

A portrait of Liza Sips, a woman with long blonde hair, wearing a black blazer over a gold-colored top. She is smiling slightly and looking towards the camera. The background is a light-colored wall with a decorative molding on the right side.

And Agency Amsterdam

Liza Sips

Media Kit Q1 2025





# Liza Sips

Meet Liza Sips, a dynamic Dutch actress, writer, and presenter who made her mark early with a breakthrough role in 'Goede Tijden, Slechte Tijden.' Beyond acting, Liza's talent extends to writing, with several published books to her name. As a presenter, she brings infectious enthusiasm and energy to the screen. A devoted mother of two, Liza shares the authentic journey of motherhood with her followers.

In addition to acting and motherhood, Liza Sips has a strong passion for fashion and beauty, which she shares in her own creative way. Liza seamlessly combines her career, family life, and love for lifestyle, sharing the everyday joys and challenges with her followers. Her enthusiasm and clear communication make her content both engaging and relatable.



[@lizasips](https://www.instagram.com/lizasips)



[@lizasips](https://www.tiktok.com/@lizasips)



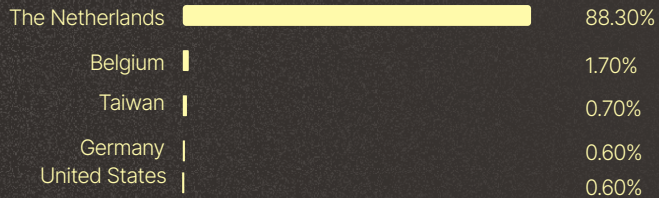




# Instagram stats



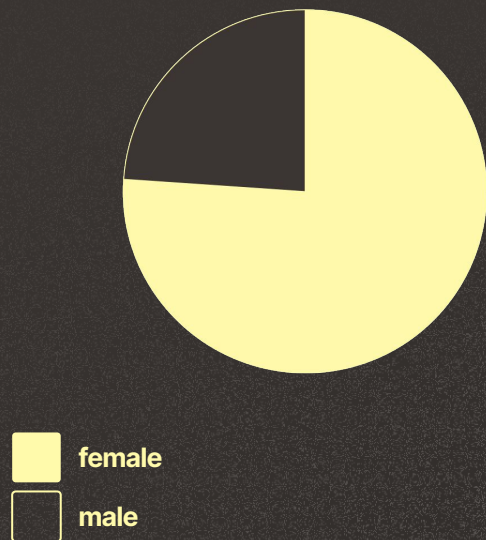
## Location



## Age



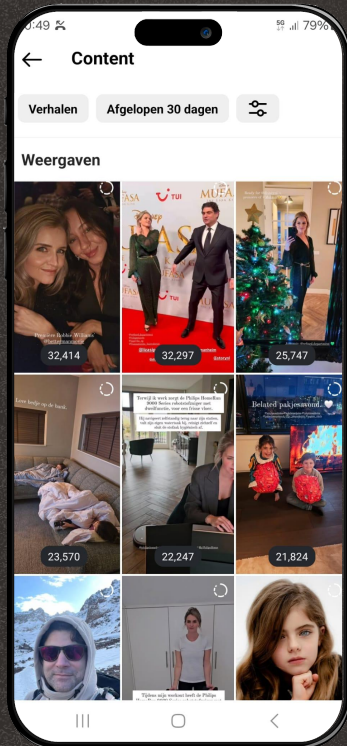
## Gender



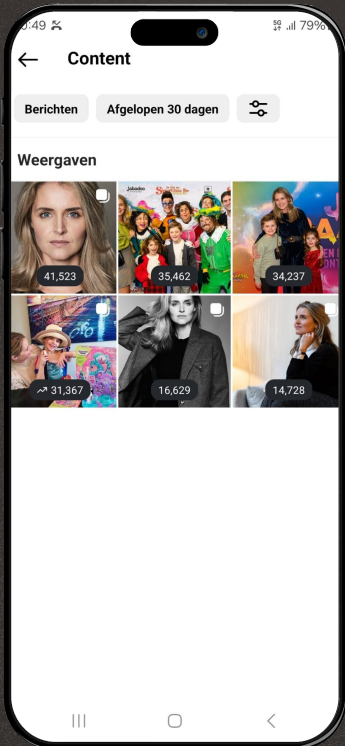




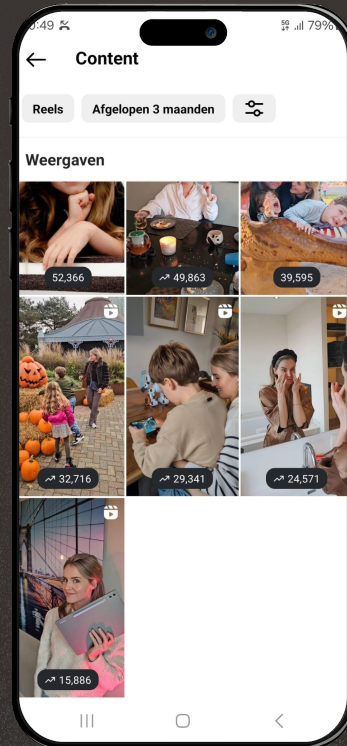
# Instagram Insights



Story Impressions



Post Impressions

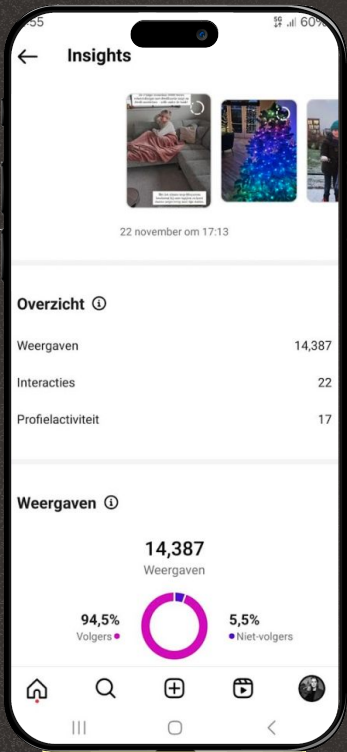


Reel Impressions

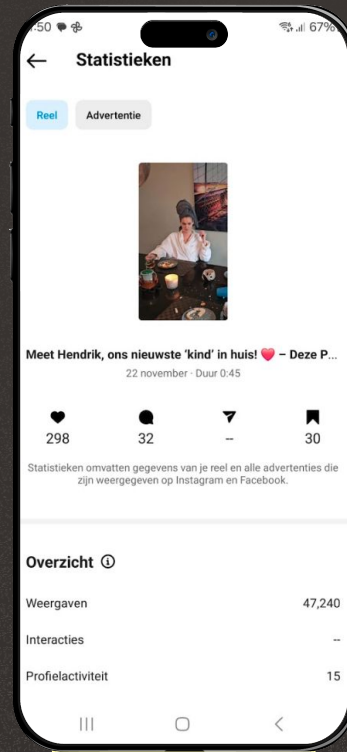




# Instagram Insights - Previous collaborations



Story Impressions



Reel Impressions





# And Agency Amsterdam

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