



Artwork Requirements

The artwork should be a press ready PDF or JPG file generated in Adobe Illustrator/Photoshop/InDesign or Quark Xpress, saved on minimum resolution (300 dpi) in actual size with bleed and crop marks.

All files must be CMYK format and all black text as overprint, and outlined.

For bleed sixe please add 3mm extra on all four sides after trim marks.

For full page adverts, ensure that all text is at least 10mm inside from the crop marks.

If text runs across a DPS please ensure that the text is 10mm away from the gutter on either side.

You are welcome to email us your artwork, upload it through a 3rd-party service like www.yousendit.com, or bring it in on a CD or memory stick.

Full Page With Bleed



W: 148mm x H: 210mm

Full Page



W: 130mm x H: 190mm

Half Page



W: 130mm x H: 91mm

Half Page Vertical



W: 63mm x H: 190mm

Quarter Page



W: 63mm x H: 91mm

Eighth Page



W: 63mm x H: 41mm