

Gabriella

TRANCHINA

PODCAST HOST - BRAIN INJURY SURVIVOR - WELLNESS ADVOCATE

Rerouted. Redesigned. Rebranded



Gabriella Tranchina is a lifestyle and wellness creator and host of Gabriella Rebranded, a podcast exploring the messy, meaningful process of becoming yourself. Sharing an honest look at rebuilding her life after a traumatic brain injury, she brings a candid perspective to wellness, fitness, spirituality, beauty and dating in her twenties in Los Angeles. Across her content and podcast, Gabriella makes room for unfiltered opinions and honest conversations alongside humor, confidence and the everyday moments that make life feel good. Her storytelling connects with women navigating their own versions of healing, growth and figuring life out in real time.

CONTENT PILLARS

WELLNESS + RECOVERY
Brain health, supplements, routines, mental wellness and life after injury

FITNESS + LIFESTYLE
Training, healthy habits, everyday routines and realistic wellness

BEAUTY + SELF CARE
Skincare, beauty, treatments, products and feeling good again

DATING + RELATIONSHIPS
Modern dating, boundaries, non negotiables and relatable storytelling

SPIRITUALITY + SELF CONNECTION
Finding meaning through life's changes, trusting your intuition

BY THE NUMBERS

Followers
1.7K

Followers
23.7K

Monthly Reach
%%
25k-50k

Primarily Women 18–34
US Based, Global Audience





PARTNERSHIP OPPORTUNITIES

UGC
Sponsored Social Content
Reels + TikTok
Brand Ambassadorships
Wellness Partnerships
Events + Experiences
Podcast Integrations Long Term Partnerships

BRANDS GABRIELLA HAS WORKED WITH OR IS A GREAT FIT FOR

alo · OUAI · lululemon · LANEIGE · CarGurus · CHOMPS · fiverr. · growtherapy · thistle · Rare Beauty · rhode

Let's work together.

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