

the organic beauty

Recipes, tips, and tools for living a healthy, radiant, and natural life!



Welcome to The Organic Beauty Blog, a rapidly growing online destination for healthy, natural living resources, with a loyal following of readers. My name is Natasha Uspensky, and I created The OB in 2009 as a space to chronicle my own foray into naturalizing my life and health. Since then, I have become a holistic nutritionist and certified health expert, which has helped to turn the blog into the extensive resource it is today!

The blog now features non-toxic product recommendations, natural beauty DIY's, healthy recipes, wellness coaching, inspirations, and tidbits from my own experience in living a healthy, happy life!

Our readership consists of mostly women aged 21-39, who are avid consumers in the wellness world. They're looking to get fit, healthy, radiant, and balanced in the most natural and sustainable ways possible.

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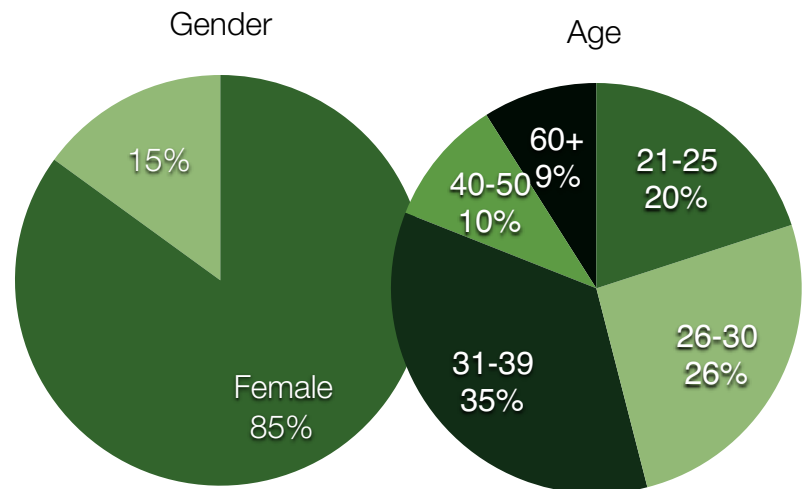
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WEBSITE STATS:

Average Monthly Unique Visitors: 10,000

READER DEMOGRAPHICS:



SOCIAL MEDIA:



2000+



1100+



800+



500+



Healthy NutriBullet Smoothie Recipes



Why I'm Leaving New York



The Best of Natural Makeup