

# PAULINA STELMACH

[www.paulinastelmach.com](http://www.paulinastelmach.com)

Hi, I am a 22 year old who is currently studying Interior Design at University. I have moved all the way from Ireland to England over two years ago to study here, which is when the idea of starting a blog began. I have always been passionate about writing and photography and wanted to start a blog for a while, but something always held me back. Now once I have settled down in England, I decided to start my blogging journey last year and I have loved every minute of it.

Paulinastelmach.com is a blog based on student lifestyle, fashion, recipes, interior design, my travels and anything else that I find inspiring. I decided to start sharing my thoughts with the world as I came to a realisation that writing everything in my journal wasn't enough for me.

[Paulinastelmach.com](http://Paulinastelmach.com) is a student based blog which also covers more serious topics such as relationships, mental health and advice. A new blog post is up every Friday yet the goal is to start a blog community for existing & new bloggers where they can learn to grow and engage with their followers.

## WORK WITH ME

If you are interested in working with me, please contact me. I am honest and all opinions regarding the products will be mine. **I am looking forward to working with you.**

## CONTACT INFORMATION

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## Paulina Stelmach

### SOCIAL MEDIA

-  36 followers
-  4.4k followers
-  2.6k followers
-  45k monthly views

### BLOG STATS

- 52% new visitors each month
- page views went up by 17% within the last month
- 92% women visitors

### SERVICES

- sponsored posts
- giveaways
- social media promotions
- product reviews

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## BRANDS I HAVE WORKED WITH



### SHINE BARS

"The shampoo bar is naturally derived, not tested on animals and creates no waste due to the fact it is sold in a metal container and lasts up to 4 times longer than any liquid shampoo."

### BLUE ROCK LIVING

"The toothbrush is made out of a Mao bamboo which is the fastest growing plant in the world meaning that it is a great product for people like me; people who want the world to be a better place for the future generations. For every toothbrush sold, BlueRock donates 10p to the marine life conservation projects."



### ORANGUTAN STYLE

Lately I have been loving the Orangutan Style body butter\*; it is a combination of shea butter and coconut oil and omg, it smells AMAZING!

Believe it or not, I have been using their body butter for three weeks now and my skin feels better than ever before; this must relate to the fact that their whole range is made out of **100% natural ingredients**.

Oh, and don't forget that they donate 10% of all their profits to the preservation of orangutans and their natural habitats.

## THE DRINKS BAKERY

I have recently partnered up with The Drinks Bakery to try out their biscuits\* that complement alcoholic drinks. I am not a party animal myself, yet I do like a glass of wine or some cider in the evening and I don't know how I used to drink without having these biscuits to snack on.

They are so delicate, and work amazingly with the drink they are matched for. If you like having a snack with your drink, but want something new; this is definitely your go to!



## WILLOW & FINN

I am currently obsessed with the candles that I have been kindly gifted by Willow and Finn.

First of all they are environmentally friendly and hand poured candles that smell like heaven. I received the 'lavender & patchouli' and 'orange blossom & pertigrain' scents and they fill up with room within minutes.

I also realised that they make me fall asleep better and I feel calmer.



## CANOWATER

I have been loving the CanOWater and I want to help spread awareness and encourage people to start buying their water.

With around **8 million tonnes of plastic** ending up in the oceans each year, CanOWater is a great alternative to single use plastic bottles. Their cans go from your recycle bin to the shop shelves in just 60 days!!! The water (even the sparkling one) stays fresh for longer since the cans are resealable.





## LINWOODS

Growing up in Northern Ireland, I lived on Linwoods food and I have been obsessed with their seeds since the start. Whenever I have porridge, I'd add some banana, honey and Linwoods seeds as it makes it taste so much better. Their seeds are a good source of Calcium, Iron and Magnesium and since it is getting cold, it is important to make sure that our bodies are getting all the vitamins and food sources it needs to fight off bacteria and to stay healthy.



## TEA PIGS

If you have been following me for a while, you would know that I am concerned about sustainability and I am always trying to find products and brands that are trying to help the environment so when I learnt that TeaPigs are all about sustainability I was super happy as not many tea brands do anything to help the environment.

Their tea temple is made from plant starch which means that you can easily pop it into your food waste and it will decompose. How amazing is that! TeaPigs sent me the Popcorn and Apple & Cinnamon teas to try out and believe me, they taste exactly how they sound. The apple and cinnamon tea is perfect for a cold night in while the popcorn one is suitable for any mood! I could not recommend them enough.

