



FOOD, WINE, TRAVEL & LIFESTYLE

About me

I am a photographer, writer and content creator based in Cape Town, South Africa. Ten-plus years of working with brands in the Hospitality Industry has equipped me with the skill set to create quality content across various digital platforms. I work alongside PR's and brands to produce engaging and visually appealing social media and blog campaigns to help showcase their products and/or services.



80% SA 4% UK 3% USA 3% Other





INSPIRED LINING

https://www.inspiredlivingsa.co.za/

PREVIOUS Collaborations

WILDERER GIN











To engage my services or to arrange a detailed quote please contact me via email **fiona@inspiredlivingsa.co.za.**

WHAT CAN I DO FOR YOU?

I offer a range of services to help bring your brand to life, including content creation, recipe creation, food pairing, styling, and photography. My passion for storytelling and attention to detail enables me to create engaging and authentic content that will resonate with your audience. Whether you need content for your social media platforms, blog, or website, I am dedicated to delivering high-quality work that showcases your brand's unique story. Let's work together to create something amazing!



SERVICES & RATES

BLOG POST	R3500	PACKAGE 1	R7200
Includes copywriting and photographic content.		Includes content creation, a blog post and an Instagram reel.	
INSTAGRAM POST	R2000	PACKAGE 2	R5400
Includes editing and posting.		Includes a blog post and an Instagram reel.	
INSTAGRAM REEL	R2500	PHOTOGRAPHY PACKAGE	R1500
Includes editing and posting.		Rate per image set. This includes styling, props and one edit. Food costs not included.	
CONTENT CREATION	R2000	GIVEAWAY	R1500
Includes recipe creation*, food pairing*, styling and photography. Site visits may incur an additional fee. (*Food costs not included)		Charged in addition to content creation and publishing costs.	
		COPYWRITING	R1500
		Copywriting fee per 500 words.	

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