

Mindful Living Responders Database



Visit us online at amerilist.com

Total Universe: 6,801,588

Base Rate: \$85.00/M

Description Summary

The Mindful Living Responders file is a highly targeted database of health-conscious consumers actively engaged in mental wellness, emotional balance, and self-care. This audience has shown strong interest in therapy, mindfulness, holistic healing, and personal development, whether through mental health apps, online counseling, wellness products, or self-help programs. With accurate postal addresses, emails, and phone numbers, marketers can reach this receptive segment across multiple channels. Ideal for telehealth platforms, wellness brands, mental health professionals, insurers, and subscription services, this file provides a responsive, data-driven solution to connect with consumers committed to nurturing a healthier, more mindful lifestyle.

How Our Data Is Compiled

The Mindful Living Responders Database is built using a carefully curated mix of sources, including self-reported surveys, mail-order purchase activity, direct mail responders, and subscribers to senior-targeted magazines and publications. This multi-sourced approach ensures broad coverage of the senior market across various interest and product categories. All records are routinely verified and updated through NCOA (National Change of Address) and CASS processing, and the file is backed by a 95% deliverability accuracy guarantee, providing marketers with a trusted and campaign-ready data asset.

Consider The Facts

- The global mindfulness meditation market is projected to reach \$9 billion by 2027, reflecting growing consumer interest in meditation and self-care practices.
- 56% of adults have tried mindfulness or meditation techniques to reduce stress and improve emotional health.

Recommended Usage

This database is a valuable asset for a wide range of organizations aiming to connect with a mindful, health-conscious audience. Ideal users include telehealth and virtual therapy platforms, wellness and self-care product brands, mental health professionals and life coaches, as well as providers of journaling, meditation, and mindfulness programs. Book publishers, subscription box companies, and health insurance providers offering mental health coverage can also benefit from leveraging this responsive audience for their marketing efforts.

Popular Selections (for additional selections please inquire)

Age
Gender
Geography
Email

Homeowner Status
Income
Health & Wellness
Self Improvement

Net Worth
Buying Habits
Lifestyle Interests
Marital Status

Market Type

U.S. Consumer

List Channels

Postal, Email & Telemarketing

Source

Online & Offline Self-Reported Survey Data,
Subscribers, Purchase Activity

Update Cycle

Monthly

Minimum Order

Quantity: 5,000
Price: \$425.00

Net Name

Floor: 85%
Minimum Quantity: 25,000
Run Charges: \$10.00 / M

Exchanges

Please Inquire

Reuse

Please Inquire

Cancellation Charges

Please Inquire

Sample Mail Piece Required

Yes

Commission

Standard 20% broker/agency commission is
extended to all trade partners.

For additional information or list counts, contact your representative or list manager at 1.800.457.2899

Sales Leads - Mailing Lists - Email Marketing - Telemarketing - Graphic Design - Web Design - Lettershop - Printing - Consulting

40 Ramland Rd South Ste 203B Orangeburg, NY 10962 - Amerilist.com - info@Amerilist.com