

STYLE. CULTURE. WELLBEING.

LUXURY MEN'S LIFESTYLE



THE MAN  
BLUEPRINT



## ABOUT THE MAN BLUEPRINT

Born out of an unwavering love of self-improvement, exploration and helping others become their best selves, The Man Blueprint is a treasure trove of optimisation and adventure.

## THE AVERAGE READER

The average Man Blueprint reader is 21-35 years old, based in the UK, EU or US and has a strong interest in luxury-centric topics encompassing style, wellbeing and culture.

2M+

unique visitors  
to date

350K

monthly  
impressions

35K

monthly  
visitors

150+

articles  
published

## CONTACT

[sam@themanblueprint.com](mailto:sam@themanblueprint.com)  
[www.themanblueprint.com](http://www.themanblueprint.com)