

MAFS TRACEY JEWEL LAUNCHES UPSELF PODCAST EXCLUSIVELY ON APPLE FROM SUNDAY 7TH MARCH 2021!

The Upself Podcast will go live on Sunday 7th March 2021 exclusively on APPLE.

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Married At First Sight's Tracey Jewel, is launching a brand new self-care podcast called Upself. The show goes live Sunday 7th March and will share wellness inspiration, tips and tricks to help your mindset, introduce listeners to different self-care practices and wellness modalities whilst also featuring self-care experts.

Tracey most recently appeared on Channel 9's Married at First Sight Grand Reunion shows which aired early February 2021 and reached staggering numbers with more than a million viewers tuning in. On her new venture, the Upself Podcast will see Tracey share her own personal self-care journey whilst introducing new ideas and activities to wellness seekers as well as speaking with experts from all over the world. The launch is set to kick off with a bang with a Wellness Retreat giveaway and products valued at over \$7,000.

Speaking about the podcast, Tracey says, "I am so excited to share with everyone everything I have learnt about self-care as well as learning new things myself and hearing from some amazing experts. The main goal is for you to connect with yourself, and understand that self-care is NOT selfish! In fact, it's necessary!"

Since her rise to fame in 2018, Tracey has written 3 self help books and will be releasing two more books with companion journals and intention cards in 2021 and 2022.

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TO INTERVIEW TRACEY JEWEL, please email max@marksonsparks.com or call Max Markson on 0412 501 601.

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