QA

478 likes

FEBRUARY 9

Add a comment...

Link to post: HERE

IMMUNITY SHOT

🖸 from a nutritionist 🤳





clairethenutritionist • Follow Paid partnership Original audio

1	
Y	Y,

clairethenutritionist IMMUNITY SHOT 🥩

Here's a simple (6 ingredient) wellness shot recipe that is jam packed with nutrients that all support the immune system!

©And don't worry, you don't need to go out & buy an expensive juicer. I made mine using a blender and a @getjuv!

This is an inexpensive way to make juices and wellness shots at home + the JUV is dishwasher safe so it will also save you time & energy

You can get 10% off with code "clairethenutritionist" (link in bio!)

- Hingredients:
- Juice of 2 lemons
- 2-3 cloves of garlic
- 1 cup roughly chopped ginger
- 1 small turmeric root
- 1/4 tsp pepper
- 1/2 tsp cayenne pepper powder
- Filtered water

1. Wash vour ainaer & turmeric (no need to peel since vou'll

QQA

1,718 likes

DECEMBER 7, 2022



-

Add a comment...

Pas

Fashion & Beauty

Follow

34.1K followers

Followed by marlainapate, bryannaromero, briannaloera_ + 2 more

Message

1,170 following





NAILS

OTD PT. 2





linktr.ee/Hangwithanna

hangwithanna

1.423 posts

Johanna Cruz



Links

AUSTIN, TX

I POSTS REELS I TAGGED

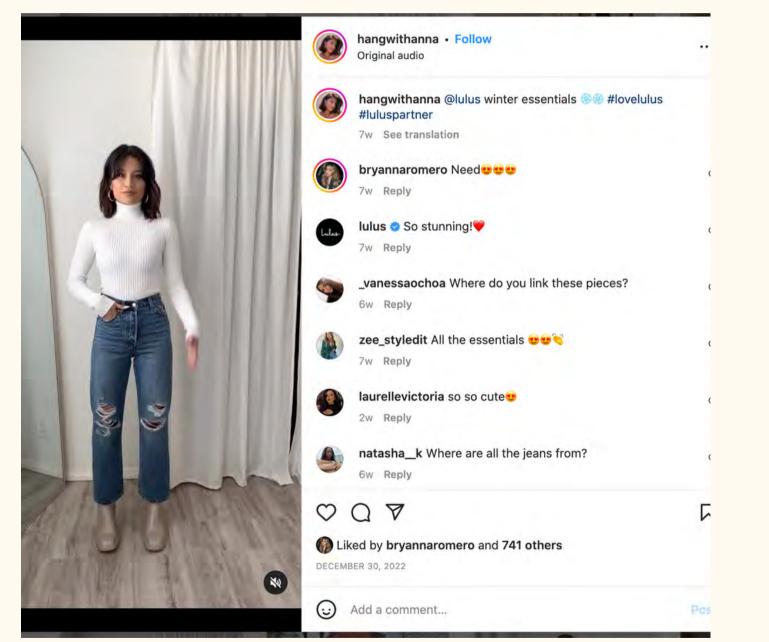


Instagram followers: 34,100 Average reel views: 10,760

JOHANNA CRUZ INSTAGRAM: <u>AHANGWITHANNA</u>

Johanna Cruz is a fashion micro-influencer on Instagram. Her content usually features her styling different outfits together, and her fashion sense can appeal to both Gen Z and Millennials. Instagram reels perform the strongest on her page. She frequently tags the clothing pieces she showcases in her content and captions. Johanna often offers discount codes for the majority of the products she shares which helps her followers easily access her fashion style. Overall, her content is designed to inspire her audience with new and trendy outfit ideas while making those looks affordable.

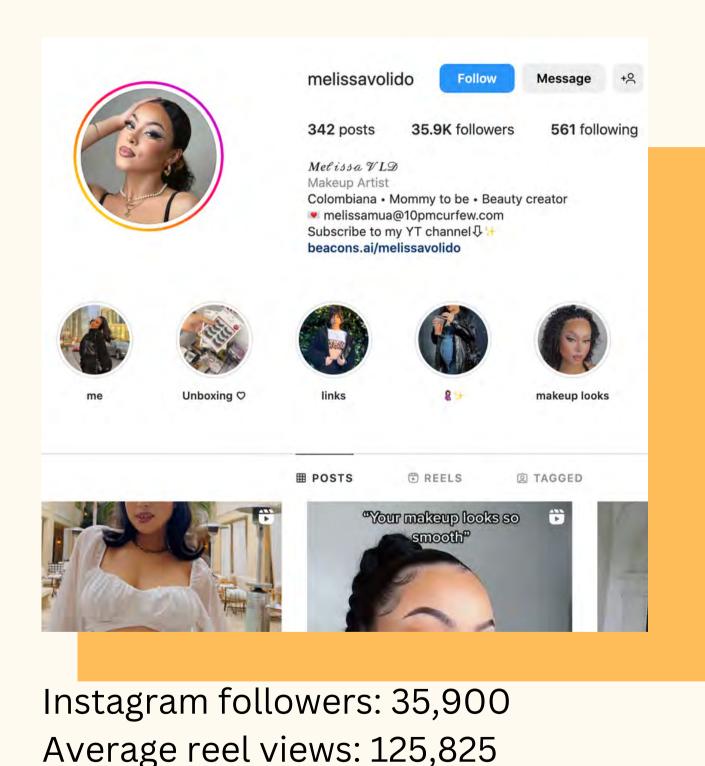
JOHANNA



Link to post: HERE

hangwithanna • Follow Q hangwithanna 6 fall @misslolaofficial outfits, boots in 19w shush.ghandilyan Hi Hanna! Can you please check yo request? Thanks! 💞 18w Reply zee_styledit Ok hottie!! 🔥 🔥 girl I need all the pieces!! 19w Reply sssilverdewzhang Vcould u check dm plz A 18w Reply 6 fall outfits browneyes_96_ Link please with Misslo 18w Reply View replies (1) soundstylebrand Hello beautiful, kindly check your in 17w Reply QQA 912 likes OCTOBER 11, 2022 12

Fashion & Beauty

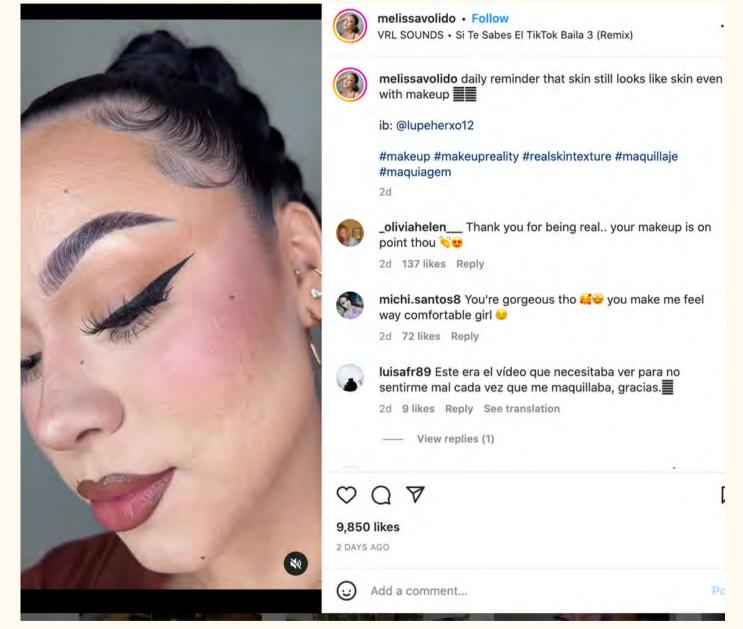


MELISA VDL Instagram: <u>Amelissavolido</u>

Melissa Volido is an Instagram micro-influencer who specializes in beauty. She shares makeup & hair tutorials, editorial looks, beauty hacks, and beyond. Melissa has built a strong connection with her audience by being authentic about her skin's "imperfections". She shares her best tips on how to achieve flawless skin, even for those with acne-prone skin and texturization. Additionally, Melissa is a soon-to-be mom and is open about how her beauty routines have changed since becoming pregnant. She's started a series that highlights popular products that are not safe to use while pregnant. This is a unique and interesting approach that helps Melissa to engage with both her current and newly anticipated audiences.

- 🗇 >

MELISA



Link to post: HERE

Tiktok: <u>HERE</u>



melissavolido • Follow bia.makeuppp_ofc • Original audio



melissavolido OMFG 🍀 to 😂 🌌 🖤 💙 🧟

Happy Valentine's dayyy amigas! 💐

#makeup #maquillaje #maquiagem #viral #reels #transi
1w



sukitty710 Yessssss!!! It's the no filter for me!!!



nnicolejulieet I like that you don't hide your textured sk because I struggle with that and when I do my makeup makes me feel insacure that I don't have nice skin or nc pores but thank you for showing me I'm still beautiful w my skin !!!

3d 335 likes Reply



solanasmakeup so refreshing to see gorgeous artistry without a filter. this is talent 🙂

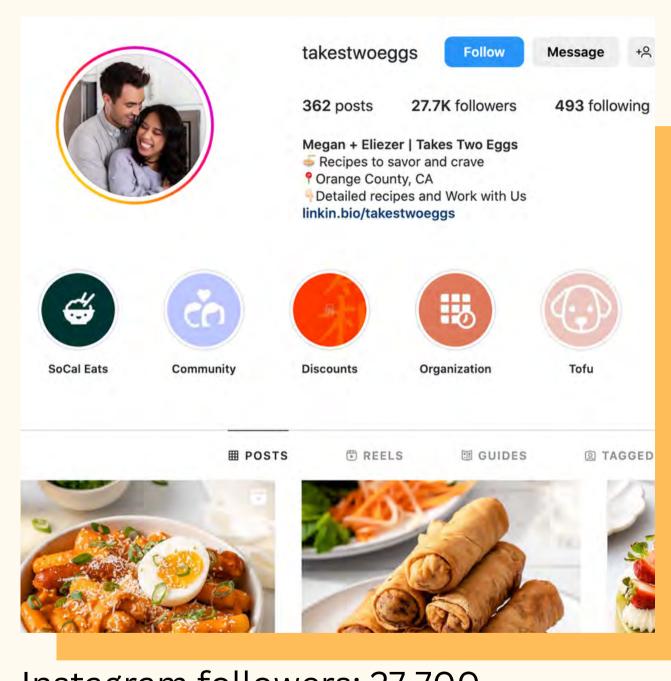
5d 210 likes Reply

QQA

55,945 likes FEBRUARY 14

Add a comment...

Food and Beverage



MEGAN & ELIEZER Instagram: <u>@takestwoeggs</u>

Megan and Eliezer are Instagram micro-influencers who focus on food and recipes. They specialize in sharing Asian fusion recipes that come with high-quality content. Their goal is to inspire their followers to cook the easy and healthy meals they share. To achieve this, Megan and Eliezer tend to use everyday ingredients and provide cooking tips that make their recipes accessible even for those who do not cook often. Megan and Eliezer's Instagram reels perform strongly in comparison to their static posts. They also include the complete recipe and ingredients list in most captions and direct their followers to their blog site for more complex recipes. Megan and Eliezer's content is designed to encourage their audience to try new recipes and enjoy cooking.

Instagram followers: 27,700 Average reel views: 55,427

MEGAN & ELIEZER

...

TEOKBOKK

FULL RECIPE IN CAPTION



takestwoeggs Korean Rice Cakes. Spicy Carbonara. Name a

This mouthwatering Rose Tteokbokki is creamy, spicy, savory AND ready in under 30 minutes! Satisfy your cravings for

something spicy with this easy recipe today 🚺

takestwoeggs · Follow

Letherette • Woop Baby

better duo 😂

INGREDIENTS

* 1 lb tteokbokki tteok * 4 strips bacon, sliced

* 12 mini sausages

ROSE SAUCE

* 4 cloves garlic, minced

* 1 stalk green onion sliced

* 3-4 sheets fish cake, bite-sized



Link to post: HERE



takestwoeggs • Follow Paid partnership with empress1908gin 90sFlav · Call me

takestwoeggs Spice up your happy hour with this Empress 2 Grapefruit Yuzu Highball featuring @empress1908gin M #sponsored

> This cocktail is made with fresh grapefruit, lime yuzu soda, and thyme infused simple syrup for a refreshingly citrusy cocktail with a soft herbal finish. It's both visually and tastefully stunning yet EASY to mix together with botanical rich Empress Gin.

Be sure to save this crowd pleasing cocktail for your next happy hour! #SimplyStunningEmpress

- Empress Grapefruit Yuzu Highball
- * 2 oz Grapferuit Juice
- * 1/2 oz Thyme Simple Syrup
- * 4 oz Lime Yuzu Soda
- * 2 oz #EmpressGin
- * Dried Grapefruit and Thyme Sprig for garnish

QQA

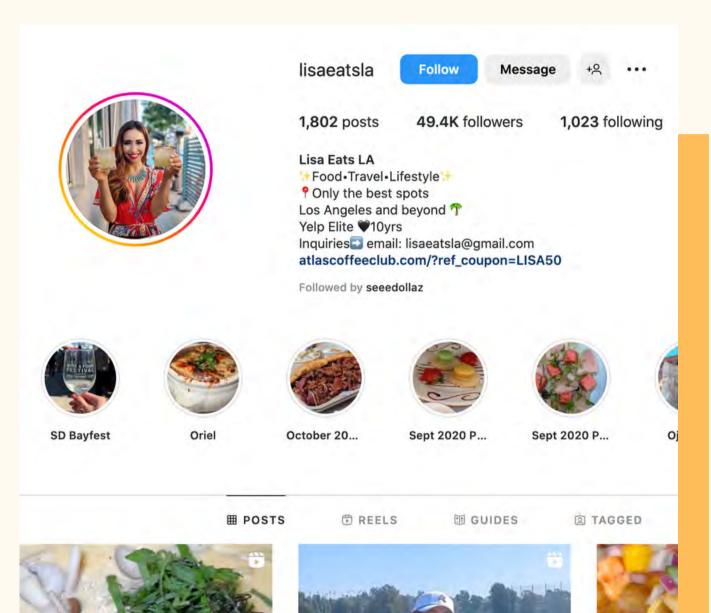
310 likes

FEBRUARY 8



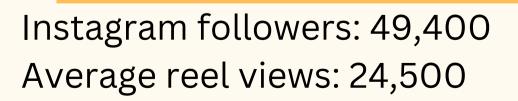
Add a comment...

Food and Beverage



USA Instagram

Lisa is an Instagram foodie micro-influencer who focuses on dining in Los Angeles. She is also a Yelp Elite food reviewer which adds credibility to her recommendations and critiques. Lisa is known for sharing the hottest and trendiest places to eat and drink in the greater LA area. She often posts Instagram reels of her reviews, which feature a voiceover and clips of herself to add a personal touch to her content. Lisa does an excellent job of describing her tasty experiences which encourages her followers to add those locations to their mustvisit lists. She also provides the address and handle of the restaurants she reviews within her captions, making it easier for her followers to find.



- 🗇 >

INSTAGRAM: <u>ALISAEATSLA</u>



lisaeatsla and somos_oaxaca_la Beats by Talent . Good Vibes (Instrumentals)

lisaeatsla Have you tried grasshoppers?! I tried them for the first time at @somos_oaxaca_la and you know what?! I liked them! If you can get past the legs, they're actually crunchy and savory little morsels. For the less adventurous, Somos also has great Oaxacan classics. I LOVE the fish tacos and they make a damn good margarita. Thanks for the rec @the_hangry_rider 🌮

#oaxacanfood #chapulines #grasshoppers #mexicanfood #losangelesfood #lafoodie #losangelesfoodies #yougottaeatthis #restaurantreview #lisaeatsla

ocfeed I'm half in on Grasshoppers 2d 3 likes Reply

the_hangry_rider Love @somos_oaxaca_la ! 2d 1 like Reply

View replies (1)

mikegdagod i had chocolate covered ants once 🥹 1d 1 like Reply

V

Add a comment...

LISA



Link to post: HERE



lisaeatsla · Follow Rowland Heights, California

lisaeatsla Celebrated the lunar new year 🗧 at the brand @iwagyula in Rowland Heights! The chef's recommendat for 2 comes with everything featured for \$138! Talk abou wagyu feast! Wagyu short rib, kalbi tips, chuck flap, Prim beef tongue, tiger shrimp, vegetables and wagyu bibimb Stay tuned for my reel on the full experience 🗮

The quality and value are EXCELLENT and they are curre offering memberships for even better deals on wagyu.

#wagyu #wagyubeef #rolandheights #jbbq #japanesefoc #yakiniku #lisaeatsla

4w

iwagyula Thank you for your visiting 💙 Hope see you next time soon 🥰

4w Reply



镜

IMAGOU

nando.losangeles Is time for you to try Nando in Manhat beach

4w Reply



oneblackdragon VThe red outfit, just right for Chinese New Year and

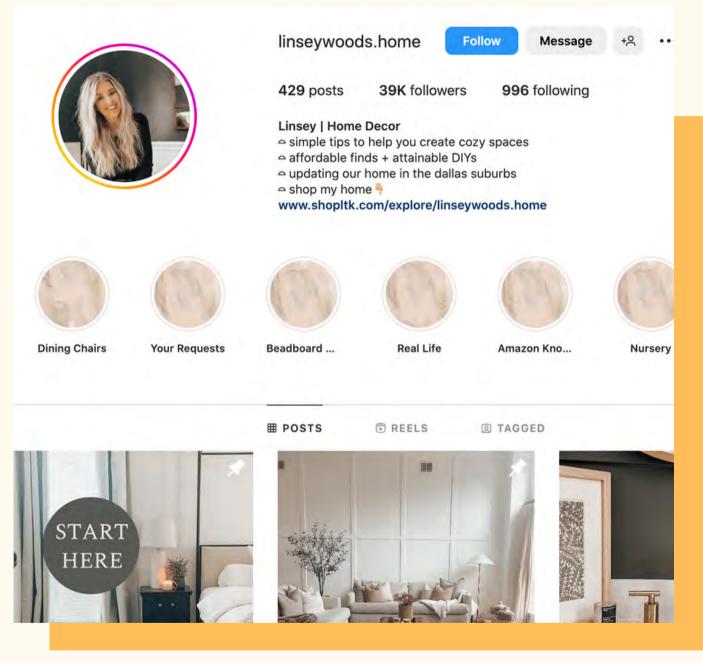


507 likes

JANUARY 24

Add a comment...

Home Décor and Furniture



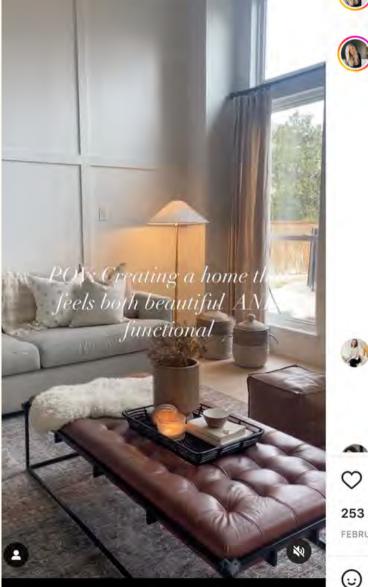
Instagram followers: 39,000 Average reel views: 17,779 UNSTAGRAM:

Linsey is a home decor micro-influencer on Instagram. Her posts provide her followers with easy tips, DIY projects, and affordable home decor finds. Linsey's minimalist decor style, which features natural tones, is highly relatable and easy to appeal to her audience. Her content is often of high quality and uses natural lighting. Whenever she shares an affordable find, she includes the links to the items in her bio, making it easy for her followers to purchase them. Linsey also engages with her followers through the comments of her shares which fosters a strong community connection and adds to her credibility.

- 🗇 >

INSTAGRAM: <u>ALINSEYWOODS.HOME</u>

LINSEY





linseywoods.home . Follow dani_galloo • use me

...

linseywoods.home How we're blending beauty + function in here 👇

-Ditched a traditional coffee table for an ottoman because softer edges + toddling littles 😅

-Added lidded baskets to create a purposeful corner that also hides tons of toys

-Chose a rug that's beautiful but also super durable for high traffic

Do you have any struggles with mixing design & function? It's totally doable!

You can always shop this space through the link in my bio! 1w

liv.and.bloom So beautiful and cozy 🙂 agree, you don't 0 have to compromise in either!

1w 1 like Reply

— View replies (1)

haurillahama Eunationality in kay

253 likes

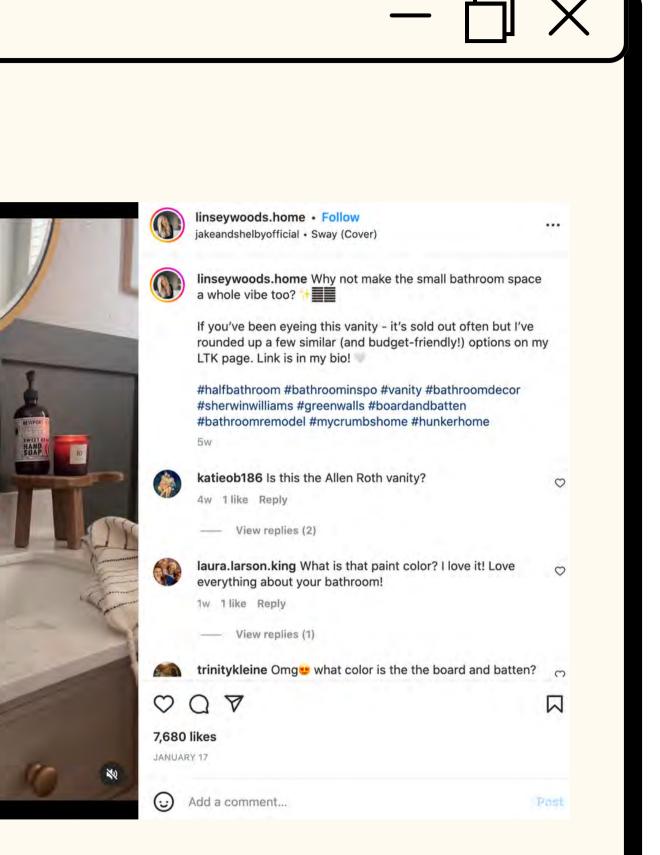
V Q

FEBRUARY 13

Add a comment...

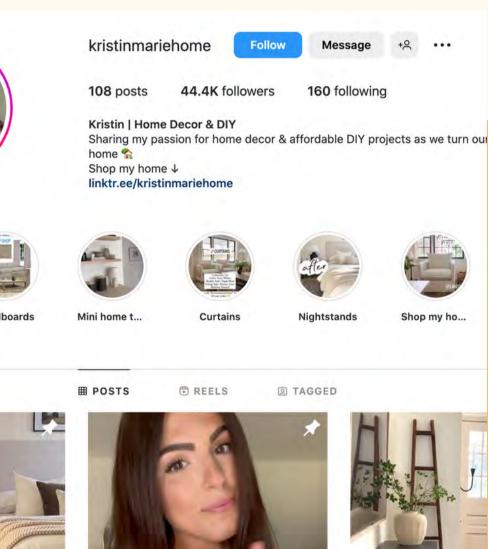


Link to post: HERE



Home Décor and Furniture





Hide TV cor

A little about m

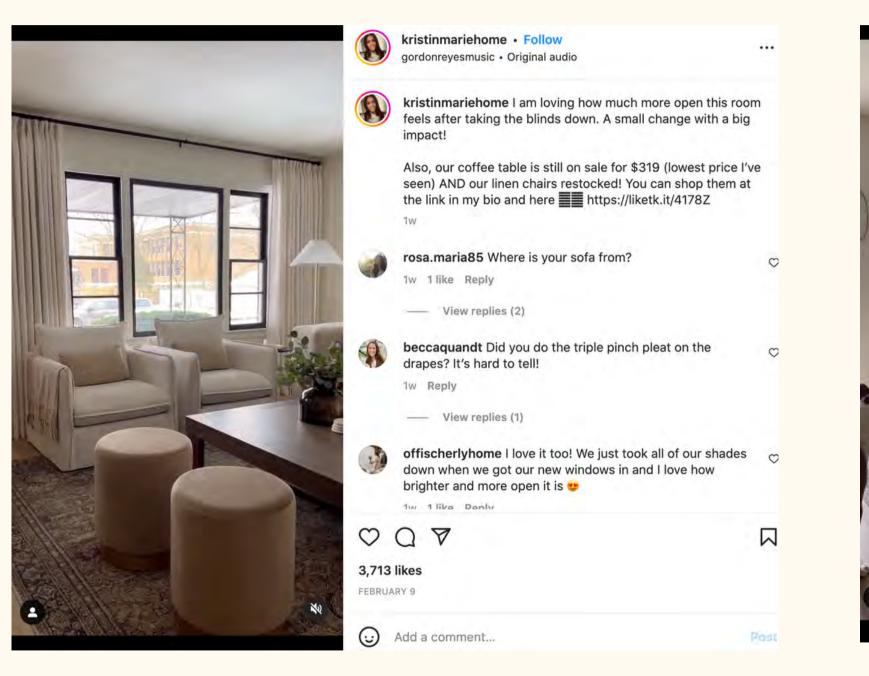
Instagram followers: 44,400 Average reel views: 165,725

Kristin Marie is an Instagram micro-influencer who focuses on home decor and DIY projects. As a new homeowner, she shares her journey of transforming her house into a cozy home. Despite not being an interior designer, Kristin shares only what has worked for her home, which adds an element of authenticity to her posts. Her transparency encourages her followers to participate in her projects as well as provide feedback. Kristin makes it easy for her followers to find the products she uses in her projects by including links and pricing in her captions and bio. She is also always answering questions her followers might have and frequently engages with them in the comments section of her posts. Kristin's posts inspire her followers to try new projects and learn more about home decor.

KRISTIN MARIE

INSTAGRAM: <u>AKRISTINMARIEHOME</u>

KRISTIN MARIE



Link to post: HERE



	kristinmariehome • Follow AJR • World's Smallest Violin	
	kristinmariehome WOW. I wasn't sure if these curtains wo even make that much of a difference because they're the exact same color as the TJ Maxx ones but what a difference I will post full before and after tomorrow!	
-	julpeca89 They look super similar tbh 5w 130 likes Reply — View replies (3)	Ø
•	sheri.rafferty.90 Can't find the curtains 5w 7 likes Reply — View replies (1)	Ø
•	caliqueen_951 Where did you buy them 6w 1 like Reply — View replies (1)	Ø
•	bmw3andme Where are the accent chairs from 5w Reply	Ø
10.00	O ♥ 5 likes RY 8	
•	Add a comment	Post