



2023

# Guest Blogger Guidelines

In search of

Guest  
Bloggers



Over 1,000  
New  
Readers



Get featured on  
the USOLMT blog!

Posts every week on Mondays



[WWW.USOLMT.COM/CONTACT](http://WWW.USOLMT.COM/CONTACT)

USOLMT – [www.usolmt.com](http://www.usolmt.com)

5/15/2023

# GUEST BLOGGER GUIDELINES

## What's the Rub? PRODUCED BY USOLMT

### INTRODUCTION

What's the Rub, the USOLMT blog, is published on a weekly basis, recurring each Monday. Posts are scheduled up to 3 months in advance.

### TOPICS

USOLMT is looking for guest bloggers to write on anything that might be of interest to massage therapists. If you have a question about your topic, please submit it to [usolmt@gmail.com](mailto:usolmt@gmail.com).

### GUEST BLOGGER GUIDELINES

Guest bloggers agree to submit articles at least 1 week in advance.

Blog posts should be between 400 minimum and 800 maximum words. All submissions will be proofed and edited prior to publication.

Guest bloggers may submit blogs in advance; however, the same guest blogger will not be published more than once per month.

### BLOG SUBMISSIONS

Only one blog post should be submitted at a time for the upcoming USOLMT blog post.

Writers should submit with their article:

- Link back to their website
- Current color photo
- Short Bio (Name, Location, Business Name, Tagline)

### SCHEDULE

We schedule blog posts for the following month on the 4<sup>th</sup> week of each month.

# GUEST BLOGGER GUIDELINES

## HOW TO SUBMIT A BLOG POST

Submit your written blog post in a Word or Google Document

- Indicate the topic of your blog post
- Submit your photo, short bio, and word document to [usolmt@gmail.com](mailto:usolmt@gmail.com) with Guest Blog
- We will get back to you within 4 business days to confirm we have received your blog and let you know when it will be scheduled to post

## VOLUNTARY SUBMISSION

Writing for the USOLMT weekly blog is all-volunteer. Writers and columnists are not paid monetarily for their posts currently, however, the exposure to our audience and the promotion you'll receive is well worth your time and effort!

## RECIPROCAL PROMOTION

**Guest blog posts are for reciprocal promotion between both parties.**

Writers should agree in writing to:

- Provide a link back to the USOLMT website on their blog.
- Promote their blog post on the USOLMT website to their audience on all social channels.

USOLMT does not accept guest blog posts from bloggers who do not agree to post a link back to USOLMT on their website or blog and promote their own blog post on our website to their audience.

***We look forward to working with you and growing our blog's readership together as partners in positive collaboration!***