



# Lizzie Lau

Travel & Lifestyle Influencer

## About me

I write about travel from the perspective of a budget conscious, middle aged, single parent with an adventurous teen daughter at [lizzielau.com](http://lizzielau.com). I've traveled to 34 countries, and recently returned home to live in BC after nearly 20 years of living abroad while working as a chef in the yachting industry. I call myself a reformed adrenaline junkie because my life before starting a family included competitive skydiving, motocross racing, and feeding sharks.

We are available for press trips.

### WHERE TO FIND ME

12K 2.8K

1.4K 4.1K

[LIZZIELAU.COM](http://LIZZIELAU.COM) (DA37)

My following is over 90% North American Women

### SERVICES

- Press Trips
- Content Creation
- Product Photography
- Product reviews
- Testing

### CONTACT

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TRAVEL WRITER  
INSPIRING PARENTS TO EXPLORE  
THE WORLD WITH THEIR KIDS  
TOP 30 VANCOUVER MOM BLOGGER

### A FEW OF THE BRANDS I'VE PARTNERED WITH

