# CY LIFE

2018 OCTOBER



KOK YEEN MEE

# MESSAGE FROM CMO OF THAILAND

It is not so much about the Do-ing but the Be-ing

# ARÉ YOUR SLIMMING METHODS OUTDATED?

Cetting a fit and healthy body can be easy and fun

# LEGACY NEW PRODUCT

O ACTIVATOR

INSTANT HYDRATING MAS<mark>K</mark>

Leaves your skin feel the comfort of maximum hydration

ATTITUDE SHAPES OPPORTUNITIES, MINDSET DELIVER'S RESULTS

JRNLEGACY

# LEGACY OCTOBER 2018 HYDRATING SERUM ULTIMATE IMMEDIATE REVEALS ENERGISED & HEALTHY COMPLEXION SKIN O ACTIVATOR INSTANT HYDRATING MASK RETURNLEGACY

### RETURN LEGACY

1 Message from CMO of Thailand

### **LEGACY NEW PRODUCT**

3 2° Activator Instant Hydrating Mask (Pre-Launch Edition) Instant Hydration in A Sheet

### **LEGACY BRAND**

**9** Weight Management Are your sliming methods outdated?

# LEGACY STAR ROYAL AMBASSADOR

18 KoK Yeen Mee

### **LEGACY UPDATES**

- 23 NUREOX Protein Promix
- 24 Ruby Recognition 2018
- 25 October Promotions
- 27 Schedule











# DREAMS

ARE MEANT TO BE REALISED,

NOT CAPSIZED.

All of us have our own dreams we would like to achieve and we all have some idea of how to make it happen as well. But most of the time, we slip into the humdrum of daily life and suddenly, we lose track of where we are. This can happen to the best of us. I can't say that it never happened to me, but I was fast enough to catch myself and get back on track.



CMO OF THAILAND

PAUL TAN

Like you, I have dreams and I am thankful for being able to achieve them in this lifetime.

It is never easy but following it and achieving that sweet success is a feeling unlike any other. So lets get into the imperative parts of following your dreams and making it happen. The secret? It is not so much about the Do-ing but the Be-ing.

# 01

# **Be Optimistic Always**

even when you think you are off path

Every time we get thrown off path when we are chasing our dreams, we get discouraged or we get dissuaded by all the nitty-gritty details of an action plan. It is fine to feel this way, but it is not fine to wallow in it. The trick is to always look for a fresher perspective. That is how you milk out the optimism in a pessimistic situation. So take deep breaths, look for the good and move forward. Remember there is no such thing as a wrong path. You make it right by being the better version of you.

# 02

# **Be Life's Possibilities**

nothing is impossible until it is done

"It always seems impossible until it is done" is so eloquently put by the late Nelson Mandela. If there is anything we can learn from him is that he is the testimony of achieving the impossible and embracing setbacks. From being in prison for 27 years to becoming a president of a huge nation, he truly embodied life's possibilities. Just remember that having setbacks doesn't mean you failed, it just means you are given the opportunity to see how else you can make your dreams possible.

# 03

# **Be Present On The Journey**

success is never the destination

Have you ever wondered how your mind tricks you into making up scenarios in your head when you fail? Well, just remember that following your dreams is a journey. The road can be long, winding, bumpy and sometimes you could encounter detours. But stay present in the moment and understand that success is a process. Stay with the process, trust it and let it shape you and lead you to your dreams.

So if you're feeling stuck with your dreams currently or are feeling a little dispirited, just remember that you will get there, but only if you keep going.

I wish you well on the journey to your dreams.



ULTIMATE
HYDRATING SERUM
HYDRATING SERUM
IMMEDIATE REVEALS ENERGISED
& HEALTHY COMPLEXION SKIN

HYDRATI

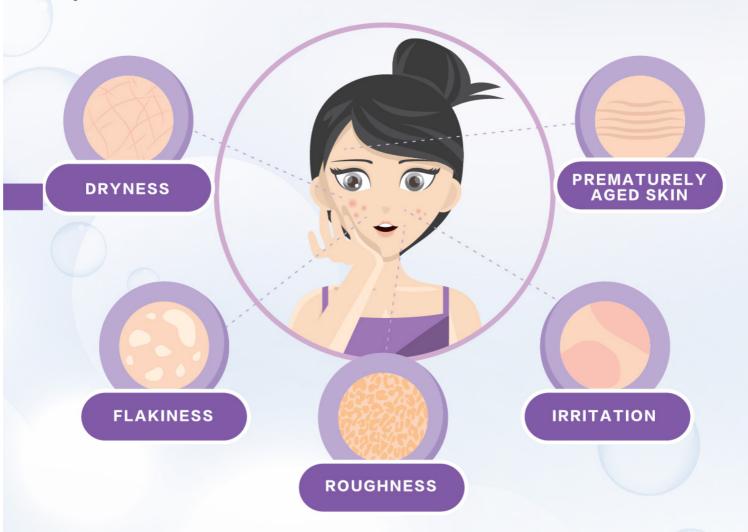
23 RETURNLEGACY

# INSTANT HYDRATION IN A SHEET

Our skin is the largest body organ and functions to hold in our body fluids thus preventing dehydration. A healthy skin contains 10-20% water and dehydration occur when the level drops below 10%. Our skin loses water daily in large quantities as human skin cells are typically exposed to UV radiation and environments with low water concentrations such as air-conditioned buildings, dry air, travel, temperature fluctuations and others. These environments often lead to disruption in skin hydration and function.

Our skin does not have the ability to produce moisture of the water variety on its own – it only absorbs from water consumed and water-based skin care products applied onto our skin. If our body is lack of water, it will affect the functions of our organs. Imagine the damages on your skin due to dehydration.

### Dehydration weakens skin's defence and will caused:



It's vital for our skin to stay hydrated in order to keep it nourished and able to fight any damages caused by dryness, skin irritations, or environmental aggressors. Thus, it becomes very important to replenish water in our skin.

When it comes to hydration, it is often associate with water – to hydrate something means to increase its water content. In relation to skin care, hydration means increasing the amount of water in your skin, which results in a healthy, smooth, and supple complexion.

When your skin is regularly hydrated, it keeps the appearance of fine lines and wrinkles at bay, and will increase skin's resilience. In addition to younger appearance, your skin will maintain their overall cellular functions as well by keeping it hydrated. Hence, besides collagen, water is the most effective anti-aging ingredients for your healthy glowing skin.

How do we hydrate our skin? Our skin is the last organ to absorb hydration by means of drinking water, thus using topical ingredients that promote hydration is beneficial as well. Often, sheet masks are the simplest and fastest way for an instant hydration.

2° Activator Instant Hydrating Mask combines 5 effective moisturising elements culminating in the formulation of an ultra-concentrated hydrating serum which capable to instantly deliver hydrating effects, leaving your complexion looking energetic and healthy. Its ability to lock in moisture, preventing loss of water, and providing long-lasting hydration help balance skin's water levels while leaving a non-sticky feeling on the skin. As it recharges dull looking complexion, it strengthens skin's natural barrier as well and protect against pollution and other environmental aggressors. The sagging signs of skin due to loss of water content can also be arrested through the improvement of skin elasticity and ensures prevention against skin aging by locking in moisture and strengthening the skin's barrier, keeping your skin hydrated, smooth, and supple.

A single sheet of mask is all you need for an instant pick me up. Daily usage will lead to better results.

# INSTANT HYDRATION



& RETURNLEGACY

# SUITABLE FOR ALL SKIN TYPES



MOISTURISE AND REJUVENATE



# **KEY INGREDIENTS**

### ANADENANTHERA COLUBRINA BARK EXTRACT

- A type of humectant which retains mois ture and reduces trans-epidermal water loss whilst strengthening the skin's barrier providing it better protection.
- This extract delivers immediate and long-lasting moisturising effects by increasing glycerol permeability thus enhance water holding capabilities of skin, improve skin elasticity and facilitate epidermal barrier repair.
- \*Glycerol plays an important role in skin hydration and enhancing skin elasticity. It is also a crucial element in facilitating epider mal barrier repair.

### BETAINE

- Betaine is a type of compatible osmolyte which can increase skin's water retention abilities and reduce water loss by strengthening skin's barrier.
- It functions to maintain the skin's water balance by retaining water and its moisture levels, offering long lasting moisturising effects.

### 3 SACCHARIDE ISOMERATE

- An effective humectant and natural moisturising factor which provide instant moisturising effects.
- Its strong water binding ability provides protection against environment aggressors which causes mois ture loss, enabling long lasting moisturising effects.
- This reduces the appearance of skin dryness, flakiness and itchiness while at the same time increases skin hydration which leads to a softer, smoother skin.

# CHONDRUS CRISPUS EXTRACT AND SODIUM HYALURONATE

- A strong water binding component that can hold up to 1,800 times its own weight in water – it able to trap water molecules efficiently while simultane ously act a water reserve to provide immediate skin hydration through the delivery of bolus water.
- I his maintains the homeostasis of water in skin, providing moisturising effect while increase elasticity and helps skin to absorb moisture and nutrients.

he

# GET YOUR DEWY, PLUMP SKIN AROUND THE CLOCK:



Use them while traveling, as your skin gets dehydrated easily from the dry cabin air or seasons such as winter and summer.



To recharge and pamper your tired skin after a long day, apply a sheet of mask after cleansing your skin and before applying moisturiser.



Before going to bed prep your skin for an energised dewy complexion next morning.



Get your skin ready for any occasions, dates or events.





Prep your skin before applying make-up to avoid cakey and other issues.



Whenever you need a pick me up for your dull and dehydrated skin.

THE THE SEPTEMBERS OF THE SEPT

Beer under



O A CTIVATOR

INSTANT



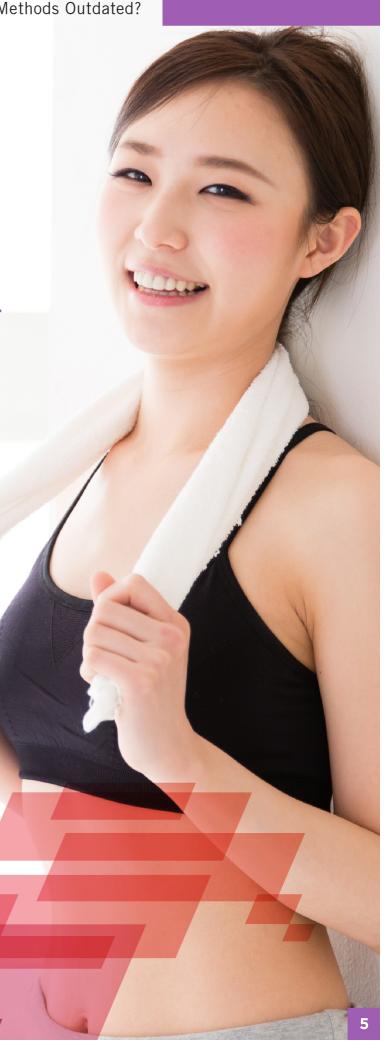
**Distributor Price** 

RM69(WM) | RM79(EM) 7WP

Retail Price RM86(WM) | RM98(EM) Net Weight 5 sheets x 100ml

# ARE YOUR SLIMMING METHODS OUTDATED?

We're living in an era that glamorises and glorifies slim figures. From the cut-throat fashion industry that features stick-thin models as a representative standard, to entertainment industry where popular celebrities are expected to be slim. These beauty standards have seeped into our society as well, where the driven mantra is "the thinner we are, the better we look". This constant yearning to lose weight contributes to all the slimming fads and methods present today. Yet clearly, weight loss is a topic that is timeless and will never run out of style – but can the same be said for its methods?



In recent years, the establishment of slimming centres and products have been a burgeoning business with the rise of quick-weight loss plans, but weight loss is often associated with enhanced physical appearances. But as the public awareness of healthcare and wellness rose significantly, experts begin to promote the use of diet programs for weight loss via the reduction of calorific intake. Some of the more well-known diets include low-carb & ketogenic dieting and intermittent fasting. However, a strict diet without regular exercise has a high chance of retaining your body fat percentage. Some individuals seeking immediate results may resort to extreme, and often unsafe dieting methods, such as taking diet pills and surgeries.





When it comes to weight loss, we need to sensibly evaluate how the process should be according to our bodies and health. Weight loss shouldn't be purely for the sake of attaining society's warped perspective on the ideal figure. Even for those who are obese or have been facing criticisms over their appearance, do not simply follow any weight loss plan without taking notice of the possible repercussions on your health. It's always better to strive for a healthy weight rather than to match society's perception of being stick-thin.

Health should always be the priority when it comes to weight loss. The global obesity issue we're facing now has spurred health experts and doctors alike to pay more attention on the impacts of obesity on our health. When a person is obese or overweight, they are more vulnerable to diseases and health concerns. The most common ones are cardiovascular disease, type 2 diabetes, musculoskeletal disease, and an increased risk of developing cancer. However, doctors and scientists are currently advocating 'scientific weight loss', which is essentially long-term weight loss through healthy weight management.



Dieting, relying on slimming pills or surgeries are weight loss fads of the past that are giving way to more scientific and healthier methods of weight management. But what is the difference between traditional weight loss methods and the modern ideals of weight management? Take a look at this chart below:

# HEALTHY WEIGHT MANAGEMENT



Balanced Diet +
Essential Nutrients +
Regular Exercise



**Reduce Body Fats** 



Stick To Daily Routine



Holistic Transformation Of The Body And Health, Thus Prevent Diseases



**Build Healthy Habits** 

# TRADITIONAL WEIGHT LOSS METHODS



Obsessive Control
Over One's Diet
And Appetite +
Lack Of Exercise



Reduce Body Fats, Muscles And Water (Hydration) Content



Easy To Give Up, Thus Causing A Rebound



Focusing On Weight Loss And Appearance Only



May Harm One's Health

# 3 PLUS AND A MINUS HEALTHY WEIGHT MANAGEMENT FORMULA



One of the key rules to achieve healthy weight loss is your body's metabolic rate. Inspired by the Mediterranean Diet, the new and enhanced Mediterranean Gold PLUS is formulated with Return Legacy's cutting-edge proprietary blend - LePheno™, combining 22 fruit and vegetable extracts, red grape extracts, olive extracts, Chromium Yeast and L-arabinose which is effective in improving metabolism, thus increase energy level and vitality. Consist of high potent polyphenols, it delays signs of aging, reduces calorie intake, breaks down accumulated fats and converts into energy which in turn reduces waist and hip circumference. With daily consumption, Mediterranean Gold PLUS helps to reduce cellulite and enhance skin firmness as well.



# INCREASE NUTRITIONAL INTAKE



A balanced and nutritious diet is essential for a healthy weight management plan. Rich with plant nutrients, Mediterranean Gold PLUS provides a good source to replenish nutrient loss in daily activities. It also helps to maintain good health by regulating blood pressure and cholesterol levels. While, the high protein formulation of NUREOX Protein ProMix helps to increase daily protein consumption, allows the body to absorb more nutrients from food which also control hunger and curbs cravings.

# INCREASE



When the metabolic rate slows down, fats and toxins accumulate in the body, and causes obesity. NUREOX de'Cleanse is formulated with natural plant-based ingredients that helps to boost metabolic and detoxification processes. This fibre-rich drink contains the nutrients that are needed to maintain intestinal health, as it balances the microflora, promotes digestive health and relieve occasional constipation. Its rich fibre content also helps to satiate hunger thus reduces food intake and achieves a healthy weight loss. A daily dose of NUREOX de'Cleanse enhances the body's absorption of nutrients and detoxification, which contributes to a healthier body and smoother skin.



# REDUCE CALORIE INTAKE

An excessive calorie intake will lead to the formation of fats, which contributes to weight gain. High protein, low-calorie meal replacements help to keep your calorie intake in check while achieving the slimming effect that is desired. NUREOX Protein ProMix combines pea protein, soy protein, soy protein isolate and other nutrients making it the perfect choice for a healthy meal replacement. Its high protein formula not only effectively curbs your hunger and reduces appetite, but it promotes muscle growth as well. Not only that, it provides essential amino acids to maintain good health which helps the body to increase absorption of nutrients, enhances its immune system and improves overall energy levels.



Starting today, eliminate the archaic concepts of weight loss fads and the unrealistic beauty standards. Instead, choose a sustainable yet healthy weight management plan that balance between a nutritious diet and regular exercise.



\*For a comprehensive diet plan, please refer to Fit 30 Manual.



# F1TE CHALLENGE



Lose weight can be easy and fun! Build your healthy life and expect a brand new YOU! Begin your healthy journey with us!

Lose 4 kg in 30 days and win products worth RM1,476!

# PRODUCTS 2 x DE'CLEANSE 3 x PROTEIN PROMIX 4 x MEDITERRANEAN GOLD PLUS \*Terms and Conditions apply.





ROYAL AMBASSADOR



FAMILY OF RETURN LEGACY

MY STRONGEST PILLARS OF SUPPORT, MY BIGGEST DRIVE, AND MY ULTIMATE PRIDE.



I'm thankful for my leader Jen who've seen my growth and also for meeting my life coach here - Mr. Desmond. I appreciate his meticulous guidance and strictness - even though it was a little intimidating at times, I believe everyone understands his stern and serious character are good-natured and for this I am extremely grateful. It is precisely because of that I was able to overcome various obstacles along the way and checking off challenges one after the other.

He always says "goals are meant to be surpassed with no compromises" - this was something I remembered dearly and deeply. Remembering these words are spurs me on to take on any difficult or challenging tasks that come my way, constantly surpassing goals and limits, never stopping until I complete what I set out to do. I'm grateful for all of these for making me a better person and in the process, unexpectedly earning my very first six-digit income of my life.





I have gone through an amazing journey since joining Return Legacy, having financial freedom and full control over my time. I have become matured as well especially when it comes to managing various matters, my thoughts have become more focused and positive and my drive becoming stronger and also, learnt how to lead the people around me towards achieving success, creating a valuable life in the process.

I would also like to thank my family for the support and encouragement they have tirelessly given me during this journey – all these give me the courage to push forward and onwards. For my father and mother – thank you, this proud achievement is yours too. And last but not least, I'm thankful for my husband for his unwavering support and understanding – giving me his 100% both in spirit and action. I will continue working hard and achieve even more remarkable results.

To all Legacians, so long as you keep doing what is right then creating a wonderful life is just ahead of you. Remember that goals are meant to be surpassed with no compromises.



ROYAL AMBASSADOR



# PROTEIN ProMix



# AVAILABLE NOW!

### **BENEFITS:**

- Maintain balanced diet
- Weight management under right nutrition
- Hunger-satisfying
- Support lean muscle tone & healthy metabolism
- Great tasting meal replacement beverage

RETURNLEGACY

Distributor Price RM168(WM) | RM178(EM) 30WP Retail Price RM210(WM) | RM222(EM) Net Weight 500g



7.10.2018 (SUNDAY)

12pm- 5pm

THE WEMBLEY
HOTEL PENANG
Wembley Ballroom



21.10.2018 (SUNDAY)

12pm- 5pm

IMPERIAL HOTEL
KUCHING
Imperial Ballroom 1







CLEANSING WATER (50ml)

一瓶及参与幸运抽奖

27.10.2018 (SATURDAY)
12pm- 5pm

Holiday Inn Singapore Atrium 317 Outram Road, Singapore 169075



# **CET HEALTHY**



Getting a fit and healthy body can be easy and fun! Through the combination of our products, healthy eating diet and exercises, build your healthy lifestyle and expect a BRAND NEW YOU in 90 days!

OCT 2018 - 31<sup>st</sup> DEC 2018



NUREOX de CLEANSE

# **CREATION PLAN**

12 X MEDITERRANEAN GOLD PLUS. **6 X DE'CLEANSE, 9 X PROTEIN PROMIX** 

> RM3,800 (WM) RM3,992 (EM) 438WP

Premium P-Wallet (PRO890), Elite upgrade to Premium before (PRO895) & after 60 (PRO896) days.

# **LEGACY PLAN**

12 + 2 X MEDITERRANEAN GOLD PLUS. 6 + 1 X DE'CLEANSE. 9 + 1 X PROTEIN PROMIX

> RM3,800 (WM) RM3,992 (EM) **500WP**

\*Applicable to new Premium package (PRO889), new

TO ENTITLE





Please scan this QR code for Fit 30 Challenge terms and conditions Terms and Conditions apply.

OR

- Each purchase of Fit 30 package is entitled to participate in Fit 30 challenge.
- For more Fit 30 package and challenge information, please refer to our promotion details.
- While Stocks Last.



# LEGACY PLAN

It's time to embrace your beauty and overall wellness with these exclusive product packages in the month of October. Begin your beauty and healthy journey with us!

1st October (12pm MYT) - 31st October 2018 (11.59pm MYT)



Build healthier and leaner figure can be easy and tasty! A set that completes your daily nutrients intake to help you to get in shape and detoxifies your body.

RM1,269(WM) RM1,335(EM) 215WP

# **LUMINOUS GLOW**



Beautiful skin begins with exceptional skin care products! Begin your youthful glow with our skin care promotion package.

RM506(WM) RM516(EM) 70WP

# **INTIMATE SOLUTION**



A delicate pamper specially to all women to protect intimate area from harmful bacteria.

RM174(WM) RM189(EM) 24WP

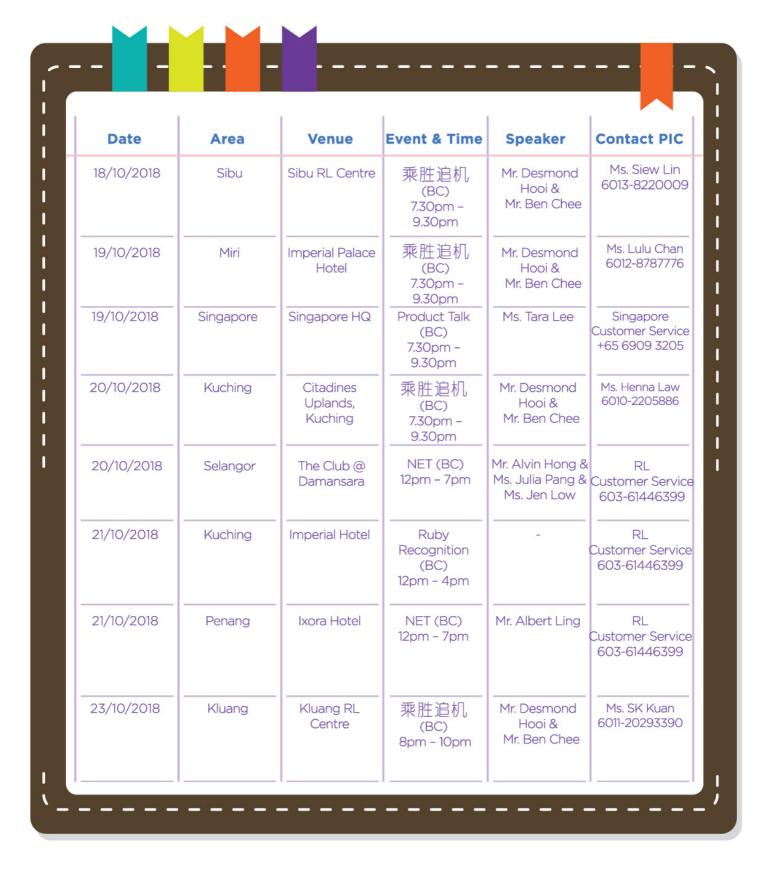
# OCT 2018 MONTHLY SCHEDULE

Meetings to be held at Return Legacy HQ

Date	Event	Time	Speaker	Contact PIC
04/10/2018	Don't Quit Get Fit (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
11/10/2018	如何开始 (BC)	8pm - 10pm	Ms. Jen Low	RL Customer Service 603-61446399
18/10/2018	Fit 30 Get Healthy (BC)	8pm - 10pm	Ms. Shu Xian & Ms. Rennie Lau	RL Customer Service 603-61446399
25/10/2018	Don't Quit Get Fit (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399

# Meetings to be held at hotels / centre

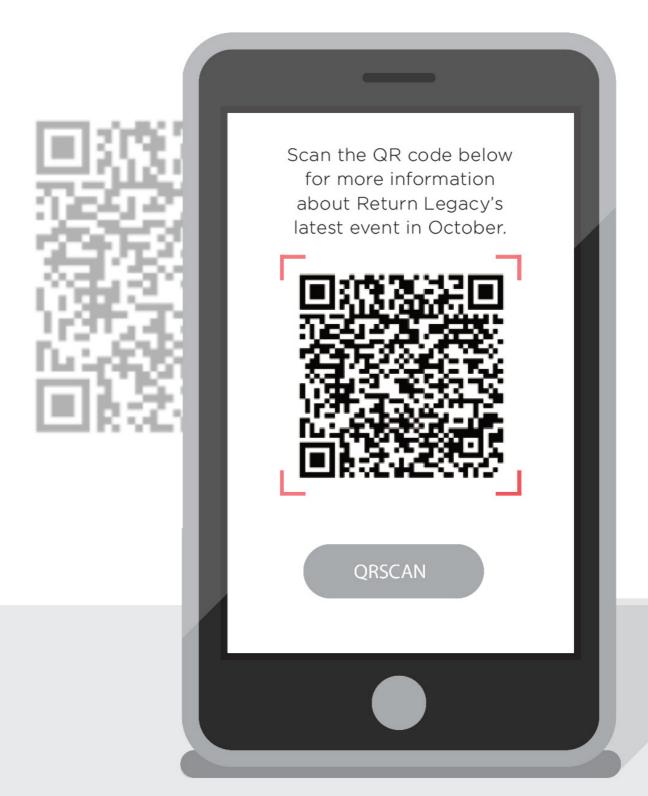
Date	Area	Venue	Event & Time	Speaker	Contact PIC
05/10/2018	Singapore	Singapore HQ	Product Talk (BC) 7.30pm – 9.30pm		Singapore Customer Service +65 6909 3205
07/10/2018	Penang	The Wembley Hotel	Ruby Recognition (BC) 1pm - 5pm	-	RL Customer Service 603-61446399
10/10/2018	Alor Setar	Alor Setar RL Centre	乘胜追机 (BC) 8pm-10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Elise Lim 6012-4317881
11/10/2018	Penang	Bayview Hotel	乘胜追机 (BC) 8pm-10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. CK Loh 6012-4719667
12/10/2018	Ipoh	MH Hotel	乘胜追机 (BC) 8pm-10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Denley Koid 6016-5165216
12-14/10/2018	Johor Bahru	Thistle Hotel	Legacy Code (BC) 8am - 12am	Mr. Albert Ling	RL Customer Service 603-61446399
13/10/2018	Kuching	56 Hotel	NEO (BC) 1pm - 5pm	Ms. Xiao Fen & Ms. Siew Yieng	Ms. Xiao Fen 6016-8959656
17/10/2018	Negeri Sembilan	Garden View Hotel	Don't Quit Get Fit (BC)	Mr. Alvin Hong & Ms. Rennie Lau & Ms. Shu Xian	





### The participant is required a ticket as below:

- i. RM 800 per pax to participate in Legacy Code (BC).
- ii. RM 113 per pax to participate in NET (BC).
- iii. RM 30 per pax to participate in Ruby Recognition (BC).
- iv. RM 10 per pax to participate in NEO (BC).
- v. SGD 30 per pax to participate in Ruby Recognition (BC).





### **RETURN LEGACY SDN BHD**

BLOCK K-3-1 & 3, PUSAT PERDAGANGAN KOTA DAMANSARA NO 12 JALAN PJU 5/1 KOTA DAMANSARA 47810 PETALING JAYA SELANGOR

- **Color:** Color: Color:
- (Malaysia) www.facebook.com/returnlegacy26 (Malaysia) www.t.me/returnlegacymy

# LEGACY LIFE

传承生活

2018 十月



ROYAL AMBASSADOR

KONG ANG YIENG

传承国际

泰国营销总监致词

与其按部就班的去实行所定下的目标 和计划,活在当下才是成功的基础

传承新品

O Activator

instant Hydrating Mask

让肌肤瞬间结放健康与活力光深

您的瘦身方式过时了吗?

以轻松简单的方式追求"健康美"

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JRNLEGACY"

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结

局

# LEGACY HYDRATING SERUM ULTIMATE IMMEDIATE REVEALS ENERGISED & HEALTHY COMPLEXION SKIN O ACTIVATOR INSTANT HYDRATING MASK & RETURNLEGACY

# 传承国际

1 传承国际泰国营销总监致词

# 传承亮点

32°高效保湿面膜 (预售限量款) 水润滋嫩,一片即可

### 传承新品

9 体重管理 您的瘦身方式过时了吗?

# 传承榜样 皇室大使

18 Kok Yeen Mee

# 传承资讯站

- 23 NUREOX Protein Promix
- 24 红宝石表扬大会2018
- 25 本月促销
- 27 本月活动











# 意味着实现而不是倾覆



泰国宫铂总监 PAUL TAN

像你一样,我有梦想,我很感激能够在这一生中实现它们。它永远不容 易,但追随它并实现甜蜜的成功是一种与众不同的感觉。因此,让我们 进入追随梦想并实现梦想的必要部分。秘密?它不是关于Do-ing 而是关于Being。

# **01** 永远乐观 即使你认为自己不在路上

每当我们追逐梦想时,我们都会被抛弃,我们就会气 馁,或者被行动计划的所有细节所劝阻。这种感觉很 好,但是沉溺其中并不好。诀窍是始终寻找更清新的 视角。这就是你如何在悲观情绪中榨取乐观情绪。所 以深呼吸, 寻找好处, 向前迈进。记住, 没有错误的 道路。通过成为更好的版本,你做对了。



# 成为生命的可能性 在完成之前一切都是不可能的

"没有什么是不可能的,直到它完成"是由已故的纳 尔逊曼德拉雄辩地提出来的。如果有什么我们可以向 他学习的是,他是实现不可能和拥抱挫折的见证。从 入狱27年到成为一个庞大国家的总统,他真正体现了 生命的可能性。你也是,每个人都拥有相同的宽容品 质。请记住,遇到挫折并不意味着你失败了,这只是 意味着你有机会看到如何让你的梦想成真。



# 出席旅程 <sup>成功永远不是目的地</sup>

你有没有想过当你失败时,你的思绪如何欺骗你在脑 海中制作场景?好吧,请记住,追随你的梦想是一段 旅程。道路可能很长,蜿蜒,颠簸,有时候你会遇到 弯路。但要保持现状并理解成功是一个过程。坚持这 个过程,信任它,让它塑造你,引领你实现梦想。

所以,如果你现在感觉自己的梦想陷入困境,或者感 到有点沮丧, 那么请记住, 你会到达那里, 但前提是 你继续前讲。

祝你梦想成真。



即将面市

ULTIMATE
HYDRATING SERUM
HYDRATING SERUM
IMMEDIATE REVEALS ENERGISED
& HEALTHY COMPLEXION SKIN

ACTIVATORATING MASK

23 RETURNLEGACY

# 水润滋嫩,一片即可

**月** 肤是人体最大的器官,主要帮助锁住体内水份以防止脱水。健康的肌肤含水量为10-20%,一旦低于10%便会造成肌肤水份不足而出现脱水现象。由于肌肤每日暴露于紫外线及低湿度环境中,空调室、干燥空气、机舱和温差变化大的环境易于对肌肤的持水能力和功能造成影响。

人体皮肤不具自行生产水份能力,仅能从摄入的水份和涂抹于肌肤的水基护肤品中吸收水份。如果水份不足会影响身体器官的运作,试想象脱水或缺少水份对皮肤造成的伤害。

### 缺水会削弱皮肤的防御能力,引致:



要维持肌肤健康,首要条件是确保肌肤得到充足的滋养,以及具备对抗干燥、肌肤状况和环境因素对肌肤造成破坏的抵御能力。因此,为肌肤补充水份以维持含水量尤为关键。

提及保湿,大家自然会想到水——补充水份意味着增加含水量。对肌肤保养而言,保湿意味着增加肌肤的水份,从而让肌肤更显健康、光滑和柔嫩。

如您能时刻维持肌肤水份,细纹与皱纹自然无法成形,肌肤的紧致度也会获得提升。除了看起来更年轻,肌肤在得到该有的滋润时亦可维持整体功能。因此除了胶原蛋白,水是最有效的抗衰老成份,可使肌肤焕发健康光泽。

要如何为肌肤进行保湿?由于皮肤是透过饮水吸收水份的最后器官,除了多喝水,使用护肤品提升保湿度成了另一有效途径。而敷面膜,就是最简单快速的滋润肌肤方法。

2° Activator Instant Hydrating Mask保湿面膜蕴含以5种高效保湿因子为配方的高浓度保湿精华,为肌肤提供即时保湿效果,让您的肌肤瞬间绽放健康与活力光采。面膜的质地清爽不粘腻,其锁水、防止水份流失和长效保湿功能亦有助平衡肌肤水份含量。赶走暗沉肌肤的同时优化肌肤天然屏障以抵御污染和其他环境因素的侵害。只要锁住水份及强化肌肤天然屏障,因水份流失造成的皮肤下垂迹象在肌肤紧致度获提升时将得以改善,还原丰润光滑的柔和质感。

想要改善肤质?只需一片面膜即可。每日使用效果更佳。

## 迅速补水

此面膜能完美覆盖肌 肤,让肌肤大量及快 速吸收养份。

# 即将面市

## 保湿滋润

蕴含5大强效的保湿 因子,比润肤霜更奏 效的补水,使肌肤变 得柔顺光滑。



ULTIMATE
HYDRATING SERUM
HYDRATING SERUM
IMMEDIATE REVEALS ENERGISED
REPLEXION SKIN
REALTHY COMPLEXION SKIN





## 适合各种肤质

此面膜能完美覆盖肌 肤,让肌肤大量及快 速吸收养份。



## 方便使用

5片装面膜, 方便每日使用。





# 主要成份:

### 南美豆树皮萃取物

- 此保湿剂有助维持肌肤水份和减少表皮层的水份流失率,以强化肌肤屏障,为肌肤提供更佳保护。
- 通过增加甘油的渗透性,为肌肤提供即时和长时间保湿,从而增强锁水能力,改善肌肤弹性,促进表皮屏障修复。
- \* 甘油可增强肌肤弹性,对保湿肌肤起着重要作用,同时也是促进表皮屏障修复的关键成份。

## 2 甜采碱

- 一种相容性溶质,可以透过强化皮肤屏障,减少 水份流失,提升皮肤的锁水能力。其主要功效:
- •锁住肌肤水份, 并维持肌肤滋润度。
- •提供持久的保湿效果,让肌肤达到水油平衡 状态。

# 3 糖类综合体

- •强效及天然的保湿因子,可即刻为肌肤补水。
- 其还具备强大的锁水功效,不易让水份流失, 持久保持肌肤水份,以此防止环境因素造成的 肌肤水份流 失问题。
- •可提升保湿度,使肌肤变得更柔滑,同时减缓 干燥所引起的剥落和瘙痒等问题。

### 1 红藻提取物及透明质酸钠

- ·具有强力锁水成份,在水中可以承受高达1800 倍的自身重量。
- 能有效地为肌肤储备水份,通过水团输送为肌 肤提供及时保湿。
- 有助维持肌肤水份平衡,同时增加肌肤弹性以及促进肌肤对水份和营养吸收。

# 随时随地、拥有好肤质:



旅行期间使用,因为肌肤易因干燥的机舱空气或气候比如冬天或夏天而出现脱水状况。



在洁面后,涂抹润 肤霜前先敷一片面 膜,为疲惫的肌肤 充电并赋予呵护。



睡前敷脸,做好基 础护理,每天清晨 肌肤丰润饱满, 精神奕奕。



赴约前,为肌肤做 好准备工作。





上妆前使用可避免出 现卡粉及其他问题。



当您急需为暗沉与 干燥肌肤补水。

ULTIMATE HAG SERUM HHORATING SERUM COMPLETION SERVE

O ACTIVE TANGENESE AND THE RESERVE OF THE PROPERTY OF THE PROP



O ACTIVATOR

INSTANT HYDRATING MASK

正式款 即将面市

### ULTIMATE HYDRATING SERUM

IMMEDIATE REVEALS ENERGISED & HEALTHY COMPLEXION SKIN

> O ACTIVATOR 1 INSTANT HYDRATING MASK

& RETURNLEGACY

### 2° Activator Instant Hydrating Mask 预售款是非卖品

从 2018 年 10 月 1 日起至2018 年 10 月31日, 凡购买 2° Redoxy Essence Legacy Plan 优惠配套将免费获得两 (2) 包2° Activator Instant Hydrating Mask (一共10 片面膜)

\*直至存货售完为止。

HYORATIAN ARSK

HYDRATING SERUM IMMEDIATE REVEALS ENERGISED & HEALTHY COMPLEXION SKIN

ULTIMATE

PRETURNLEGACY®

经销商价

RM69(西马) | RM79(东马) 7WP

零售价

RM86(西马) | RM98(东马)

净重

5片x100ml

# 您的瘦身方式 过时了吗?

是一个全民求瘦的年代。 从骨感大行其道的时尚 界到明星以瘦为美的娱乐圈,乃 至社会大众的审美标准都在追求 越瘦越好,因此兴起各种减肥瘦 身方法。减肥瘦身成为了永不过 时的话题,但您的瘦身方法有否 跟上时代还是早已落伍了?



近年,越来越多商家为顺应瘦身热潮,不断地开设纤体中心及推出瘦身产品,但所提倡的瘦身主要是为了形象的美观。后来随着人们健康保健意识的提高,有些专家开始提倡一些饮食方案,透过降低热量的摄取而达到瘦身效果,颇为大众熟悉的是低碳水化合物饮食和生酮饮食,还有间歇性节食,但是仅仅克制饮食,没有搭配适量的运动,复胖的几率是非常高的。有些人因为操之过急,想要在短时间内减脂成功而选择比较偏激的方法譬如摄取减肥药及进行胃旁路手术。



我们需理智和客观看待自己为何要瘦身,管理体重,而不是盲目地为了要达到社会的"以瘦为美"的审美标准。至于超重和肥胖的人士,即便承受着社会投以的异样目光、批判与歧视,也切忌盲目减肥,走捷径以至损害健康,该追求"健康美"而非"苗条美"。

瘦身减肥,无论在任何时候都应以健康为前提。随着全球肥胖问题日益严重,健康专家与医生开始关注肥胖对健康所造成的影响。当一个人肥胖或者超重时会引发许多健康问题和疾病,最常见的是心血管疾病、2型糖尿病、肌肉骨骼疾病甚至还会增加患癌的风险。现今,科学家与医生们提倡的是"科学减肥",即透过健康的体重管理,达到长期的瘦身效果。节食减肥,依赖药物瘦身或瘦身仪器都属于过去式的减肥方法。



传统的减肥方法与现代盛行的体重管理概念有什么不同之处呢?请参考以下对比图:

## 健康体重管理



科学饮食+ 均衡营养+ 适量运动



只减除多余或 不良脂肪



坚持习惯, 不反弹



可以从根源上 改变体质, 预防疾病



养成健康的 生活习惯

# 传统减肥方法



尽力节食、 控制食欲+ 非科学运动方式



减除脂肪、 肌肉、水



极易放弃, 导致反弹



仅针对当前肥胖, 治标不治本



对身体造成伤害

# 3加1版科学体重管理方法

# 加速新陈代谢率

想要健康地管理体重,身体的新陈代谢率是关键之一。启发于地中海饮食概念,全新升级的Mediterranean Gold PLUS 采用了传承国际专属的突破性先进配方 ——LePheno™,搭配22种蔬果萃取物、红葡萄萃取物、橄榄萃取物、酵母铬和L-阿拉伯糖,有助改善新陈代谢,进而强化体能与活力。此配方蕴含高效多酚能延缓老化,还有助于降低身体对热量的吸收,分解体内累积的脂肪后将之转化为能量,帮助缩小腰围和臀围。只要每日摄取,Meditteranean Gold PLUS还能帮助减少橘皮组织及紧致肌肤。



# 力口 添 营养摄取量





在健康的管理体重时,也不可忽略身体对营养的摄取,保持均衡饮食。 富含蔬果萃取物的Mediterranean Gold PLUS 有助于补足人体每日所需的营养,并维持良好的血压及调节胆固醇水平。此外,采用高蛋白质及其他营养成份为配方的NUREOX Protein ProMix 能提升身体蛋白质的摄入量,还能促进身体更好的吸收饮食中的营养及给予饱腹感。



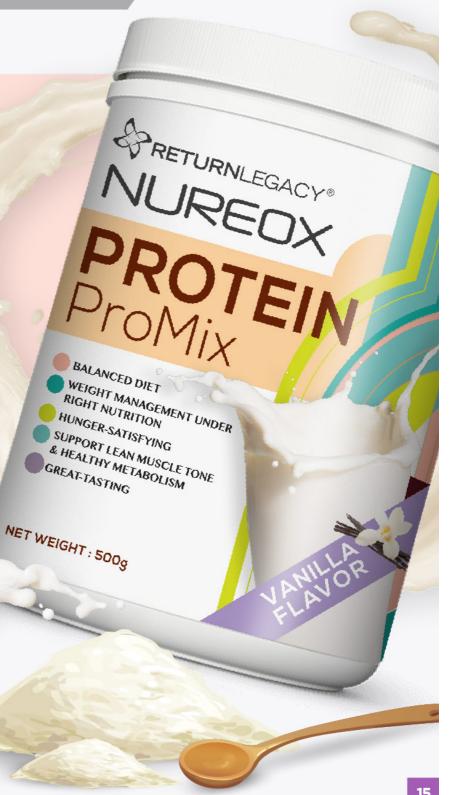


NUREOX de'Cleanse纤维饮料,以纯天然植物成份为配方,可助身 体进行代谢与排毒。此纤维饮料糅合了维持肠道健康所需的营养,能够 平衡结肠菌群,促进肠胃健康,同时可以缓解偶尔性便秘问题。 其丰富 的纤维质含量,有助增加饱足感,进而减少食量,以达成减重功效。除 此之外,每日摄取还有益于增强人体对营养的吸收,增强排毒功效,使 您拥有更健康的体魄以及更透亮与光滑的肌肤。



过多的热量摄取将导致脂肪的形成,造成肥胖。高蛋白质,低热量的代餐,有助控制热量的摄取,达到瘦身效果。

NUREOX Protein ProMix结合了豌豆蛋白、大豆蛋白、大豆分离蛋白和其他营养成份为配方,是健康代餐的完美选择。其高蛋白质配方不但能有效降低饥饿感及控制食欲,促进肌肉的增长,同时还能为人体提供所需氨基酸,使身体更好地吸收食物中的营养、增强免疫系统及提高能量水平。



今日起,摒弃传统的瘦身减肥概念,抛开以瘦为美的审美观,树立 科学且健康的体重管理概念即合理膳食、营养均衡搭配适度运动。

# 简易饮食计划

让您轻松、健康、美味管理体重







餐前

饮食

餐后







1颗苹果, 1杯鲜奶 或 1份蔬菜沙拉





x1包









1份烤鸡胸 肉和蔬菜, 1份花椰菜 炒饭 或 1份蛋卷





x2包





晚餐喝 Protein **ProMix** x1杯





x1包



# 



原来减肥可以如此简单有趣!建立健康生活,打造一个全新的自己, 跟我们一起踏上追求健康的旅途吧!

# **30**天减**4**公斤, 可赢取价值RM1,476的30天产品配套!



\*须符合条规。



"我从来都没有什么伟大的梦想,

反而觉得平凡就是福。说走就走的旅行,又或者是想买就买的衣服、鞋子,这些都离我这种打工族特别遥远。我每天就是工作、回家,生活两点一线,十几年如一日。"

我以为只要我努力工作,就一定可以升职加薪,改善生活。但是很多时候,不是我们付出了多少努力,就能收获多少回报,尤其是当你只是在替别人打工的时候。于是我有了创业的念头。

可是我没有任何创业的经验、没有傲人的学历、没有什么出色的专长,更没有庞大的创业基金,所以这个想法也就不了了之了。在一次机缘巧合下,我接触了一个很神奇产品,那就是Redoxy。我被它的demo效果一举征服,于是义无反顾地就加盟成为代理,就这样开始了我传直销行业的人生。

在传直销这个领域是需要一定的人脉和经验的,但是这些我都没有。很幸运的是,在传承国际这个环境里,这些都不足以成为阻力,因为这里有一套标准的系统,而且简单易学。我只要跟随领导的脚步,用心学、用心做好每一件简单的事就可以了。

ROYAL AMBASSADOR
KOK YEEN MEE



传承国际的大家庭

是我最可靠的后盾, 是我最大的动力, 也是我最大的骄傲



感恩这个大家庭带给我满满的幸福感,感恩公司所有大家长以及我们的ROYAL PRIME - APPLE LOW对我无私的教导,感恩团队里的每一个家人,他们都是我最可靠的后盾、是我最大的动力,也是我最大的骄傲。

感恩我的领导上司JEN一直陪着我成长,同时也要感恩我在这里遇到了我的人生导师,也就是我的师父一MR DESMOND。我很感激他对我的悉心教导和严格的鞭策,虽然过程中有一点害怕,我相信大家都很清楚他有多么严格和认真,可是我还是很感激很感恩。因为他的严格和认真,我才能够克服重重难关,完成一个又一个的挑战。



# 目标只能超越, 不能**妥协**

他说过,"目标只能超越,不能妥协",这句话我一直铭记在心里。只要想到这句话,就算我面对很难很挑战的任务,我也能够咬紧牙关继续前进,不断超越目标,不断超越自我的极限,直到目标完成为止。感恩这一切,让我成为了更好的自己,也让我赚到我人生中预想不到的第一笔6位数的收入。

在加入传承国际以后的这段日子里,我经历了一段不可思议的旅程,得到了财务自由和时间自主的人生,同时也让我成长了好多好多,在处事方面变得成熟,思想变得积极,行动力变得更强,也学会了如何引导身边的人走向成功,从而创造有价值的人生。

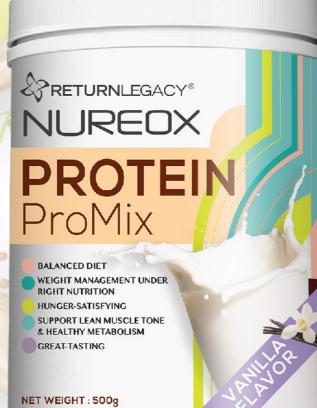
同时也要感谢我的家人这一路以来给予我的支持和鼓励。他们的支持和鼓励让我有更大的勇气向前迈进。谢谢爸爸妈妈,我今天的这一份荣耀是属于他们的。还有,就是我的老公,谢谢他一直以来的支持和体谅,无论是精神上还是行动上都给予我百分百的支持。我一定会更加努力,再创更高峰。

各位亲爱的家人,只要一直坚持做对的事情, 每个人都能创造属于自己的精彩人生。目标只 能超越,绝不能妥协。



ROYAL AMBASSADOR

# PROTEIN ProMix



正式发售

### 益处:

- 保持均衡饮食
- · 通过适当营养进行 体重管理
- 提升饱腹感
- · 维持肌肉量与新陈 代谢率
- •美味的代餐饮料

RETURNLEGACY

经销商价格

RM168(西马) | RM178(东马) 30WP

零售价

RM210(西马) | RM222(东马)

净重

500g



7.10.2018 (SUNDAY)

12pm- 5pm

THE WEMBLEY **HOTEL PENANG** Wembley Ballroom



21.10.2018 (SUNDAY)

12pm- 5pm

IMPERIAL HOTEL **KUCHING** 

Imperial Ballroom 1







一瓶及参与幸运抽奖

27.10.2018 (SATURDAY) 12pm- 5pm

Holiday Inn Singapore Atrium

317 Outram Road, Singapore 169075



# FITE CONTRACTOR OF THE SET HEALTHY



原来减肥可以如此简单有趣! 结合了我们的保健品, 健康饮食习惯和适量的运动,在90天内打造一个全新的自己!

1<sup>ST</sup> OCT 2018 - 31<sup>ST</sup> DEC 2018

(11:59pm, MYT)



RETURNLEGACYE
NUREDX
PROTEIN

RECLEM DE INSERTING MANTEN

RECLEM DE INSERTING

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## **CREATION PLAN**

**PREMIUM PACKAGE** 

12 X MEDITERRANEAN GOLD PLUS, 6 X DE'CLEANSE, 9 X PROTEIN PROMIX

> RM3,800 (WM) RM3,992 (EM) 438WP

\*适用配套包括 新增Premium 配套(PRO889), 新增Premium P-Wallet 配套(PRO890), Elite 提升至Premium 配套60天之 前 (PRO895) 以及60天之后 (PRO896)。

## **LEGACY PLAN**

MAINTAIN PACKAGE

12 + 2 X MEDITERRANEAN GOLD PLUS, 6 + 1 X DE'CLEANSE, 9 + 1 X PROTEIN PROMIX

> RM3,800 (WM) RM3,992 (EM) 500WP

即可参加》

挑战





預知更多Fit 30挑战详情与条规,请扫描此QR码。

- \*须符合条规。
- \*凡购买 FIT 30配套将可参与FIT 30 挑战。
- \*欲知更多FIT 30 配套和挑战详情,请参阅促销细节。
- \*直至存货售完为止。



# LEGACY PLAN

配合10月份独家配套 跟随我们一起踏上美丽与健康的旅程吧!

1st October (12pm MYT) - 31st October 2018 (11.59pm MYT)





打造健康美的身材可以如此轻松又美味!这完善的配套既可帮助身体进行代谢与排毒,又有助于补足人体每日所需的营养,让您达到完美身形。

## 明靓肌肤



美丽的肌肤始于细心的肌肤护理!让护肤配套与您一起迈向有活力的健康美肌!

RM506(WM) RM516(EM) 70WP

## 私密保养



专为所有女性推出的私 密保养清洁剂,温柔保 护私密处免受有害细菌 的滋长。

RM174(WM) RM189(EM) 24WP

# 2018 十月份 活 动 行 程

# 传承国际总部

日期	活动	时间	讲师	负责人
04/10/2018	Don't Quit Get Fit (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
11/10/2018		8pm - 10pm	Ms. Jen Low	RL Customer Service 603-61446399
18/10/2018	Fit 30 Get Healthy (BC)	8pm - 10pm	Ms. Shu Xian & Ms. Rennie Lau	RL Customer Service 603-61446399
25/10/2018	Don't Quit Get Fit (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399

# 酒店/中心

日期	区域	地点	活动及时间	讲师	负责人
05/10/2018	Singapore	Singapore HQ	Product Talk (BC) 7.30pm - 9.30pm		Singapore Customer Service +65 6909 3205
07/10/2018	Penang	The Wembley Hotel	Ruby Recognition (BC) 1pm - 5pm	-	RL Customer Service 603-61446399
10/10/2018	Alor Setar	Alor Setar RL Centre	乘胜追机 (BC) 8pm - 10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Elise Lim 6012-4317881
11/10/2018	Penang	Bayview Hotel	乘胜追机 (BC) 8pm-10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. CK Loh 6012-4719667
12/10/2018	Ipoh	MH Hotel	乘胜追机 (BC) 8pm-10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Denley Koid 6016-5165216
12-14/10/2018	Johor Bahru	Thistle Hotel	Legacy Code (BC) 8am - 12am	Mr. Albert Ling	RL Customer Service 603-61446399
13/10/2018	Kuching	56 Hotel	NEO (BC) 1pm - 5pm	Ms. Xiao Fen & Ms. Siew Yieng	Ms. Xiao Fen 6016-8959656
17/10/2018	Negeri Sembilan	Garden View Hotel	Don't Quit Get Fit (BC)	Mr. Alvin Hong & Ms. Rennie Lau & Ms. Shu Xian	

日期	区域	地点	活动及时间	讲师	负责人
18/10/2018	Sibu	Sibu RL Centre	乘胜追机 (BC) 7.30pm - 9.30pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Siew Lin 6013-8220009
19/10/2018	Miri	Imperial Palace Hotel	乘胜追机 (BC) 7.30pm - 9.30pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Lulu Chan 6012-8787776
19/10/2018	Singapore	Singapore HQ	Product Talk (BC) 7.30pm - 9.30pm	Ms. Tara Lee	Singapore Customer Service +65 6909 3205
20/10/2018	Kuching	Citadines Uplands, Kuching	乘胜追机 (BC) 7.30pm - 9.30pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. Henna Law 6010-2205886
20/10/2018	Selangor	The Club @ Damansara	NET (BC) 12pm - 7pm	Mr. Alvin Hong & Ms. Julia Pang & Ms. Jen Low	
21/10/2018	Kuching	Imperial Hotel	Ruby Recognition (BC) 12pm - 4pm	-	RL Customer Servic 603-61446399
21/10/2018	Penang	Ixora Hotel	NET (BC) 12pm - 7pm	Mr. Albert Ling	RL Customer Servic 603-61446399
23/10/2018	Kluang	Kluang RL Centre	乘胜追机 (BC) 8pm - 10pm	Mr. Desmond Hooi & Mr. Ben Chee	Ms. SK Kuan 6011-20293390



### 参加者需缴付门票如下:

- i. Legacy Code (BC) 每人RM800
- ii. NET (BC) 每人RM113
- iii. Ruby Recognition (BC) 每人RM30
- iv. NEO (BC) 每人RM10
- v. Ruby Recognition (BC) 每人SGD30





### **RETURN LEGACY SDN BHD**

BLOCK K-3-1 & 3, PUSAT PERDAGANGAN KOTA DAMANSARA NO 12 JALAN PJU 5/1 KOTA DAMANSARA 47810 PETALING JAYA SELANGOR

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