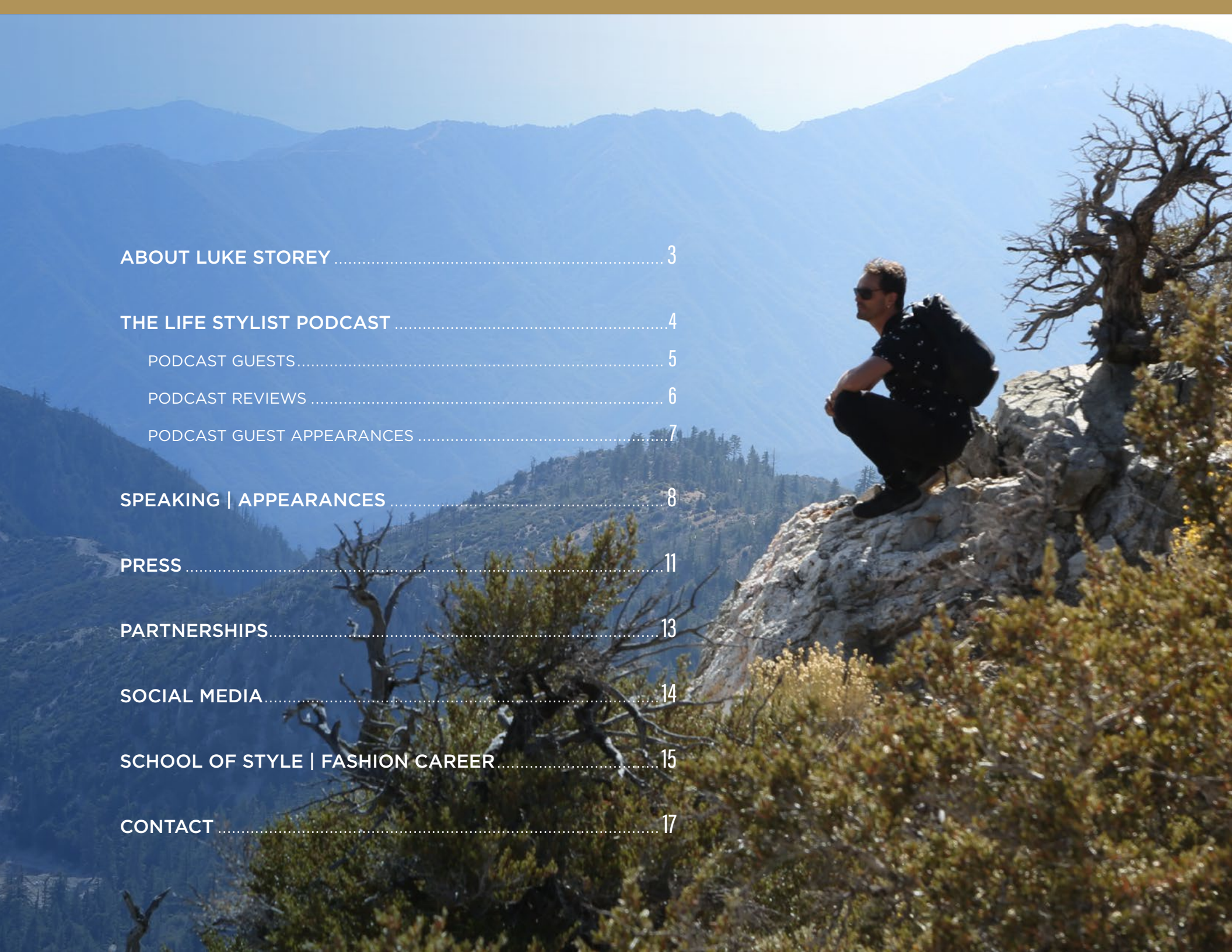


A man with a beard and mustache, wearing a black fedora-style hat with a decorative band, a black leather motorcycle jacket over a dark button-down shirt, and a gold watch on his left wrist. He is sitting on a dark green metal bench outdoors, smiling and looking to his left. The background is a blurred natural setting with green foliage and a tree trunk.

LUKE STOREY

MEDIA KIT



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ABOUT *Luke Storey*

Luke Storey is a motivational speaker, meditation and metaphysics teacher and lifestyle design expert who shares transformative principles of health, and spirituality. He's host of the top rated The Life Stylist Podcast, which was launched in 2016 and has since passed 8 million downloads.

Luke's spent the past two decades refining the ultimate wellness lifestyle. His teachings combine primal health, and ancient spiritual practices with the most cutting-edge natural healing, and consciousness expanding technologies.

He has been featured in The Hollywood Reporter, Los Angeles Magazine, Men's Fitness, and has appeared on numerous TV networks including Style Network, VH1, and MTV.

Luke's speaking schedule, audio and video content, along with his highly curated health and wellness online store can be found at www.lukestorey.com





THE LIFE STYLIST

Podcast

8 MILLION DOWNLOADS

1,200 5-STAR RATINGS

502+ REVIEWS

225k DOWNLOADS PER WEEK

The Life Stylist Podcast is a show for people dedicated to living life at the highest level of human potential.

Our host Luke Storey brings you the most thought-provoking interviews with the most prominent experts in the fields of health, spirituality, and personal development. Past guests have included relationship guru John Gray, vegan athlete Rich Roll, fitness master Ben Greenfield, health food guru David Wolfe, legendary biohacker Dave Asprey, as well as world-renowned spiritual teachers like Dr. Bruce Lipton, Byron Katie, and Sharon Salzberg.

The show covers an ever-expanding range of topics including sex and relationships, yoga, meditation, smart drugs, health myths and medical conspiracies, spirituality, mindfulness, health food and supplementation, herbs and alternative medicine, and digs deep into biohacking technologies and tactics.

Luke Storey is a former celebrity fashion stylist, motivational speaker, and thought leader who has spent the past twenty-three years relentlessly searching the world over to design the ultimate lifestyle. Using The Life Stylist Podcast as his delivery platform, Luke continues to share his strategies for healing, happiness, and high-performance living each week to inspire people worldwide to transform their mind, body, and spirit.

PODCAST *Guests*



DR JOE DISPENZA



ROBERT F. KENNEDY JR.



BYRON KATIE



DAVE ASPREY



BRUCE LIPTON



JIM KWIK



JOHN GRAY



MASTIN KIPP



DANIELLE LAPORTE



NEIL STRAUSS



DAVID WOLFE



SHARON SALZBERG



BEN GREENFIELD



RICH ROLL



JP SEARS



DR. DAVID PERLMUTTER



DR. ZACH BUSH



AUBREY MARCUS



LACY PHILIPS



DR. JACK KRUSE



GURU JAGAT



SHAMAN DUREK



DR KELLY BROGAN



MAX LUGAVERE



PODCAST *Reviews*

“GAME CHANGER”

No fluff, no filter. Just raw powerful game changing to the point principals that work. Everything is covered here. One stop shopping for ultimate level up life hacks. I can't say enough good things about Luke. I've hired him to coach me personally as well as my business. The returns are beyond words in every area of my like: mental, spiritual, physical, and financial.

“BEST EVER”

Best podcast I have ever listened to. Life changing. Luke has the coolest personality, warm, authentic, and engaging. This podcast has changed my life in many ways, I'm constantly implementing all the strategies shared. A must if you are into health, wellness and conscious lifestyle.

“A MUST LISTEN”

Here is a man who has five fingers in the pulse of what's happening in the world. Storey stops at nothing to open his mind and expand his consciousness in a way that inspires the rest of us. I think what makes him such a great podcaster is that he is bold in his character, fearless in his asking, and forthright about what he knows and does not know. With an all star line-up and stellar topics for conversation, the Life Stylist is one of my go-to podcast for learning more about how to better live my life. #GameChanger.

“TRANSPARENT AND REAL”

So refreshing to hear Luke's story and how he has literally transformed his life through pure experience. If you are looking to continuously improve yourself and your relationships, this is the #1 podcast to do that. Every podcast feels as if it was meant for me at that moment and gives me just the guidance I need.

“WOW”

Luke has been a mentor to me since day 1. I became sober 11 months ago. This man showed me something very simple but very powerful that a lot of people, including myself, overlook... and that is the power of a sober focused mind. My brother Luke, I wish you all the best on this journey to inspire people the you have inspired me. The good life is contagious and I'm spreading it everyday! Love you man!

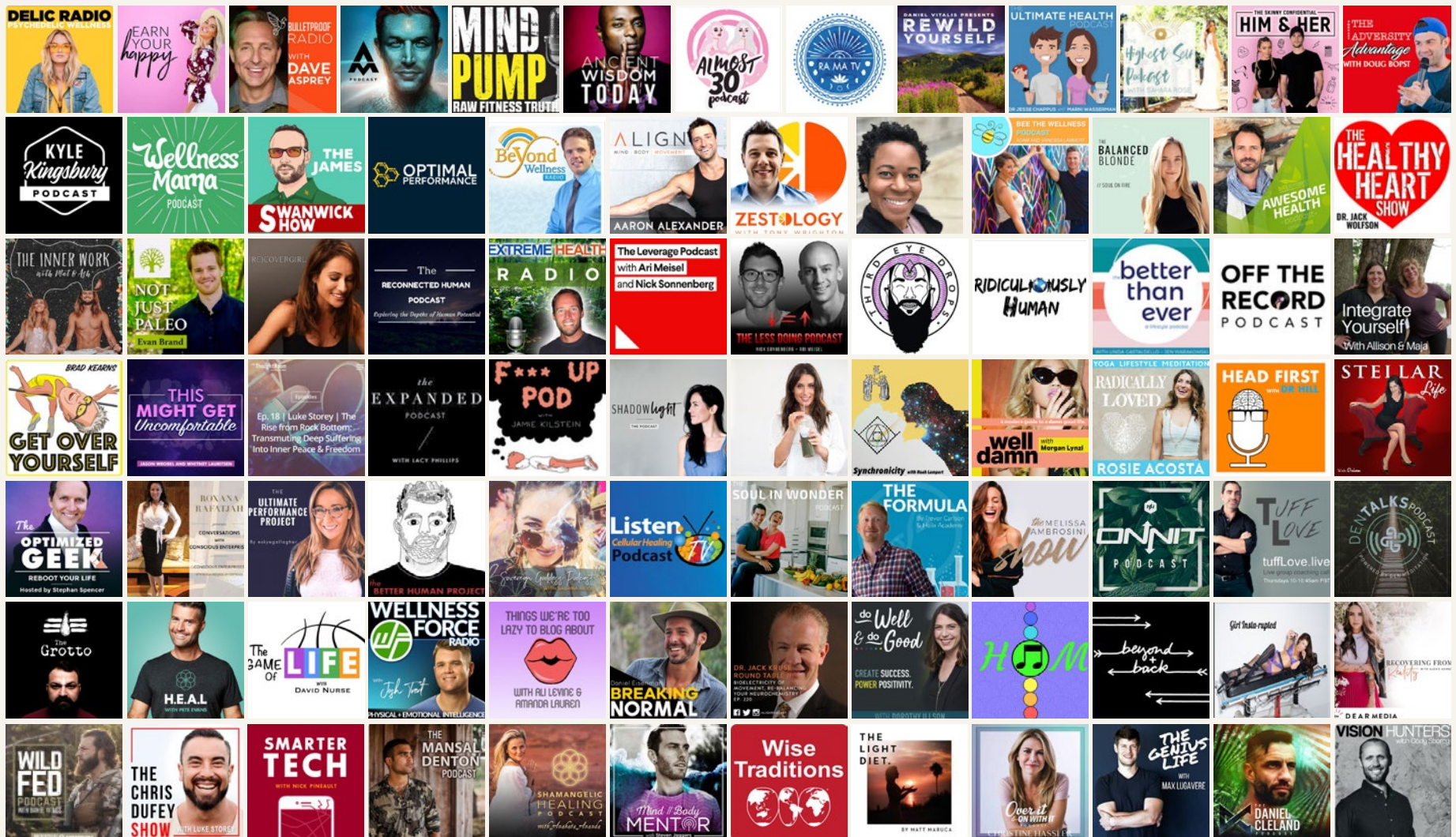
“INCREDIBLY MIND EXPANDING”

I've been an avid health seeker for the past half of my life... there's hardly a stone left unturned. I devour all things in the realm of whole-istic healing and wellness, and much of it is a bit recycled, even regurgitated information. That's where Luke's podcast comes in. He seriously brings it to the next level. The depth and spectrum of things he covers is so refreshing. Whether you're a health novice or an advanced practitioner/curator, you WILL get so much from his show! He has become one of my very fave podcast to listen to. I'm grateful to have more wonderful ideas and information that resonate deeply with me, that I can USE to create more positive changes in my life. Thank you Luke!

PODCAST Guest Appearances

Within his first year in podcasting, Luke has already appeared as a guest on over 70 podcasts, with a combined total of over three million guest spot downloads to date. Due to his vast array of experience within the realms of biohacking, health and wellness, spirituality, addiction recovery, high performance, and entrepreneurship, Luke's popularity as a guest is growing exponentially.

10 MILLION GUEST APPEARANCE DOWNLOADS AND COUNTING



SPEAKING APPEARANCES

As a motivational speaker, Luke has appeared on stage with world-renowned thought leaders like Tim Ferris, Dave Asprey, Ben Greenfield, and Neil Strauss.

He's known for his irreverent, passionate, and humorous delivery. Luke's been a favorite presenter at such events and venues as Paleo Fx, Attune by Living Wholly, Soho House, Mercado Sagrado, Bulletproof Labs, Neil Strauss's Society, and has presented intensive healing workshops at RA MA in Mallorca, Spain, NYC, and Venice, California. In 2019 Luke served as MC and speaker at London's Health Optimisation Summit, presented in partnership with Upgrade Labs and Paleo Fx.

Luke has appeared as a guest on over 70 highly rated podcasts as a guest, including Bulletproof Radio, The Aubrey Marcus Podcast, Almost 30, MindPump, The Byron Katie Podcast, Earn Your Happy With Lori Harder, The Melissa Ambrosini Show, Onnit Podcast, Highest Self Podcast With Sahara Rose, and The Balanced Blond.

Luke's experience and expertise covers an expansive range of topics in the areas of health, spirituality, personal development, and biohacking, including:

The application of spiritual principles, metaphysics, mindfulness, addiction and trauma recovery. Infrared saunas, ice baths/ cryotherapy, plant medicines Holistic fitness, herbalism, kundalini yoga, shamanic breath work, smart drugs, & nootropics, float tanks, meditation, harvesting spring water, hacking junk lighting for your home & devices, the benefits of sun gazing, grounding, overcoming adversity and self-doubt, neurofeedback, home & auto EMF protection, jet lag & travel cures, sleep optimization, and a wide variety of other lifestyle-enhancing practices and healing modalities.



SPEAKING APPEARANCES



SPEAKING APPEARANCES



Press


RACKED SHOPPING AND STYLE INTELLIGENCE City: LOS ANGELES TOP STORIES FASHION WEEK Search Racked LA

HAPPENINGS
School of Style Is Popping Up at the Standard This Weekend
 Wednesday, July 10, 2013, by Danielle Directo-Meston

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WANDERLUST

GROUND
Extraordinary Leaders for Extraordinary Times: Luke Storey

"My real and unlimited power lies in my ability to rectify and uplift my thoughts, emotions, and actions by the highest good, and to take responsibility for my head and integrity."
 By Luke Storey



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Listen Up, Rachel Zoe Wannabes: The School Of Style Is For You
 By Anna Tran




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PODCASTS WE LOVE: LUKE STOREY + NATURAL CANCER DOCTOR MARK ARCUS

...ner is cooling down, but our podcast rotation is just starting to heat up. Get in on our current rotation and find a new one to love, starting with this amazing episode from "Life Stylist" Luke Storey



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STYLE GUIDE
 Expert Advice: 5 Items to Amp Up Your Winter Wardrobe
 Celebrity stylist Luke Storey weighs in on this season's must-haves
 Samantha Sutton
 Photography by Christopher Beyer



THE MANUAL

Pret-a-Reporter TOP 25 STYLISTS STYLISTS AND STARS STYLIST VIDEOS NEWS
 Powered by: The Hollywood Reporter & Billboard

THE HOLLYWOOD REPORTER

YOU CAN NOW ATTEND CLASSES TO BECOME A STYLIST

1:41 PM PDT 3/17/2016 by Chris Gardner

Facebook, Twitter, Email, Print, Comment


We love the premise of this podcast finding new ways to live a more connected life in the city.

STYLIST

BEAUTY /
The beauty and wellness podcasts you need to bin on ASAP

Posted by Eve Higginth and Louise Whitford 1 day ago


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GENERAL HEALTH
 From Fashion Stylist to Life Stylist: A Q&A With Luke Storey
 A self-described "world-class biohacker" shares his favorite health and-wellness tips.




GROOMING
What is Biohacking? An Interview with Biohacker and Podcaster Luke Storey

By Chelsea Batten — Posted on May 6, 2019 9:00AM PST

If you've been keeping an eye on the news, you know that once again the Silicon Valley founder types are inspiring disproportionate awe. Not for any new technology, however, but for their attempts to optimize their mental and physical performance. From Twitter's Jack Dorsey and Evernote's Phil Libin eating no food on weekends, to venture capitalist Peter Thiel transfusing youthful blood into his aging veins, many of their approaches are esoteric at best and ill-advised at worst.

STYLE GROOMING FOOD & DRINK



christopher Beyer.)

...only training grounds pumping out tomorrow's

Press



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VIEW ARTICLE

INTEGRATIVE HEALTH  | PERSONAL STORY 

How I Used Psychedelics To Support My Sobriety (Yes, You Read That Right)



mbg contributor
By Luke Storey 



September 27, 2020

Author's note: For the sake of this writing, I have sometimes used the terms psychedelics and plant medicines interchangeably. It is worth noting that many in the world's Indigenous cultures do not refer to plant medicines as psychedelics or drugs. On the other hand, most scientific research does classify entheogenic substances as such. Of course, this is open to interpretation. This distinction is put forth out of respect to the origins of shamanic traditions.

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4K FOLLOWERS

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15K SUBSCRIBERS / 1M VIEWS

NEWSLETTER

15K SUBSCRIBERS

FASHION CAREER | SCHOOL OF STYLE

Luke's career in styling began in 1998, when Aerosmith's stylist Keki Mingus hired him as an assistant stylist. He soon branched out on his own and has since worked with a diverse range of artists like Kanye West, Marilyn Manson, Foo Fighters, Lisa Marie Presley, Lupe Fiasco, Deadmau5, and No Doubt. Other celebrity clients have included Kim Kardashian, Sebastian Stan, Kendall Jenner, and Krysten Ritter.

An industry veteran, Luke has styled music videos, commercials, tours, album packaging, celebrity red carpet and television appearances, films, print advertising, and fashion editorials.

Luke has also worked as an instructor of fashion styling at Fashion Institute of Design and Merchandising (FIDM) in Los Angeles. Additionally, he has been a speaker at The School of Fashion at Parsons, Fashionista.com's How To Make It Conference, Woodbury University, and The Art Center College of Design in Pasadena.



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THE NEW SCHOOL
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smashbox
STUDIOS



A man in a dark blue shirt and black pants is lying on his back on a light-colored, curved ramp. The background is a building with a warm, orange-tinted facade and several arched windows. The windows have intricate, blue and white geometric patterns. The overall scene is bright and architectural.

CONTACT

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INQUIRIES@LUKESTOREY.COM

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WWW.BIGSPEAK.COM/SPEAKERS/LUKE-STOREY