



Mind Body Education

Holistic Success Hub - Resources

Facebook Banner Template for Promotions

*Create beautiful, high-converting Facebook banners to promote your wellness services, **events**, or **free resources**.*

Your Facebook banner is one of the first things people see when they visit your page. A well-designed promotional banner helps build trust, communicates your message clearly, and encourages action.

Recommended Dimensions:


- **Size:** 1640 x 924 pixels (for optimal desktop and mobile display)
 - Use Canva or a similar tool to create and customize your design
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Banner Content Layout Template

- 1. Top Section – Eye-Catching Title or Headline**
Keep it bold and benefit-focused.

Examples:

- “Free 5-Day Self-Care Reset Challenge!”
- “Now Booking: Holistic Wellness Sessions for Spring”
- “Download Your Free Anxiety Relief Toolkit”

 Keep it under 10 words. Focus on the outcome, not just the offer.

2. Middle Section – Visual Element

- Include an on-brand photo of yourself, your tools (e.g., crystals, journals, yoga mat), or a peaceful wellness-themed image
 - Keep space clear around text for readability
 - Use soft colour palettes that match your brand
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3. Lower Section – Call to Action & Supporting Text

- Brief description of the offer, event, or freebie (1–2 short lines)
- Add a clear CTA:
 - “Click the link below to register”
 - “Message me to book your spot”
 - “Visit [yourwebsite.com] to learn more”

Examples:

“Join my free 3-part video series to learn how to ground your energy and reduce stress naturally.”
“Click below to download your copy and start your healing journey today.”

4. Footer or Corner – Contact Info or Social Handle

- Add your logo or Instagram handle subtly in the corner
 - Optional: include your website URL or booking link
- Example:*
@MindBodyEducation| www.mindbodyeducation.info
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Design Tips:

- Keep fonts large and easy to read
 - Use only 2–3 colours from your brand palette
 - Avoid clutter—white space helps your message stand out
 - Maintain consistent style across banners and posts
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Suggested Use Cases:

- Freebie or lead magnet promotions
- Upcoming workshops, events, or courses
- Seasonal offers or wellness packages
- New service announcements
- Holiday or themed wellness campaigns