

— PUBLIC REPORT BY PROMTPRESS

Channel audit

STRESHINE



@streshine

Orders only at streshine.ru Support: @stresup 🧑

SUBSCRIBERS

20 761

+11993 per month

ERR (% SEE POSTS)

138.0%

last 24h 20.3%

REACH/POST

20.5K

ad reach 4.2K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 20 761 —	 SUBS REACH 98.65% avg % subs see post	 VIEWS/POST 20.5K median 13.7K · 19 days	 POSTS/WK 2.9 for period
 7D TREND — no data for period	 REACTS/POST 876.1 total 7,009 reactions, 3,926 reposts, 1,981 comments	 POST LENGTH 81 chars median 63 · 19 days	 POSTS ANALYZED 8 19 days
 AD REACH 4.2K 24h avg	 CHURN / MONTH +11993 last month	 CITATION RATE 4 citation index · 19 channels mentioned ever	 CHANNEL AGE 4 years 5 months created 15.01.2022

AI EDITOR SUMMARY

Channel «STRESHINE» – 20 761 subs. Each post avg views 20.5K people (99% of subs), wide reach for a channel this size. Publishes 3 posts/week (~0/day) – rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat & what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts over 19 days.
- 02 Dominant format — Text (3/8 posts).
- 03 Avg post length — 81 chars (median 63).
- 04 Peak audience activity — Thursday, 14:00 MSK.
- 05 Top posts get 6x more views than the weakest (38.9K avg for top vs 6.6K for worst) — among 8 posts in 19 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 25.06 · 11:23 VIDEO	VIEWS 43 592 REPOSTS 2 204	REACTS 1 690 ER 210.0%
Nº2 23.06 · 14:34 VIDEO months of dev hundreds of prep hours dozens of tests all for this soon	VIEWS 39 024 REPOSTS 704	REACTS 764 ER 188.0%
Nº3 18.06 · 12:17 TEXT coming back... I missed it	VIEWS 34 065 REPOSTS 5	REACTS 181 ER 164.1%

Nº4 01.07 · 12:55 PHOTO perfecting the straps, will share soon, meanwhile here are other collection items	VIEWS 17 411 REPOSTS 52	REACTS 485 ER 83.9%
Nº5 05.07 · 16:41 VIDEO black light version of belts full collection drop next week	VIEWS 9 958 REPOSTS 310	REACTS 501 ER 48.0%

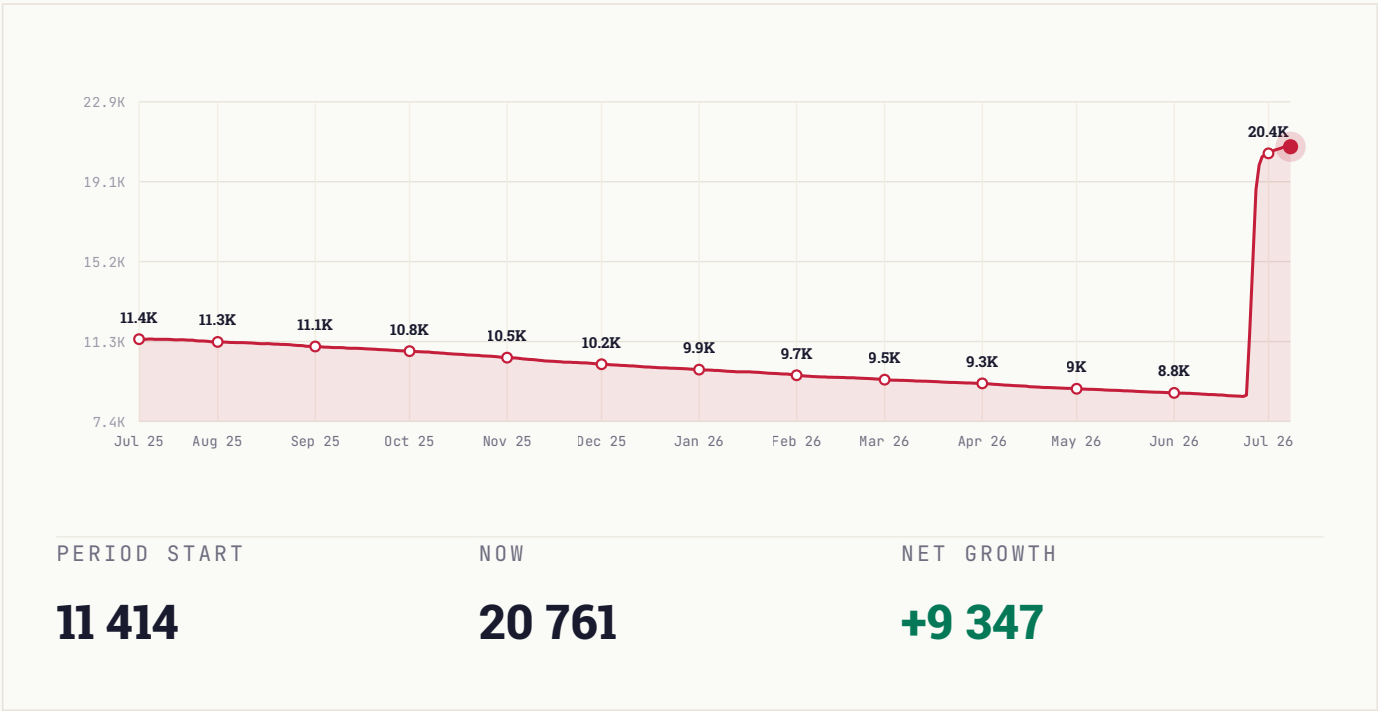
WORST 3

↓ 07.07 · 16:39 PHOTO collection drop July 9 at 7pm MSK 1K reactions - I'll show prices	VIEWS 6 955 REPOSTS 262	REACTS 2 455 ER 33.5%
↓ 07.07 · 16:47 TEXT remove reactions pls i wanted to post tomorrow...	VIEWS 6 535 REPOSTS 15	REACTS 582 ER 31.5%
↓ 07.07 · 17:02 TEXT DROP/PRICE LIST BELT «PIXEL BLOOD LITE» black - 1900₽ BELT «PIXEL BLOOD» white - 4500₽ T-SHIRT «CHINE» - 2000₽ T-SHIRT «СТРЕСС СО МНОЙ» -...	VIEWS 6 303 REPOSTS 374	REACTS 351 ER 30.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

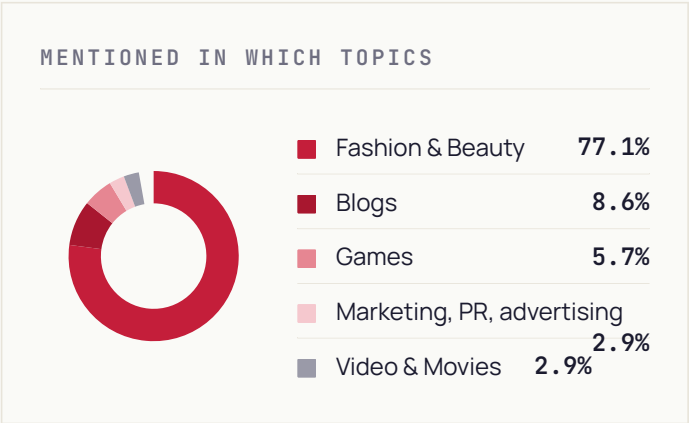
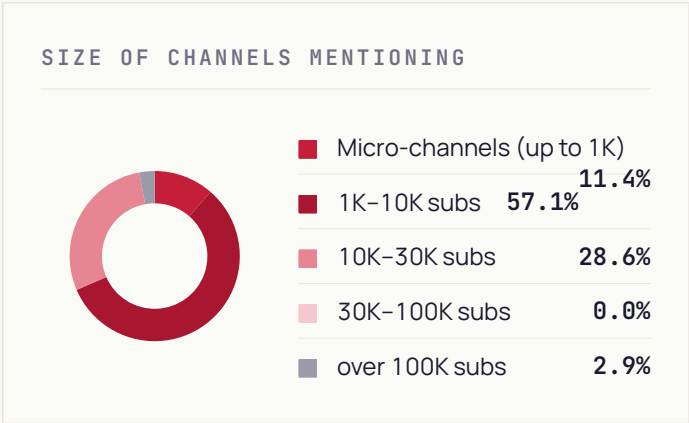
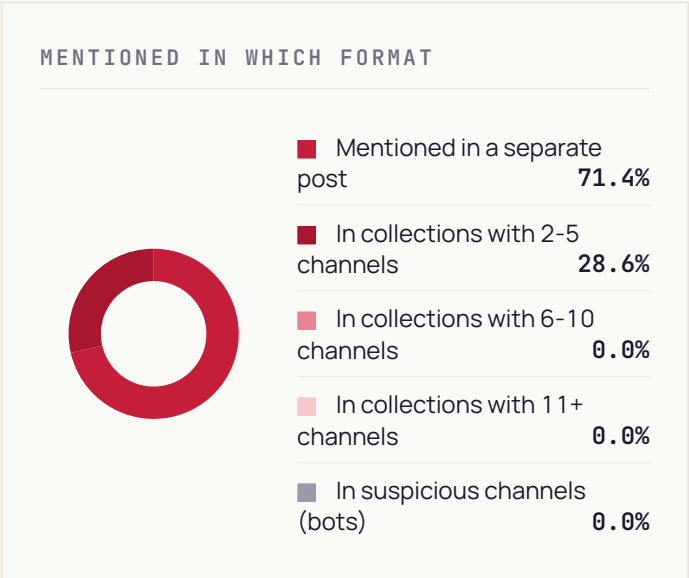
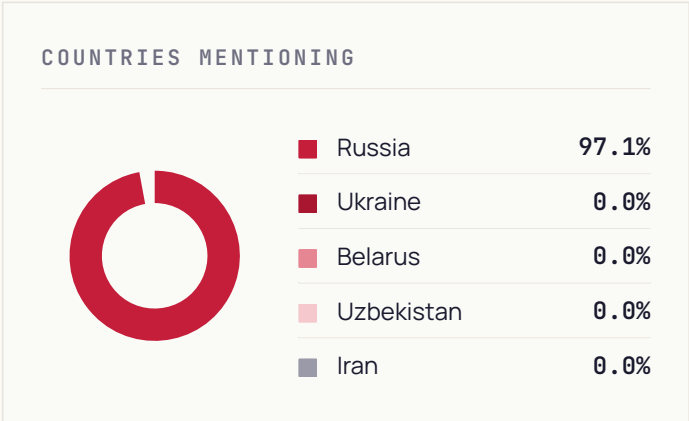
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

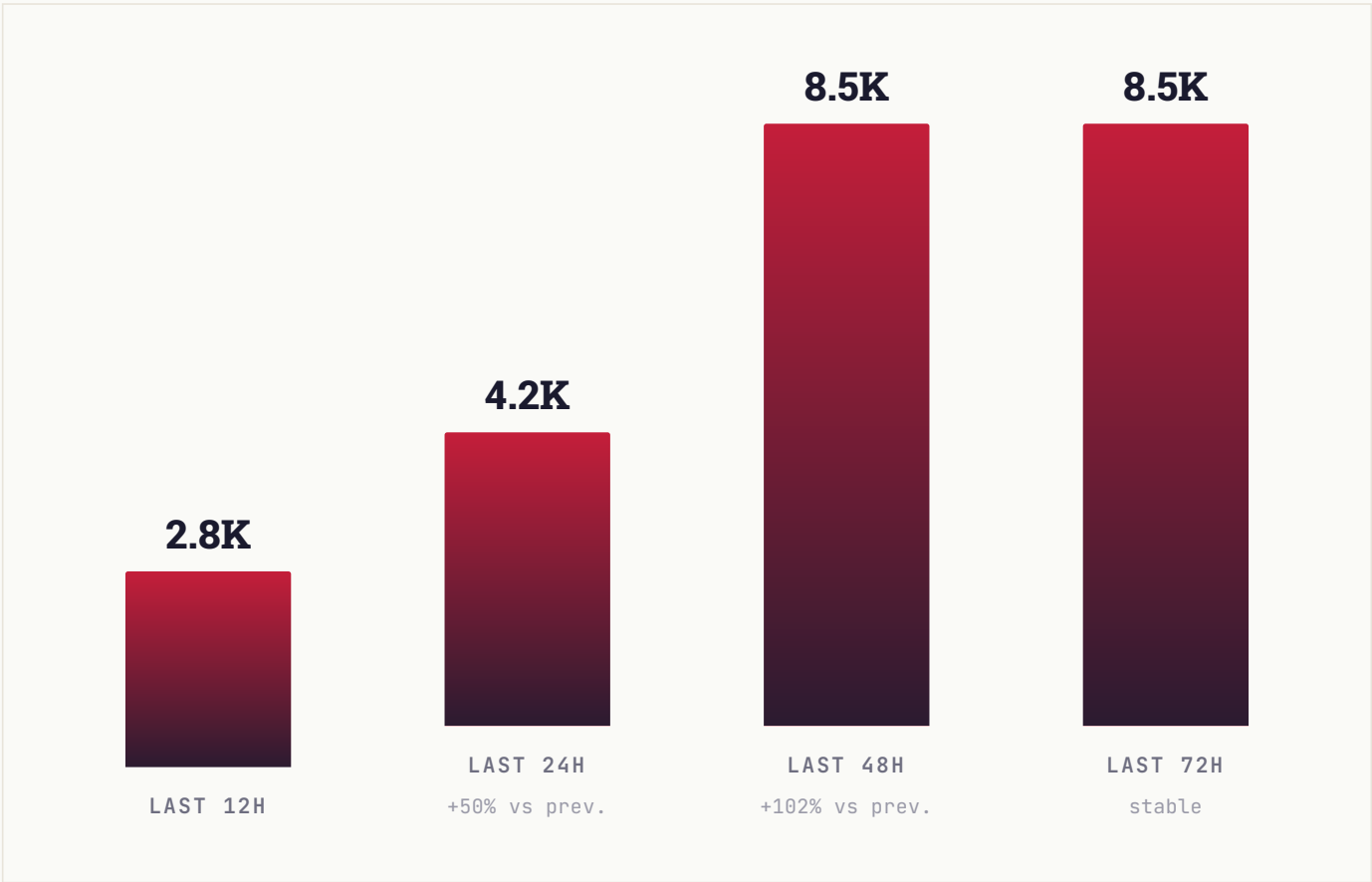
Citation index 4 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: 19 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its position among niche peers.

CHANNEL	SUBSCRIBERS
ZY Golden Apple	1.1M
HH Found on Wildberries	635.3K
MI MIXIT.RU	614.6K
M Manicure Nails	573.8K
HH Wildberries / WB finds	537.2K
EM Elena Mixit	521.6K
GD Face gymnastics	472.5K
PM Fashion Trends	437.6K
PR Primebery	398.9K
HW WB OZON finds	393.5K
ST STRESHINE YOU	20.8K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 96 — early growth stage. Niche leader — Golden Apple (1.1M), top-96 median: 171K. First goal — enter top-96 through systematic traffic & content work.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **11** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBS
January 2026	0	0	1	
December 2025	0	0	0	
Nov 2025	0	0	2	
Oct 2025	0	0	0	
September 2025	0	0	1	
August 2025	0	0	7	

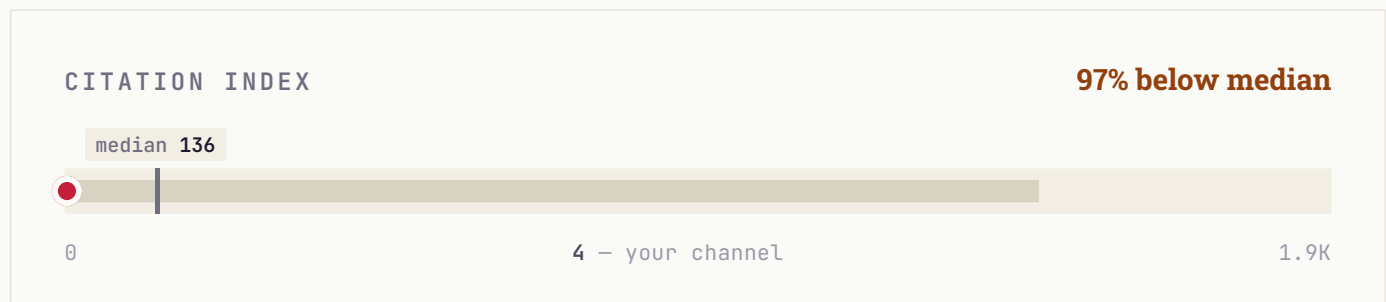
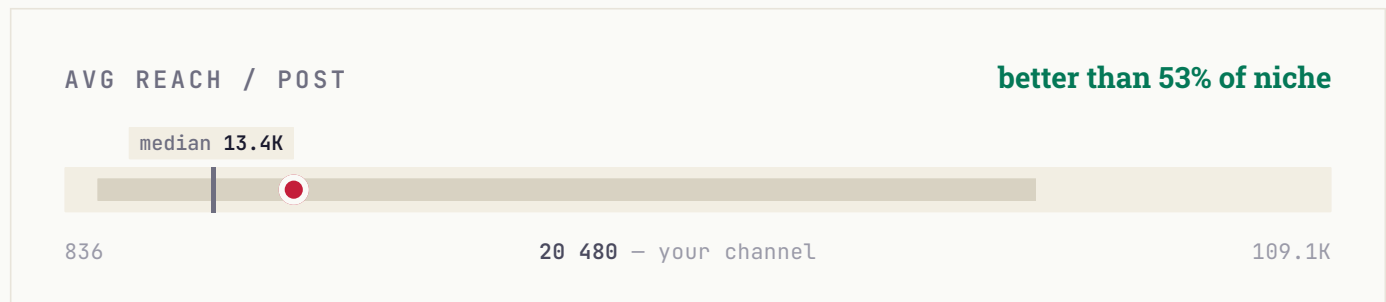
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
0	6	11

Where channel ranks in its league

SUBSCRIBERS 88% below median

A horizontal bar chart comparing a channel's subscriber count to a median. The chart has a light beige background. A dark beige bar represents the channel's performance, starting from a red dot on the left. A vertical line marks the median at 171.1K. The channel's count is 20,761, which is 88% below the median. The range from 58.4K to 512.2K is shown at the bottom.

Metric	Value
Channel Subscribers	20 761
Median	171.1K
Percentage below median	88%
Range (Min-Max)	58.4K - 512.2K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01**Increase posting frequency**

Now 2.9 posts/wk. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

Consistency > volume**02****Main post of the week — on Thursday**

Audience most active on this day at 14:00 MSK.

EFFECT

Best window for an important post**03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

+1000-3000 subs**04****Test polls & interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Swap posts quarterly with same-segment channels.
Not daily — 2-3 collabs give relevant growth.

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads through us & hit your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
