

# outspoken

## Libby Matthews

SOCIAL MEDIA REACH

 30.3K

<http://outspokenbyodd.co.nz/libby-matthews>

**SKILLS:** After Dinner Speaker, Blogger, Brand Ambassador, Host, Presenter, Speaker, Stylist, TV Presenter

**INTERESTS:** Adventure, Blogging, Business, Celebrity, Charitable work, Culture and the Arts, Fashion, Fitness, Food and Wine, Health and Lifestyle, Inspirational, Parenting, Photography, Travel

Libby Matthews has achieved a lot over the last few years. As one half of the popular lifestyle bloggers, [Julia & Libby](#), Libby rose to fame after readers fell in love with their inspiring content.

As an accomplished author, naturopath, nutritionist, blogger, digital influencer - Libby has recently added "Mother" to her skill set.

Along with her sister Julia, the pair launched foodie-heaven in the form of Facebook and Instagram pages, intended as a way to share their favourite kitchen creations with their close friends and family. They quickly gained traction, and saw their following soar to well over 100,000 fans in a very short space of time.

A few years on, and their influence both individually and as a power couple has grown exponentially - leading to a range of opportunities, including becoming authors of two hugely successful cookbooks. All of their recipes are centered around the ethos of being free of refined sugar, and most are dairy free, gluten free and vegan.

In 2016, they released their first book with Penguin Random House, called Julia and Libby's Wholefood Kitchen. 2018 has seen the launch of their popular self-published book, Nourished.

Not one to shy away from hard work, Libby takes it all in her stride and continues to grow and diversify. Along with her sister, Libby has recently embarked on a new venture - launching the much acclaimed protein powder brand Two Islands Co.

Libby's extensive experience in the industry has grown her a reputation as a talented and reliable content creator - making her an in-demand brand ambassadors. Regardless where she is traveling or what projects she may have on the go, she's skilled at working proficiently and professionally - generating great results and rave reviews

A regular columnist for Women's Weekly, Libby is currently living in America where her partner, footballer Mike Boxall is playing professionally.

To book Libby Matthews please call Outspoken on **09 360 8333** or email [outspoken@odd.co.nz](mailto:outspoken@odd.co.nz)

