

BEST
SELLER

Nr. 25 14. 6. 2024

TOP
100
TIPPS

Alles für die Frau

Nur
1,39 €

Für echte Knobel-Fans
Kniffliger Rätsel-Spaß
Mitmachen und gewinnen

S. 60

Schlemmer-Nudeln

REPORT Glücksbringer auf vier Pfoten
Dieser niedliche Hund schenkt
Demenz-Kranken neue Hoffnung

S. 14

Darauf schwören die Profis
Den ganzen Tag
strahlend schön –
und top gepflegt

S. 10

Beauty-Tricks,
die sofort
wirken

S. 13

Hier gibt es noch Zinsen!
Clever Geld
anlegen
für die Enkel

S. 17

Die Lieblinge unserer Promis
Verliebt in
traumhaft schöne
Schmeichel-
Kleider

S. 8

Knacken garantiert 10 Pfund!
Schlank mit
Zauber-
Salaten
Die besten Sattmacher-Zutaten

S. 24

MEDIZIN-
WUNDER
Die Heilkraft
unserer
Haustiere

S. 54

STAR-
INTERVIEW
Wie geht es Pe
Werner heute?

S. 16

Neue
Lebensfreude
5 Dinge,
die
glücklich
machen

S. 45

Extra
GRATIS FÜR SIE
Pflanz-Kompass für
warme Tage
Himmliche
Minigärten

S. 20
S. 28

4 196676 001390 25

Deutschland 1,39 €, Österreich 1,60 €,
CH 2,70 CHF, BELUX 1,70 €, FRUIT 2,10 €,
ES/PT (cont.) 2,20 €, SI 2,20 €, HU 990,00 HUF

Prices
2025



AdAlliance



Discount combinations

TINA BELLA LAURA ALLES FÜR DIE FRAU
Kombination



Combination
savings*

4,49%

Subsequent discount

For additional bookings in Mein TV & ICH you will
receive a follow-up discount of 20 %.



* See combination tariff for details

Formats on single pages

Format	Format additions	Ad placement	Bleed format (width x height in mm)	Mono/Multi colour
1/1	normal	inner	222 x 280	19,280
1/1	normal	outside back cover	222 x 280	21,210
3/4	vertical	inner	161 x 280	16,780
3/4	horizontal	inner	222 x 205	16,780
1/2	vertical	inner	109 x 280	12,200
1/2	horizontal	inner	222 x 139	12,200
1/3	vertical	inner	73 x 280	10,260
1/3	horizontal	inner	222 x 94	10,260
1/4	vertical	inner	57 x 280	7,930
1/4	horizontal	inner	222 x 73	7,930

Formats on double pages

Format	Format additions	Ad placement	Bleed format (width x height in mm)	Mono/Multi colour
2/1	normal	inner	444 x 280	38,560
2*1/2	horizontal	inner	444 x 139	19,280

Reservations for preferred positions expire if a written space order has not been submitted no later than two weeks prior to advertising closing. Furthermore, we reserve the right to give the preferred position to another advertiser who submits a written space order if the advertiser holding a reservation does not submit a written space order within three working days.

Trimming edge: add 5 mm to all sides. Live matter should be at least 5 mm removed from the trimming edge. Special formats and preferred positions on request.
Advertising splits on request.

ADVERTORIALS

Advertorials are charged according to the currently valid advertising rate plus creation costs, and are included in a contractual year for discount purposes.

CREATION COSTS

(incl. concept, copy and layout, not incl. photo rights and photo productions)

Double page: 3,500

Full page: 2,900

1/2 page: 2,200

1/3 page: 1,900

Additional formats available on request. We will be happy to prepare an individual offer for photo productions, creation of recipes, text writing etc. Advertorials are marked with the word "ANZEIGE" (Advertisement). Creation costs are not eligible for agency commission or discounts. We require briefing, image and text materials no later than three weeks prior to the deadline for copy material – see also Closing Date Schedule. Timing for individual photo productions, creation of recipes, text writing etc. on request.

All rates are shown in euros; the rates are in effect from 1 January 2025 for bookings through RTL AdAlliance; value added tax will be charged on the net invoice amount if applicable.

LOOSE INSERTS

Definition

Loose inserts are products which are supplied ready for loosely inserting in the magazine with the closed side to the binding edge. The maximum weight must be determined in advance. Product samples and CDs on request.

Rates per 1,000

Weights up to	Total without Subs	Subs within Total	Partial circ. ex. Subs	Subs
20 g	78	94	80	111
30 g	83	104	85	121
40 g	88	114	90	131
50 g	93	126	94	143
60 g	103	150	105	167
every addl. 10 g	+10	+19	+10	+17

Loose inserts with tip-on elements on request.

Circulation

Minimum circulation: 50,000 copies. The subscription circulation cannot be partially booked.

GLUED INSERTS

Definition

Glued (tip-on) inserts are products which are supplied ready for processing and glued to a carrier ad so that they can be easily removed by the reader.

Rates per 1,000

Special ad format	Weights up to	Total without Subs	Subs within Total	Partial circ. ex. Subs	Subs
Booklet	10 g	52	62	53	79
Booklet	20 g	56	73	57	90
every addl. 10 g		+12	+15	+12	+18
Product sample	10 g	59	74	60	91
Product sample	20 g	69	90	70	107
Flat spray / Teabags*		109	136	111	153

*Plus 50 EUR per 1,000 additional technical costs and 100 EUR per 1,000 postal fees.
Other tip-ons on request.

Circulation

Minimum circulation: 100,000 copies. The subscription circulation cannot be partially booked.
Carrier ad: minimum full page in the total circulation (rate according to rate card)

BOUND INSERTS

Bound inserts are printed materials/brochures from a single advertiser that are firmly bound into the issue. They can either be delivered ready for processing or produced by us on request.

Pages	Total without Subs	Subs within Total	Partial circ. ex. Subs	Subs
4	76	95	78	101
8	81	101	83	119
12	86	112	88	130
16	88	119	89	137
every addl. 4 pages	+12	+15	+18	+12

Bound inserts with tip-on elements on request.

Minimum circulation: 100,000 copies. The subscription circulation cannot be partially booked.

Price Quotes

Rates per thousand copies started. Rates for special ad formats may increase if their processing causes problems. Special ad formats from more than one advertiser are possible following special agreement. Weight-related postal fees charged by the German Post for booking the subscription circulation are included in these prices. If the minimum booking quantity is not reached, the minimum booking quantity is used as the basis for calculating the price.

Circulation

For technical reasons the booked circulations are subject to fluctuation. For this reason the quantity of special ad formats actually required must be determined when placing the order. Different versions in the same issue are only possible on request.

Technical
Information and
Delivery

Binding technical information, deadlines, samples, as well as delivery can be downloaded from www.adspecial-portal.de. An inquiry regarding the circulation can also be placed through the portal. In the event of any processing difficulties, the completion of the circulation takes precedence over the special ad format.

Print Service

On request, the special ad formats can be produced by the publisher. Prices on request.

The total prices also apply when booking the domestic circulation.

All rates are shown in euros; the rates are in effect from 1 January 2025 for bookings through RTL AdAlliance; value added tax will be charged on the net invoice amount if applicable.

Issue No.	On Sale Date	Calendar Week	Ad Closing, Copy & Cancellation Date	Last Minute Ads	Special Ad Formats Closing & Cancellation Date	Special Ad Formats Delivery Date
2/2025	03/01/2025	01	06/12/2024	17/12/2024	06/12/2024	12/12/2024
3/2025	10/01/2025	02	13/12/2024	27/12/2024	13/12/2024	19/12/2024
4/2025	17/01/2025	03	20/12/2024	07/01/2025	20/12/2024	02/01/2025
5/2025	24/01/2025	04	03/01/2025	14/01/2025	03/01/2025	09/01/2025
6/2025	31/01/2025	05	10/01/2025	21/01/2025	10/01/2025	16/01/2025
7/2025	07/02/2025	06	17/01/2025	28/01/2025	17/01/2025	23/01/2025
8/2025	14/02/2025	07	24/01/2025	04/02/2025	24/01/2025	30/01/2025
9/2025	21/02/2025	08	31/01/2025	11/02/2025	31/01/2025	06/02/2025
10/2025	28/02/2025	09	07/02/2025	18/02/2025	07/02/2025	13/02/2025
11/2025	07/03/2025	10	14/02/2025	25/02/2025	14/02/2025	20/02/2025
12/2025	14/03/2025	11	21/02/2025	04/03/2025	21/02/2025	27/02/2025
13/2025	21/03/2025	12	28/02/2025	11/03/2025	28/02/2025	06/03/2025
14/2025	28/03/2025	13	07/03/2025	18/03/2025	07/03/2025	13/03/2025
15/2025	04/04/2025	14	14/03/2025	25/03/2025	14/03/2025	20/03/2025
16/2025	11/04/2025	15	21/03/2025	01/04/2025	21/03/2025	27/03/2025
17/2025	17/04/2025	16	27/03/2025	07/04/2025	27/03/2025	02/04/2025
18/2025	25/04/2025	17	02/04/2025	11/04/2025	02/04/2025	08/04/2025
19/2025	02/05/2025	18	08/04/2025	17/04/2025	08/04/2025	14/04/2025
20/2025	09/05/2025	19	15/04/2025	28/04/2025	15/04/2025	23/04/2025
21/2025	16/05/2025	20	24/04/2025	06/05/2025	24/04/2025	30/04/2025
22/2025	23/05/2025	21	02/05/2025	13/05/2025	02/05/2025	08/05/2025
23/2025	30/05/2025	22	08/05/2025	19/05/2025	08/05/2025	14/05/2025
24/2025	06/06/2025	23	15/05/2025	26/05/2025	15/05/2025	21/05/2025
25/2025	13/06/2025	24	22/05/2025	02/06/2025	22/05/2025	28/05/2025
26/2025	20/06/2025	25	28/05/2025	10/06/2025	28/05/2025	04/06/2025
27/2025	27/06/2025	26	05/06/2025	17/06/2025	05/06/2025	11/06/2025
28/2025	04/07/2025	27	12/06/2025	24/06/2025	12/06/2025	18/06/2025
29/2025	11/07/2025	28	20/06/2025	01/07/2025	20/06/2025	26/06/2025
30/2025	18/07/2025	29	27/06/2025	08/07/2025	27/06/2025	03/07/2025
31/2025	25/07/2025	30	04/07/2025	15/07/2025	04/07/2025	10/07/2025
32/2025	01/08/2025	31	11/07/2025	22/07/2025	11/07/2025	17/07/2025
33/2025	08/08/2025	32	18/07/2025	29/07/2025	18/07/2025	24/07/2025
34/2025	15/08/2025	33	24/07/2025	05/08/2025	24/07/2025	30/07/2025
35/2025	22/08/2025	34	01/08/2025	12/08/2025	01/08/2025	07/08/2025
36/2025	29/08/2025	35	08/08/2025	19/08/2025	08/08/2025	14/08/2025
37/2025	05/09/2025	36	15/08/2025	26/08/2025	15/08/2025	21/08/2025
38/2025	12/09/2025	37	22/08/2025	02/09/2025	22/08/2025	28/08/2025
39/2025	19/09/2025	38	29/08/2025	09/09/2025	29/08/2025	04/09/2025
40/2025	26/09/2025	39	05/09/2025	16/09/2025	05/09/2025	11/09/2025
41/2025	02/10/2025	40	11/09/2025	22/09/2025	11/09/2025	17/09/2025
42/2025	10/10/2025	41	18/09/2025	29/09/2025	18/09/2025	24/09/2025
43/2025	17/10/2025	42	25/09/2025	07/10/2025	25/09/2025	01/10/2025
44/2025	24/10/2025	43	02/10/2025	14/10/2025	02/10/2025	09/10/2025
45/2025	31/10/2025	44	09/10/2025	21/10/2025	09/10/2025	15/10/2025
46/2025	07/11/2025	45	16/10/2025	27/10/2025	16/10/2025	22/10/2025
47/2025	14/11/2025	46	23/10/2025	04/11/2025	23/10/2025	29/10/2025
48/2025	21/11/2025	47	30/10/2025	11/11/2025	30/10/2025	06/11/2025
49/2025	28/11/2025	48	07/11/2025	18/11/2025	07/11/2025	13/11/2025
50/2025	05/12/2025	49	14/11/2025	25/11/2025	14/11/2025	20/11/2025
51/2025	12/12/2025	50	21/11/2025	02/12/2025	21/11/2025	27/11/2025
52/2025	18/12/2025	51	27/11/2025	08/12/2025	27/11/2025	03/12/2025
53/2025	24/12/2025	52	03/12/2025	12/12/2025	03/12/2025	09/12/2025
1/2026	31/12/2025	01	05/12/2025	16/12/2025	05/12/2025	11/12/2025

Reservations for preferred positions expire if a written space order has not been submitted no later than two weeks prior to advertising closing.
For technical reasons only best-possible positions can be offered for last-minute ads (only one full page possible).

PUBLISHER

Heinrich Bauer Verlag KG

MARKETERSRTL AdAlliance S.A., Headquarters Luxembourg, 43, Boulevard Pierre Frieden, L-1543 Luxembourg, www.rtl-adalliance.com**ORDER PROCESSING**E-Mail: print-order@ad-alliance.de**AD MANAGEMENT**E-Mail: print-placements@ad-alliance.de
Phone: +49 (0) 40 / 286686-4832**SPECIAL AD FORMATS**Email: print-adspecials@ad-alliance.de
Phone: (+49-40) 286686-4824**COPY MATERIAL**

Mohn Media Mohndruck GmbH – Anzeigen MAT
 Email: anzeigen@bertelsmann.de
 Phone: (+49-5241) 80 - 897 00
 Technical Specifications: Current and binding
 English-language information is available under:
www.duon-portal.de
 Delivery of Copy Material: The centralized delivery
 address for copy material is: www.duon-portal.de
 For support please contact: support@duon-portal.de
 Telephone hotline: (+49-40) 37 41 - 17 50

Binding technical specifications for special ad formats are available online at www.adspecial-portal.de**FREQUENCY**

weekly

ON SALE DATE

Friday

COVER PRICE

1.59 EUR

PZN

ALLES FÜR DIE FRAU 539721

CONDITIONS OF PAYMENT

Payment is due within 45 days after invoicing. A 2 % discount is granted for payments within 10 days after invoicing, provided no other amounts are outstanding. Special discounts are not eligible for a prepayment discount. An automatic bank debit transfer can be arranged. If an outstanding amount is not paid by the date of required payment, all other outstanding amounts are immediately due regardless of any payment agreements which had been previously made. Penalty interest on arrears will be charged according to Section 8 of the General Conditions of Business and based on current bank interest rates for running account credits.

CONDITIONS OF BUSINESS

The distribution area of the booked print magazine(s) is worldwide. Ad Alliance GmbH reserves the right to restrict or exclude the distribution of advertisements/ad specials in foreign distribution areas in accordance with standardised, objectively justified principles. Ad Alliance GmbH will inform the client of this in advance. All business conducted is subject to the Publisher's Conditions of Payment and Terms of Trade which are available from the publisher or under www.internationalmediasales.net/cob. Tax regulations require that you include your Company Tax Number and/or Turnover Tax ID when placing an advertising space order.

THE INFORMATION CONTAINED IN THIS RATE CARD IS SUBJECT TO CHANGE DURING THE COURSE OF THE YEAR. A CURRENT RATE CARD CAN BE FOUND UNDER WWW.INTERNATIONALMEDIASALES.NET. THE ENGLISH RATE CARD IS A TRANSLATION OF THE CURRENTLY VALID GERMAN RATE CARD. IN THE EVENT OF DISCREPANCIES, INACCURACIES OR OMISSIONS IN THIS TRANSLATION, THE GERMAN ORIGINAL RETAINS SOLE VALIDITY.



Member of
 Informationsgemeinschaft zur Feststellung
 der Verbreitung von Werbeträgern e.V.
 (German Audit Bureau of Circulation)



SALES OFFICES

**Luxembourg (Headquarters)**

RTL AdAlliance S.A.
43, Boulevard Pierre Frieden
L-1543 Luxembourg
Email rtladalliance_info@rtl.com

Germany (Headquarters)

RTL AdAlliance GmbH
Überseelallee 10
20457 Hamburg
Email rtladalliance_info@rtl.com

Austria

RTL AdAlliance
Stella-Klein-Löw-Weg 11-17
Haus C
1020 Vienna
Email rtladalliance_at@rtl.com

Belgium

RTL AdAlliance
Coupure Rechts 64B
9000 Ghent
Email rtladalliance_be@rtl.com

Finland

RTL AdAlliance
Sofiankatu 4 C
00170 Helsinki
Email rtladalliance_fl@rtl.com

France

RTL AdAlliance
157 Avenue Charles de Gaulle
92200 Neuilly sur Seine
Email rtladalliance_fr@rtl.com

Germany

RTL AdAlliance
Picassoplatz 1
50679 Cologne
Email rtladalliance_de@rtl.com

Italy

RTL AdAlliance
Piazza Velasca 8
20121 Milano
Email rtladalliance_ita-international-sales@rtl.com

Netherlands

RTL AdAlliance
Meeuwenlaan 98-100
1021 JL Amsterdam
Email rtladalliance_nl@rtl.com

Norway

RTL AdAlliance
Tordenskioldsgate 6
0160 Oslo
Email rtladalliance_no@rtl.com

Sweden

RTL AdAlliance
Döbelnsgatan 21
111 40 Stockholm
Email rtladalliance_se@rtl.com

Switzerland

RTL AdAlliance
Zeltweg 15
P.O. Box 8032 Zurich
Email rtladalliance_ch@rtl.com

United Kingdom

RTL AdAlliance
4 Tenterden Street London
W1S1TE
Email rtladalliance_uk@rtl.com

USA - Los Angeles

RTL AdAlliance
2900 W Alameda Ave
CA 91505 Burbank
Email rtladalliance_usa@rtl.com

USA - New York

RTL AdAlliance
1540 Broadway
10019 NY
Email rtladalliance_usa@rtl.com



You can find the current media portfolio at www.ad-alliance.de.
Ad Alliance GmbH | Registered Office: Köln, Local court: Köln HRB 33057
Executive Board: Carsten Schwecke, Frank Vogel

RTL AdAlliance is in charge of the international marketing of the Ad Alliance portfolio.



The General Terms and Conditions of Ad Alliance GmbH apply,
available at www.ad-alliance.de/agb.

Ad Alliance GmbH acts as a service provider for the marketer Media Impact GmbH & Co:
Ad Alliance GmbH acts for Media Impact on behalf of and for the account of Media Impact GmbH & Co.
The General Terms and Conditions of Media Impact GmbH & Co. KG apply,
available at: www.mediaimpact.de/de/agb, unless otherwise indicated.