

Amanda Monger

A woman with long dark hair, smiling, standing in front of a waterfall. She is wearing a black t-shirt and a red flower in her hair. The background is a lush green landscape with a waterfall and mossy rocks.

Travel, lifestyle and wellness creator

TAMPA BAY, FLORIDA · HAPPY TO TRAVEL

I've driven over \$6 million in sales, so I know how to make people want something without it feeling like an ad.

17.8M

Instagram views
in the last 90 days

44.1K

followers across
8 accounts on 4 platforms

21.9M

views on a single
TikTok video



HI, I'M AMANDA!

Real trips, real food, my own camera.

I've driven over \$6 million in sales, so I know how to make people want something without it feeling like an ad.

I'm a travel, lifestyle and wellness creator: a solo traveler, gluten-free everywhere I go, and a little obsessed with sleep. I film and edit everything myself and post every single day, so your brand shows up the way my audience already trusts: honest, useful and made for people who are going to go do the thing.

WHAT I'M KNOWN FOR

01 Solo & luxury travel

Jungle lodges, resorts and road trips, filmed solo.

02 Gluten-free food

Where to eat well and safely, at home and on the road.

03 Restaurants & food diaries

Real meals and real reactions from every trip.

04 Sleep & wellness

Top 4% of WHOOP members for sleep.

05 Products I actually use

If it's on my page, I own it and I use it.

PLACES I'VE FILMED

5 national parks

Zion, Bryce Canyon, Grand Canyon, Joshua Tree and the Great Smoky Mountains

Costa Rica, twice

My favorite place I've ever traveled

The desert West

Sedona, Valley of Fire and Horseshoe Bend

Around the world

Thailand, Cambodia, Spain, France and Jamaica

Closer to home

Florida, Tennessee and South Dakota

THE NUMBERS

17.8 million views in 90 days.

Instagram @amandamonger, July 30 to October 28, 2026. 99.9% of that reach came from people who don't follow me yet, so my content travels on its own, which is exactly what you want a brand video to do.

8.3M

views in the last 30 days

3.9M

accounts reached in 30 days

77.8K

shares in 30 days

315.2K

interactions in 30 days

ACROSS EVERY PLATFORM

44.1K

followers across 8 accounts on 4 platforms

Instagram 27.7K (5 pages) · TikTok 13.8K · Facebook 2.2K · Pinterest 358

TIKTOK

21.9M

views on one video

13.8K followers · 1.4M likes

WHO'S WATCHING

60%

women

59%

in the United States

63%

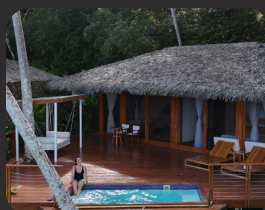
ages 25 to 54

Women who book the trip, try the recipe and buy the thing. When I recommend something, it gets used.



Numbers last updated: Wednesday, October 28, 2026

Pulled straight from my Instagram, TikTok, Facebook and Pinterest analytics. Not estimated, not rounded up. Refreshed on the 1st of every month. Next update: Sunday, November 1, 2026. Raw analytics screenshots available on request.



WORK WITH ME

Content people actually watch.

Filmed by me, edited by me, posted to an audience that shows up every day. Usage rights and whitelisting available, and every partnership is built around what you need.

- **Short-form video**

Reels and TikToks, up to 120 seconds

- **Stories**

24-hour story sets with your link

- **Featured placement in my travel guides**

Your property or product inside my itineraries

- **Hours-long ambient YouTube videos of your property**

I turn a photo or clip of your space into a calming video people play on their TV, on Amanda's Cozy Room

- **UGC packs**

Videos and photos for your own channels and ads

- **Carousels and photo posts**

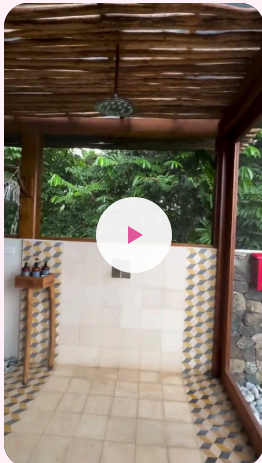
Saveable, shareable, built to travel

- **Newsletter mention**

A feature in The Friday Check-In

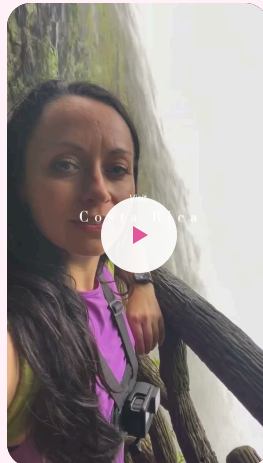
VIDEO EXAMPLES

amandamonger.com/work-with-me#videos



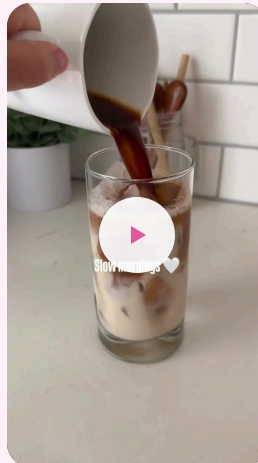
TRAVEL

Lapa Rios room tour, Costa Rica



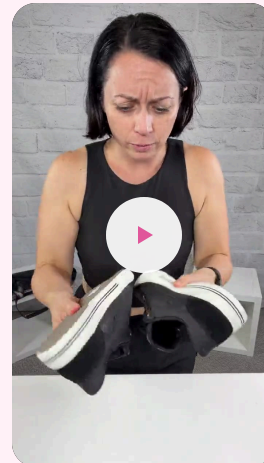
TRAVEL

Night pool, volcano and waterfalls



FOOD

Slow-morning iced coffee



PRODUCT

Skechers on-camera review

Click to
watch more



amandamonger.com/work-with-me

BRANDS I'VE WORKED WITH

Leesa®



transparent
SUNGLASSES

LET'S TALK

Excited to make something together!

Based in Tampa Bay, Florida, and happy to travel. Email is fastest.

EMAIL

partnerships@amandamonger.com

INSTAGRAM AND TIKTOK

[@amandamonger](https://www.instagram.com/amandamonger)

VIDEOS, NUMBERS AND MORE

amandamonger.com/work-with-me