

LEGACY LIFE

传承生活

2019 AUG

MESSAGE FROM CMO OF SINGAPORE

The way to balancing your life
as a woman

2° ACTIVATOR
MOIST
Intensive Hydrating Cream
The Miracle 6



LEGACY HIGHLIGHT

Cultural Expedition of Indonesia

Beauty tips about

2° GALLASH
EYELASH & EYEBROW ESSENCE

 RETURNLEGACY®

LEGACY

LIFE

AUG 2019

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CMO of Singapore

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Look Lusciously
Mesmerizing



RETURN LEGACY
2 Degree
REOX life



returnlegacymalaysia



Return Legacy Malaysia



Return Legacy Malaysia



Return Legacy

THE WAY TO BALANCING YOUR LIFE AS A WOMAN

“ Women in this century or more specifically in this decade have proved to be somewhat equal as their male counterpart. You are now no longer just a homemaker. You are everything the career world seeks you to be. Well, even some nations have female presidents. ”

But no matter what, you'll still find yourselves trying to perform the act of juggling between yourselves and your family. So the thought of wanting more time for yourself and at the same time being the one that's depended on can get challenging. Having said that, there is a way and I have found my own way to transcend the beliefs out there and see this in a new light.

As a career woman, I tend to see women's independence differently. It's about shifting your mindset to see things differently so you can be and do things differently in your daily life. Of course, it can be challenging at first to balance between me-time, work and family. But it gets better with time.



CMO OF SINGAPORE
DAWN LEE

Here are 3 things that I would urge you to look into to begin with:

SORT OUT YOUR PRIORITIES

Wanting success as a career woman requires you to look into your priorities both professionally and personally. Figure out what are the important commitments at work and in your personal or family life. Every day, have it in your mind the things that can be compromised or is completely non-negotiable. Once you do this enough, you will soon find out that you don't have to waste energy on things that don't serve your end goal. Prioritize, familiarize and get wise about it.

LEARN THE ART OF DELEGATION

Burnt out? Feeling fatigued? Not enough time? Well, we all have 24 hours in a day. It's how we get things done the most efficient way in that timeframe. Sometimes, it's about asking for help. This can be asking it from family members, co-workers, friends, etc. Spread your work or chores out. Because when you spread yourself too thin, you'll end up accomplishing nothing substantial.

MAKE TIME FOR YOURSELF

Learn to dance, enjoy life and don't take things too seriously. First thing you can do is set out some time for yourself to do the things you love. Pamper yourself, spend time in nature or just take the day off. There are no hard and fast rules about this. It's just mandatory if you want to keep your spirits up. The best part, you can sometimes find out more about yourself and even come out of your me-time more inspired, energized and rejuvenated! Just make it clear to your family that your me-time is as important as it gets.

I truly believe that no matter what, women from all walks of life are choosing to have it all and it's possible – a blissful family, a rewarding career and some me-time for yourselves. The difference between achieving and not achieving it is the mindset you set for yourselves to live the way you want.

To be a woman, to strive for what you want in the 21st century and to still embrace your inner strength is beautiful beyond any measure. My message to you is simple yet when you grasp it, you can be, do and have anything you want: Seek clarity in everything you do. You'll be amazed at the foundation you'll build to achieve that great balance between your career, family and personal needs.



RETURN LEGACY'S TRAVELLING
BACK IN TIME:

CULTURAL EXPEDITION OF INDONESIA

**Heartiest
congratulations to
all family members
who have qualified
the incentive trip.**

**Let us travel to
Indonesia to
explore local
cultures from
November
23rd - 26th!**





Ranked fourth most populous country in the world, Indonesia houses over 300 ethnic groups and diverse cultures; including buildings, food culture, ethnic festivals, and traditional costumes. We'll be discovering Jakarta and Bandung for this trip and the mission? Discovering local food and landmarks of Indonesia! Located on the northwest coast of Java, Jakarta is the capital of Indonesia and also the largest city in the country as well as South East Asia. Bandung is the capital of West Java and the third largest city in Indonesia – famed for its beautiful, tranquil, and elegance as well as its spring-like weather all year long. Nicknamed "Paris of Java" it is also the most beautiful city in Indonesia.

*To find out more about this culture-filled Indonesian escapade, stay tuned for the September issue of Legacy Life for all the details!



MOISTURE

YOUR WAY TO LONG-LASTING HYDRATION



Water is perhaps the most important resource on Earth. And we wouldn't go a day without drinking water. The same goes to hydrating our skin, the largest organ of our body. It needs hydration as much as we need daily drinking water.

Any skin care routine is not perfect without moisturiser. Irrespective of skin type, everyone needs moisturising cream to keep our skin radiant, soft, supple and smooth. And in order for our skin to stay young and healthy for long periods of time, using moisturiser proves to have benefits for the skin in the long run.

When you are moisturising your skin, you are actually hydrating your skin which allows skin to function at its peak performance. According to British Journal of Dermatology, those who used moisturiser were found to have delayed rates of wrinkle development. This is why, moisturising is important for men as it is for women when it comes to signs of aging.

MOISTURISING

HELPS OUR SKIN STAY YOUNG



The skin on our face is very sensitive to environmental changes. When you moisturise, you are allowing your skin's barrier functions to improve and be protected against environmental aggressors. To add on, the massaging gesture when applying moisturiser helps stimulate blood circulation as well as new cell generation. Plus, moisturising helps reduce skin problems – in particular, dehydrated skin, fine lines, skin roughness and flakiness.

When and how do you use a moisturiser?

Simple!



After taking a bath:

This is when skin is still moist and moisturiser actually helps trap water in skin right after your bath.



After cleansing your face with cleanser:

Immediately apply a suitable moisturiser. If left unmoisturised for long, your skin's moisture can evaporate and causes trans-epidermal water loss.

As a protective base for makeup:

A light consistency of moisturiser can actually hold the makeup for longer periods of time.

No matter your skin type, it is prone to be dehydrated. Which is why, with the help of good and appropriate moisturising routine in your daily beauty regime, your skin will thank you to keep it looking good and radiant with that healthy glow.





2° ACTIVATOR MOIST

Intensive Hydrating Cream

ALL DAY MOISTURE BOOST FOR HEALTHY GLOW



The 2° Activator Moist is the perfect solution you've been looking for. The non-greasy cream recharges your skin, improves skin resilience against environmental aggressors and leaves your skin glowing with locked-in moisture and suppleness all day long. Dermatologically-tested, the 2° Activator Moist is proven to be hypoallergenic, mild and gentle – suitable for all skin types especially those with sensitive skin.

With its buttery, creamy and light texture, it is made to be a soft cream-based moisturiser that leaves your skin feeling comfortable and supple without that greasy feeling with each application. You can be sure of delicate, smooth and plump skin after each application. That's just how the 2° Activator Moist works for your skin!

The 2° Activator Moist is the perfect solution you've been looking for. The non-greasy cream recharges your skin, improves skin resilience against environmental aggressors and leaves your skin glowing with locked-in moisture and suppleness all day long. Dermatologically-tested, the 2° Activator Moist is proven to be hypoallergenic, mild and gentle – suitable for all skin types especially those with sensitive skin.

Distributor Price
RM260(WM) | RM270(EM) 45WP

Retail Price
RM3.25(WM) | RM3.7(EM)

Net Weight
50ml



THE MIRACLE **6**

BENEFITS OF

2° ACTIVATOR
MOIST

Intensive Hydrating Cream



**Against moisture
loss and dehydration**



**Diminish uneven
skin tone**



**Boost radiance and
moisture level**



**Enhance moisturising
effect and skin
barrier function**



**Calming, soothing
and softening**



**Fast absorption with
long lasting
moisturisation effects**

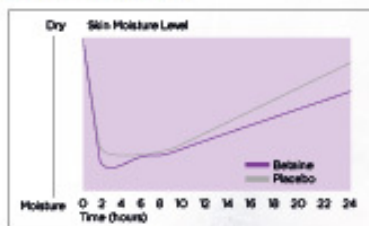


KEY INGREDIENTS

1 Betaine

- o Offers long-lasting moisturisation.
- o Maintains skin moisture balance, provides smoother and softer skin.

Self-assessment results on skin moisture:
At 8 hours and 24 hours, the hydration level with Betaine is higher.



2 Saccharide Isomerate

- o Improves skin barrier function to provide protective barrier against environment aggressors.
- o Reduces skin flakes and itch caused by dry skin condition.

Self-assessment result after 28 days:
Photographs demonstrate a significant improvement in skin appearance after four weeks of application.

After four weeks, the skin's surface is visibly smoother.



3 Silybum Marianum Fruit Extract

- o A strong antioxidant that protects from oxidative damage.

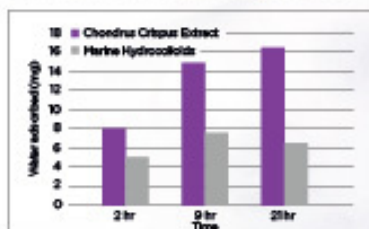
4 Glycine Soja(soy) Germ Extract And Triticum Vulgare(wheat) Germ Extract

- o Reduces trans-epidermal water loss.
- o Has antioxidant properties.

5 Chondrus Crispus Extract

- o Has unique structure that traps water molecules efficiently.
- o Acts as water reservoir that provides immediate hydration.
- o Helps to plump for better skin tone and suppleness.

Self-assessment results for water absorption capacity:
Chondrus Crispus creates a reserve of water by absorbing 2.5-times more water than conventional marine derived hydrocolloids.



6 Sodium Hyaluronate

- o Acts as a strong water-binding component to maintain skin moisture balance.
- o Reduces signs of dehydrated skin such as fine lines, roughness and flakiness.



2° Gallash

2° GALLASH

EYELASH & EYEBROW ESSENCE

3x BOOST

3x POWERFUL

FULLER • LONGER • STRONGER

Eyelashes and eyebrows are just like our hair, they need nutrients for healthier growth and stunning looks! 2° Gallash Eyelash & Eyebrow Essence a powerful and deeply nourishing essence gives you healthy lush brows and lashes you've been wanting and is the ultimate solution to nourish your follicles, eyebrows, and eyelashes after excessive styling such as extension, heat curling, falsies and embroidery.

Distributor Price

RM135(WM) | RM145(EM) 16WP

Retail Price

RM162(WM) | RM174(EM)

Net Weight

2.5ML



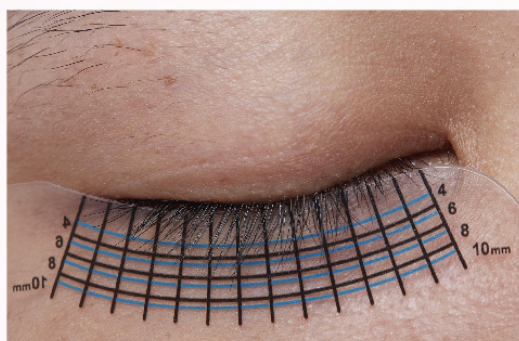
THE EYELASH AND EYEBROW GROWTH ESSENCE FOR THAT MESMERIZING LOOK

EYELASH

DAY1

DAY27

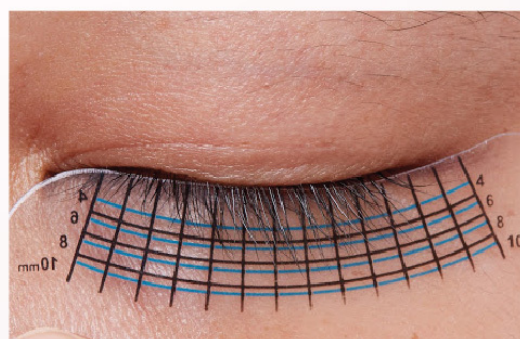
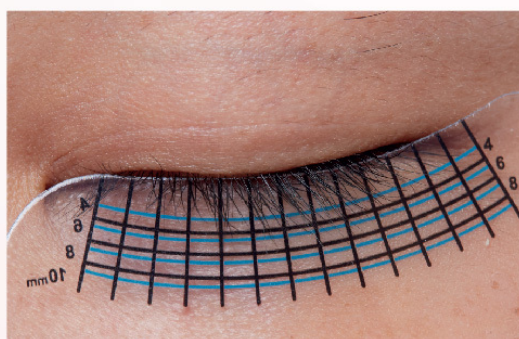
**LEFT
EYE**



DAY1

DAY27

**RIGHT
EYE**



***Individual results may vary *Suggest to apply Gallash daily basis for better result**

THE EYELASH AND EYEBROW GROWTH ESSENCE FOR THAT MESMERIZING LOOK

EYELASH

DAY1

DAY45

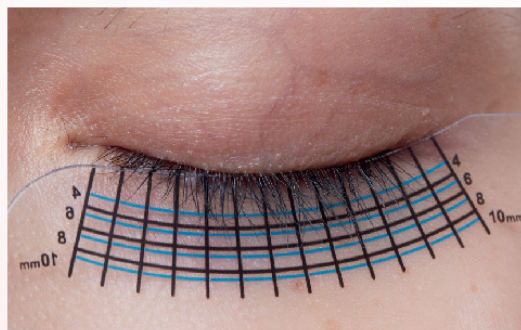
**LEFT
EYE**



DAY1

DAY45

**RIGHT
EYE**



***Individual results may vary *Suggest to apply Gallash daily basis for better result**

THE EYELASH AND EYEBROW GROWTH ESSENCE FOR THAT MESMERIZING LOOK

EYEBROW

DAY1

DAY27

**LEFT
EYE**



DAY1

DAY27

**RIGHT
EYE**



***Individual results may vary *Suggest to apply Gallash daily basis for better result**

THE EYELASH AND EYEBROW GROWTH ESSENCE FOR THAT MESMERIZING LOOK

EYEBROW

DAY1

DAY38

**LEFT
EYE**



DAY1

DAY38

**RIGHT
EYE**



***Individual results may vary *Suggest to apply Gallash daily basis for better result**

BEAUTY TIPS ABOUT 2° GALLASH

Can I use 2° Gallash when I'm wearing contact lens?

1

Yes, 2° Gallash can still be applied when wearing contact lens.

What should I do if the essence accidentally comes in contact with my eyes?

2

It will not harm your eyes. However, if you feel uncomfortable, do rinse with water immediately.

How many times can I apply 2° Gallash in a day?

3

You can apply 1-2 times a day.

Should I apply 2° Gallash before or after my eye cream application?

4

Apply 2° Gallash before applying your eye cream as it is a water-based essence.

My eyelashes and eyebrows are thick and long, do I still need to use 2° Gallash?

5

Yes! 2° Gallash actually helps to maintain, protect and enhance them.

Can I use 2° Gallash if I have eyelash extension and eyebrow embroidery?

6

Yes, you can still use 2° Gallash to maintain healthy follicles after eyelashes extension and eyebrow embroidery.

IS YOUR CHILD A PICKY EATER?

**“Mummy,
I don't want chocolate,
I want broccoli,
please?”**

Is this something you always hear from your child? Well, of course not! In fact, parents are used to hear the exact opposite!

Parents are always worry about what their children eat and don't eat. It is even worse when come to parenting a picky eater. The kitchen table has become a battleground and parents have been begging, threatening and bargaining with their children to eat something or anything green! There are many reasons children developed picky eating habits. And unfortunately, parents are the main influence in cultivating this bad habit. Now it is time to question yourself:

HAVE YOU EVER USED SWEETS TO REWARD YOUR CHILDREN'S EATING BEHAVIOUR?

Do you have this preconceived notion that children and vegetables do not match and thus you don't even bother trying?

Are you, yourself, a fussy eater?

New parents often make the mistake of pacifying or rewarding their children with sweet treats for good behaviour. This can undermine the healthy eating habit that they are trying to teach their children, causing them to develop a preference for sweet treats instead of healthier foods with nutritional value. Overtime, they will gradually become pickier and pickier over what is served to them on their plates, and refuse anything that does not tickle their fancy.

Most adults have preconceived notion that children do not like vegetables, even though this is far from the truth. As a result, parents often prepare their children's meals devoid of vegetables, or they may treat eating vegetables as a task that needs to be rewarded. Children may pick up this idea and expect an incentive every time they eat vegetables and, at the same time, unknowingly nurture a distaste for vegetables.



Parents must know that children learn by observing adults even when those adults are not intentionally trying to teach them anything. When parents are picky about their food, it is not surprise that their children pick up this habit. If parents are often neglecting certain types of food at the dinner table and only select the food they preferred, children will assume that they, too, are allowed to do so.





5

SIGNS YOUR CHILD'S PICKY EATING HABIT MAY BE CAUSING NUTRITIONAL PROBLEMS

Children need to consume sufficient amount of nutrients to grow well, and so being too selective can be detrimental to their growth and development. However, parents are often too late to realize the deleterious consequences of being nutritional deficiency. So, here are a few early signs that your picky child may be suffering from nutritional problems:

1

THEY FALL SICK EASILY.

Inadequate nutrition may weaken children's immune system, causing them to fall sick easily.

4

THEY ARE OVERWEIGHT.

Picky eater tends to choose food that can tickle their fancy and usually those foods are high in sugar and oil content. This can lead to weight gain and in worse cases, obese.

2

THEY HAVE DIFFICULTIES IN PASSING STOOLS.

Insufficient fiber in your child's diet will affect their digestive system, causing problems such as constipation.

5

THEY ARE UNDERWEIGHT.

When children are overly picky about their food, they refuse to eat when the food they preferred is unavailable, causing them to become underweight.

3

THEY OFTEN SUFFER FROM LOW ENERGY AND BECOME LESS ACTIVE COMPARED TO OTHER KIDS.

As carbohydrate is the main source of energy, children who do not consume enough carbohydrate may feel tired and fatigued easily.





5 TIPS TO REDUCE PICKY EATING HABITS IN YOUR CHILD

Are you worried yet? Well, it's never too late to fix your child's bad eating habits. But it's important to start early as the younger they are, the easier it is to cultivate a new and healthier eating habits. Here are some tips to reduce the pickiness in your child:



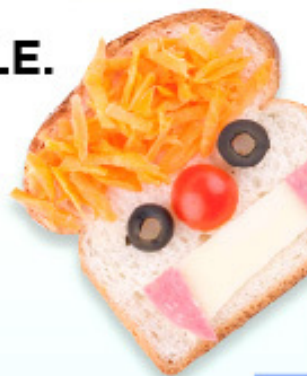
MAKE MEALS VISUALLY APPEALING TO YOUR KIDS.

Let's face it. When it comes to food, children care more about its appearance than anything else. Therefore, when you are preparing your child's meal, try to incorporate more colours and cut the food into various shapes so that it appears visually interesting. Using cutlery that have their favourite cartoon characters on it may help too.



SWITCH UP THE MENU ONCE IN A WHILE.

Just like adults, children get bored when same type of food is repeatedly served to them. Try incorporating new ingredients and expose them to the new food types, tastes and textures as it is crucial for future food acceptance.





PREPARE HANDY-SIZED FOOD THAT IS EASILY AND CONVENIENTLY CONSUMED.

Children are often impatient when it comes to any sort of activities – and that includes mealtimes. If you serve them food that will take too much of their concentration or time to consume, mealtimes will soon become a dreaded activity. Therefore, try preparing food that are easy to grab and eat such as carrot sticks, celery sticks, meatballs, etc.



DON'T ALWAYS OFFER DESSERTS.

Desserts should be treated as special occasion treats rather than part of a meal as they are often high in sugar content. Also, try not to use sweet treat or desserts as a bargaining tool as this may send mixed messages to your children and cause them to form a desire or liking for them over other healthier foods.



MAKE MEALTIMES REGULAR.

Keep a tight schedule for mealtimes to cultivate a healthy routine for your children to follow. When mealtimes become a consistent part of your child's day, they are less likely to reject what's served on their plate as they have become accustomed to the routine.

"You are what you eat." This applies to us and our children. Therefore, it is important for parents to nib their children's picky habits in the bud before it becomes a persistent problem. A good eating habit allows your child to grow well physically and mentally, while also strengthening the bodies' immune system and resistance against illnesses in the long run. If you have a picky child, start practising the above tips today – go step by step and you'll certainly see a difference sooner or later. Your children may not understand this now, but they will definitely thank you later when they're older.



LEGACY
PLAN

AUGUST SPECIAL DEAL

01.08.2019 @ 12PM (MYT) – 31.08.2019 @ 11.59PM (MYT)



**3x Protein ProMix Vanilla
FREE 1x Protein ProMix Vanilla**

RM504 (WM) | RM534 (EM) | 90WP

**3x Protein ProMix Chocolate
FREE 1x Protein ProMix Chocolate**

RM504 (WM) | RM534 (EM) | 90WP



**2x Protein ProMix Vanilla +
1x Protein ProMix Chocolate
FREE 1x Protein ProMix Chocolate**

RM504 (WM) | RM534 (EM) | 90WP

*Terms & Conditions apply. *For further information, please refer to our promotion details.

*For Malaysia distributors only. *While Stocks Last.



CREATION PLAN CAMPAIGN

1st June 2019 @ 12AM (MYT) – 31st August 2019 @ 11.59PM (MYT)

Achieve **4350WP** and get
FREE Dyson Supersonic Hair Dryer or 500 L-Wallet (L-Point)



3600 to 4349 WP

Purchase
1x Dyson Supersonic Hair Dryer
with RM500

2600 to 3599 WP

Purchase
1x Dyson Supersonic Hair Dryer
with RM1000



LEGACY PLAN CAMPAIGN

1st June 2019 @ 12PM (MYT) – 31st August 2019 @ 11.59PM (MYT)



LEGACYPLAN CAMPAIGN 1 PERSONAL MAINTAIN

Personal maintain 4 boxes
of NUREOX de'Cleanse or
Enzyme each calendar month
for 3 months continuously.

FREE

4 x H+ (60ml)



LEGACYPLAN CAMPAIGN 2 DISTRIBUTORS (UPLINE)

Every 5 downlines who qualify
Legacy Plan Campaign 1.

FREE

4 x NUREOX
de'Cleanse



Promotion



CLASSIC MEMBERSHIP PROMOTION

1st July 2019 @ 12PM (MYT) – 31st December 2019 @ 11.59PM (MYT)

Free Classic Membership worth RM48



1X NUREOX de'Cleanse

RM 88.00 (WM)

RM 95.00 (EM)

8WP

1X NUREOX Enzyme

RM 88.00 (WM)

RM 95.00 (EM)

8WP

*All new Classic Membership is inclusive of 1 x RL Welcome Handbook

*Terms & Conditions apply. *For Malaysia distributors only. *For further information, please refer to our promotion details. *While Stocks Last.

Schedule

SCHEDULE



2019 AUGUST

Meetings to be held at Return Legacy HQ

Date	Event	Time	Speaker	Contact PIC
01/08/2019	燃烧我的卡路里 (BC)	8pm - 10pm	-	RL Customer Service 603-61446399
08/08/2019	7千秒健康管理 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
15/08/2019	成交密码 (BC)	8pm - 10pm	Mr. Albert Ling	RL Customer Service 603-61446399
22/08/2019	健康动动手 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
29/08/2019	产品体验会 (BC)	8pm - 10pm	Mr. Alvin Hong	RL Customer Service 603-61446399

Schedule

SCHEDULE



Meetings to be held at hotels / centre

Date	Area	Venue	Event & Time	Speaker	Contact PIC
01/08/2019	Bahau	Garden View Hotel	领袖交流会 (BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
02/08/2019	Seremban	Klana Resort	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
03/08/2019	Kuching	Citadines Uplands	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
06/08/2019	Penang	Penang RL Centre	杠杆的力量 (BC) 8pm - 10pm	Mr. Joyous Tan	Ms. CK Loh 6010-8652277
10/08/2019	Kota Kinabalu	GA Space	产品体验会 (BC) 7:30pm - 9:30pm	Ms. Richelle Chan	Ms. Richelle Chan 6016-8568633
11/08/2019	Sandakan	The Mark's Lodge	产品体验会 (BC) 2pm - 4pm	Ms. AY Kong	Ms. AY Kong 6019-8859666
13/08/2019	Alor Setar	Alor Setar RL Centre	男人VS女人 (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Elise Lim 6012-4317881
16/08/2019	Kuching	Citadines Uplands	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Henna Law 6010-2205886

Schedule

Date	Area	Venue	Event & Time	Speaker	Contact PIC
17/08/2019	Miri	Meritz Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Lulu Chan 6012-8787776
19/08/2019	Sibu	RH Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Miko Loh 6016-8163576
20/08/2019	Kota Kinabalu	Avangio Hotel	RLEP (EN) 7:30pm - 9:30pm	Mr. Dicky Liew & Mr. Ong Jia Wei	Ms. Richelle Chan 6016-8568633
22/08/2019	Bintulu	NU Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Abby Loh 6013-8411939
22/08/2019	Alor Setar	Alor Setar RL Centre	产品体验会 (BC) 8pm - 10pm	Ms. Apple Low	Ms. Elise Lim 6012-4317881
23-25/08/2019	Selangor	Philea Mines Beach Resort	Legacy Code (BC) 8am - 11pm	Mr. Albert Ling	RLCustomer Service 603-61446399
24/08/2019	Penang	Ixora Hotel	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	RLCustomer Service 603-61446399
27/08/2019	Johor Bahru	Trove Hotel	男人VS女人 (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Sheau Pei 6010-2335489

The participant is required a ticket as below: -

- RM150 per pax to participate in Product Workshop (BC).
- RM800 per pax to participate in Legacy Code (BC).



Scan the QR code below
for more information
about Return Legacy's
latest event in August.



QRSCAN



RETURN LEGACY SDN BHD (1060589-X) (AJL932074)

BLOCK K-3-1 & 3, PUSAT PERDAGANGAN KOTA DAMANSARA

NO 12 JALAN PJU 5/1 KOTA DAMANSARA 47810 PETALING JAYA SELANGOR

☎ 03-6144 6399

✉ customer.service@returnlegacy.com

🌐 www.returnlegacy.com

📘 (Malaysia) www.facebook.com/returnlegacy26

📺 (Malaysia) www.t.me/returnlegacymy

LEGACY LIFE

传承生活

2019八月

传承国际 新加坡营销总监致词

打造女性的平衡人生

2° ACTIVATOR
MOIST
Intensive Hydrating Cream

6大神奇功效



传承亮点

传承时光机之探索印尼文化

2° GALLASH
EYELASH & EYEBROW ESSENCE

使用小贴

 RETURNLEGACY®

LEGACY

LIFE

AUG 2019

传承国际

1 新加坡营销总监致词

传承品牌

16 你的孩子挑食吗？

传承亮点

3 传承时光机之探索
印尼文化

传承资讯站

21 本月促销
25 本月活动

传承新品

5 2° Activator Moist
6大神奇功效

10 2° Gallash
无时无刻绽放迷人电眼



RETURN LEGACY
2 Degree
REOX life



returnlegacymalaysia



Return Legacy Malaysia



Return Legacy Malaysia



Return Legacy

打造现代女性的 平衡人生

“女性的社会地位在本世纪，或更具体而言是这十年来，已趋向与男性平等。女性已不局限于家庭主妇的身份，而是能随心追求自己的理想事业，一些国家甚至已经出现了女性统治者不是吗？”

但无论如何，兼顾家庭与事业始终不是件易事。想要拥有更多私人时间并同时成为别人的依靠绝对是项艰巨的挑战。不过，我想我已找到实践这想法的方式，并对此抱以乐观态度。

作为事业女性，我对女性的独立持有不同看法。想要改变生活并做自己喜欢的事，首要条件是切换自己看待事物的角度。当然，平衡个人、工作与家庭时间初期自然会有所挣扎，不过日子久了便能拿捏得宜。



新加坡营销总监致词
DAWN LEE

以下是我想要您再三思考的3件事：

理清您的 优先事项

想要成为一名成功的事业女性，我们首先要从专业与个人角度审视自己的优先事项，包括厘清个人事业与家庭责任，搞清楚日常生活中可妥协与不可妥协之事。一旦您做到这点，便能防止自己把时间和精力浪费在一些无关紧要的事情上。有效掌握并明智处理优先事项是其中要诀。

学习授权的艺术

兼顾家庭和事业搞得让自己筋疲力尽？时间不够用？我们一天只有24小时，如何在这段时间内有效完成工作极为关键。有时候，我们必须学着向家人、同事或朋友等求助，将工作分给合适的人去执行，因为当您把所有责任往自己身上扛，最终可能一件事也完成不了。

为自己腾出 时间

学习舞蹈、享受生活及做事偶尔别过于认真。您能做的第一件事就是腾出时间做自己喜欢的事。不管是宠爱自己、与大自然相处还是休息一天，只要您能从中获得快乐，任何事都行。最棒的是，您能透过与自己的相处多了解自己，让自己收获更多灵感、重新充电及唤醒自身活力，所以您要和家人知道拥有自己私人时间的重要性。

我相信每一位女性都梦想拥有一个幸福的家庭、一份出色的事业和属于自己的时间，其分别在于您可有调整好个人想法，摸索出自己想要的生活方式，让想法与现实达成一致。

作为21世纪的新时代女性，勇敢追求理想生活并拥抱内在力量是再美好不过的事。我想传达给您的讯息或许简单，但只要您能精准掌握并厘清个人目标，您一定能成为、达成并拥有自己想得到的一切。最终，您将会为自己在事业、家庭和个人需求之间建立的基础深感钦佩。

传承

时光机

探索

印尼

文化



再次恭喜所有获得旅游奖励的家人，我们即将在11月23日至11月26日一起前往印度尼西亚探索当地文化！





印度尼西亚作为世界人口第四多的国家，拥有超过300个民族以及多元丰富的文化，其中包括建筑物、饮食文化、民族节日和服饰礼仪。这次旅程的目的地是雅加达和万隆，目标就是探索印度尼西亚当地的美食和地标！雅加达位于爪哇岛西北海岸，它不仅是印度尼西亚首都和最大的城市，甚至还是东南亚第一大城市。而万隆则是西爪哇省首府，印度尼西亚的第三大城。这座城市景色秀丽、清静幽雅、四季如春，被誉为印度尼西亚最美丽的城市，素有“爪哇的巴黎”之称。

*欲知更多印度尼西亚文化之旅的详情，敬请期待9月份的《传承生活》，我们将会满足您庞大的好奇心！



打造持久 水嫩美肌



水是地球上最重要的资源，也是我们赖以生存的必需物质。肌肤作为我们人体最大的器官，它需要每日不断的补充水份，就如同我们每日需要饮水一样。

保湿，是日常保养工序的基础。无论任何肤质都需要使用保湿霜以维持肌肤的丝滑、光泽与柔嫩度。长期使用润泽霜已被证实能让肌肤更持久保持健康与年轻状态。

只要做好保湿工作，给予肌肤所需水份，肌肤便能维持在最佳状态。据《英国皮肤科学杂志》报导，使用润泽霜可延缓皱纹的产生。因此，保湿霜对男性或女性而言都是抗老化的关键。

做好保湿， 肌肤更年轻



脸部肌肤对外在环境变化极其敏感。唯有做好保湿工序，才能优化皮肤屏障功能以抵御各种环境侵害。在使用润泽霜时，搭配适度的脸部按摩也有助于刺激血液循环和细胞增生。此外，保湿也有助减少肌肤干燥、细纹、粗糙和脱皮等肌肤问题。

我们该何时及如何使用润泽霜？ 答案很简单！



沐浴后：

趁肌肤仍湿润时使用润泽霜有助锁住水份。



使用洁面乳后：

即刻使用合适的润泽霜，以避免因长时间缺乏保湿而导致肌肤水份蒸发，造成肌肤水份流失。

作为妆前的基础保护：

化妆前涂上一层薄透的润泽霜打底
可让妆容更持久服帖。

无论您属任何肤质，水份都易于流失。
唯有做好正确的日常补水与保湿工序，
肌肤才能焕发剔透光泽与健康光采。






2° ACTIVATOR MOIST

Intensive Hydrating Cream

让肌肤绽放健康光采



2° Activator Moist是您一直寻找的完美保湿方案。质地清爽不油腻的润泽霜能唤醒肌肤活力、改善肌肤抵御环境侵害的能力，并让肌肤一整日维持水盈透亮。

通过皮肤专科及临床试验证明 2° Activator Moist 属于低过敏性，质地温和的保湿润泽霜，适合所有肤质，特别是敏感性肌肤。以钻石为灵感的瓶身设计流露出晶莹透亮和光彩夺目之势，寓意您的肌肤也该像钻石一样，散发着无比透亮的隽永光采。

轻盈不油腻的柔滑质地让您在涂抹后特感清爽舒适，丝毫不粘腻。每次使用后，您都能感受到肌肤变得柔软、光滑。这就是 2° Activator Moist 给予肌肤的绝佳效果！

经销商价格
RM260(西马) | RM270(东马) 45WP

零售价
RM3.25(西马) | RM3.37(东马)

净重
50ml



RETURNLEGACY
2° ACTIVATOR
MOIST
Intensive Hydrating Cream
50ml

6 大神奇功效

2° ACTIVATOR
MOIST

Intensive Hydrating Cream

6大主要功效：



预防水份流失
和缺水



减少肤色
不均问题



增加肌肤光泽
和保湿度



加强保湿效果和
皮肤屏障功能



镇静、舒缓和
使肌肤柔嫩



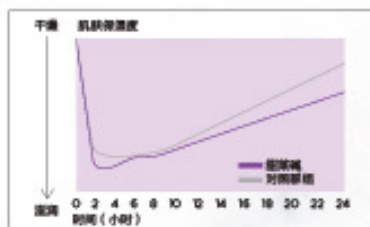
快速吸收，提供持久
的保湿效果

主要成份

1 甜菜碱

- 提供肌肤持久保湿效果。
- 维持肌肤水份平衡，让肌肤更显光滑柔嫩。

肌肤保湿度的自我评估结果：
在使用后的第8和24小时，含甜菜碱成分的保湿度明显较高。



2 糖类综合体

- 强化肌肤屏障功能以抵抗环境侵害。
- 减缓因肌肤干燥而引起的脱皮和瘙痒问题。

使用28日后的自我评估结果：
照片显示肌肤在使用产品后出现显著的改善。四周后，肌肤更显光滑。



3 水飞蓟提取物

- 其强效抗氧化剂可保护肌肤免受氧化损伤。

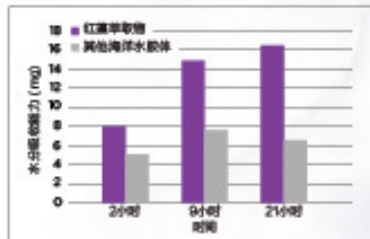
4 大豆胚芽提取物和小麦胚芽提取物

- 减少表皮层的水份流失。
- 具抗氧化特性。

5 红藻提取物

- 具有独特结构帮助锁住水份。
- 能有效地为肌肤储备水份，为肌肤提供即时保湿。
- 帮助均匀肤色及提高柔嫩度。

水份吸附能力的自我评估结果：
红藻可吸附比其他海洋生亲水性胶体多出2.5倍的水份。



6 透明质酸钠

- 强力锁水功效，帮助维持肌肤水份平衡。
- 减少因肌肤缺水而引起的细纹、粗糙和脱皮等问题。



2° Gallash

2° GALLASH

EYELASH & EYEBROW ESSENCE

3x

养份

3x

强效

更丰盈 · 更纤长 · 更强韧

眉睫毛与我们的头发一样，需要获得充足的营养才能健康生长，长得秀丽浓密！具有深层滋养功能的强效 2° Gallash 眉睫毛精华液，赋予您梦寐以求的健康又浓密的眉睫毛。同时，其能为毛囊和眉睫毛提供最佳呵护方案，尤其是在过度嫁接假睫毛、烫卷、佩戴假睫毛、纹眉等所带来的伤害。

经销商价格:

RM135(西马) | RM145(东马) 16WP

零售价:

RM162(西马) | RM174(东马)

净重:

2.5ML

 RETURNLEGACY®

2° GALLASH

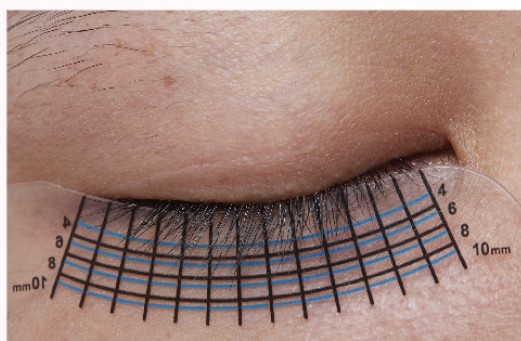
有效激活眉睫毛的自然生长， 养出美丽电眼

睫毛

第1天

第27天

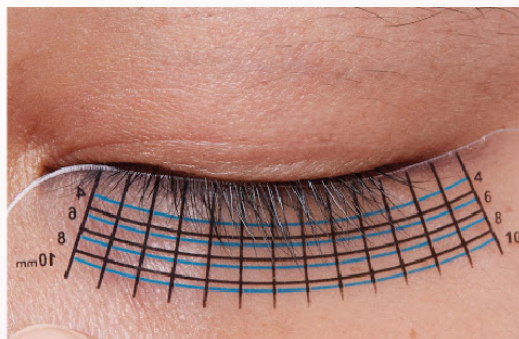
左眼



第1天

第27天

右眼



*实际使用效果因人而异 *建议每天使用达到最佳效果

2° GALLASH

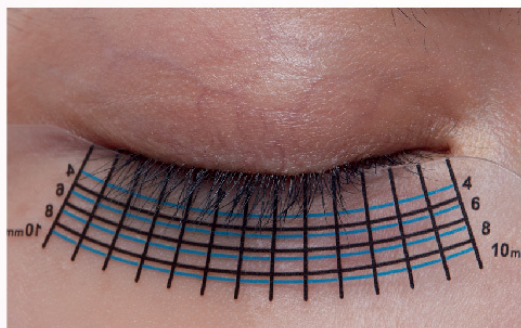
有效激活眉睫毛的自然生长， 养出美丽电眼

睫毛

第1天

第45天

左眼



第1天

第45天

右眼



*实际使用效果因人而异 *建议每天使用达到最佳效果

2° GALLASH

有效激活眉睫毛的自然生长， 养出美丽电眼

眉毛

第1天

第27天

左眼



第1天

第27天

右眼



*实际使用效果因人而异 *建议每天使用达到最佳效果

2° GALLASH

有效激活眉睫毛的自然生长， 养出美丽电眼

眉毛

第1天

第38天

左眼



第1天

第38天

右眼



*实际使用效果因人而异 *建议每天使用达到最佳效果

2° GALLASH

使用小贴士

我是否可以在佩戴隐形眼镜的情况下使用2° Gallash?

1

可以，即时佩戴隐形眼镜也可以放心使用。

如果精华液不小心触碰到眼睛，我该怎么办?

2

此精华液成份不会损伤眼睛。若你感觉不适，可以即时用清水清洗干净。

我可在一天内使用多少次2° Gallash?

3

可在一天内使用1至2次。

2° Gallash与眼霜搭配使用的时候应用于眼霜之前或之后?

4

Gallash属于水基精华液，所以应用于眼霜之前。

我的睫毛与眉毛已丰盈及纤长，我是否还需要使用2° Gallash?

5

当然！2° Gallash有助于维持，呵护及强化眉睫毛的健康。

我有嫁接假睫毛和纹眉，我可以继续使用2° Gallash吗?

6

有嫁接假睫毛和纹眉都可以使用2° Gallash来维持毛囊的健康。

你的孩子挑食吗？

“妈咪，我不想吃巧克力，我想要西兰花可以吗？”

这是你常从孩子嘴里听到的话吗？当然不！事实上，父母听到的恰恰相反。



为人父母最担心的事莫过于孩子不吃东西，或是过于挑食而导致营养不均。造成孩子挑食的原因很多，不幸的是，父母的影响往往是促成这坏习惯最常见的原因。如果你的孩子挑食，问问自己：

是否经常以甜食作为奖励孩子的好 良好饮食习惯？

是否存在孩子不喜欢蔬菜所以就为他们准备其他 蔬菜类的先入为主观念？

还有，自己是否也一样 挑食？

新手父母最常犯的错误是以甜食作为孩子乖巧的奖励。殊不知这种行为会影响孩子的饮食习惯，更让孩子对甜食产生欲望，导致他们不喜欢吃其他相对健康的食物。日子久了，便会形成挑食的习惯。

大部分成人都会有“孩子不喜欢吃蔬菜”的错误观念，以致父母在为孩子准备食物时都会避开蔬菜，或是在孩子食用蔬菜后给予他们奖励。这个动作会让孩子产生错误认知，导致他们每次食用蔬菜后都会要求奖励，并不自觉地对蔬菜产生非理性的厌恶。

孩子的行为表现一般透过观察与模仿身边人开始，因此父母必须树立好榜样。当你挑食，每次只吃自己喜欢的特定食物，孩子自然就会效仿，因为他们认为自己有权利只挑自己喜欢的食物来吃。





5个由挑食引起的 营养不均征兆：

孩子需要摄入足够的营养才能健康成长，而挑食会对成长发育带来负面影响。然而，许多父母在孩子出现严重健康问题后才会意识到这点，使得问题变为棘手，因此在事态严重以前，你该注意挑食的孩子是否出现以下问题：

1

容易生病

当孩子摄入不足的营养素，免疫系统就会变弱，以致经常生病。

2

排便困难

纤维摄入量不足会影响孩子的消化系统，导致便秘等问题。

3

精神与活跃度比其他孩子低

碳水化合物是身体的主要能量来源，摄入量不足会导致孩子易于疲倦和昏睡。

4

超重

摄入过量的碳水化合物和高脂食品（但食用蔬果不足）可导致超重或肥胖问题。

5

体重过轻

当孩子过于挑食，只吃他们喜欢的食物，面对不喜欢的食物再饿也不吃时，这可导致他们体重过轻。





减少孩子挑食习惯的5个贴士

是不是开始担心孩子不良的饮食习惯了？别担心，只要从现在开始改变，一切都还来得及。而且越早开始就越容易纠正及培养全新的健康饮食习惯。以下是一些减少孩子挑食的贴士：



把食物外观变得更有吸引力

孩子都非常注重食物的外观，因此当你在准备儿童餐时，尽量搭配五彩缤纷的食材或把食物切割成不同的形状，让其造型变得更有趣及更具吸引力。巧用孩子喜爱的卡通人物的餐具也有助于挑起他们对食物的兴趣。



不时更换食物花样

孩子也与大人一样，对于千篇一律的食物味道也会感到厌烦。尝试在他们的日常饮食中加入一些新食材，让他们品尝到不同的味道及口感。如此一来，孩子长大后就不会抗拒摄取从未试过的食物。





准备小巧且易于食用的食物

孩子的耐力较差，对于从事的活动无法完全集中包括用餐。如果你为他们提供的食物会占用他们太多的注意力或时间，久而久之他们会把吃饭视为一种可怕的活动，所以可以尝试准备形状小巧，手抓即可食用的食物如胡萝卜棒、芹菜棒及肉丸等。



甜食不应成为正餐的一部分

甜食含有许多精致糖分，所以应在特别的节日才让孩子吃甜食，尽量不要把甜食纳入正餐的一部分，而且少吃为妙。此外，不建议把甜食作为奖惩孩子的工具，这样会造成孩子热爱甜食更胜于健康食物。



定时用餐

严格地安排孩子的用餐时间，让孩子养成良好及有规律的饮食习惯。有了固定的用餐时间，孩子就不太会拒绝进食，因为吃饭已成为一种常态。

俗言“人如其食”。这不仅用于教导大人，小孩亦一样。因此，作为父母应把孩子挑食的习惯连根拔起，避免其形成一个长期的问题。良好的饮食习惯才能让孩子身心都健康成长，长远来说，也有助强化免疫系统及抵抗疾病。若你的孩子有挑食问题，不妨从今日起开始实践以上的建议，逐步调整，孩子的态度将会逐渐出现变化。孩子当下也许不能明白身为父母的苦心，但长大以后，他们一定会感激你的用心良苦。

本月促销



LEGACY
PLAN

AUGUST SPECIAL DEAL

01.08.2019 @ 12PM (MYT) – 31.08.2019 @ 11.59PM (MYT)



3x Protein ProMix Vanilla
免费 1x Protein ProMix Vanilla

RM504 (西马) | RM534 (东马) | 90WP

3x Protein ProMix Chocolate
免费 1x Protein ProMix Chocolate

RM504 (西马) | RM534 (东马) | 90WP



**2x Protein ProMix Vanilla +
1x Protein ProMix Chocolate**
免费 1x Protein ProMix Chocolate

RM504 (西马) | RM534 (东马) | 90WP

*需符合条款。*欲知详情，请参考促销细节。*仅限马来西亚经销商。*直至存货售完为止。

本月促销



CREATION PLAN CAMPAIGN

1st June 2019 @ 12AM (MYT) – 31st August 2019 @ 11.59PM (MYT)

免费 达到 4350WP 即可获得
Dyson Supersonic Hair Dryer 或 500 L-Wallet (L-Point)



3600 至 4349 WP

以RM500

即可购买

1x Dyson Supersonic Hair Dryer

2600 至 3599 WP

以RM1000

即可购买

1x Dyson Supersonic Hair Dryer

*需符合条款。*欲知详情，请参考促销细节。*仅限马来西亚经销商。*直至存货售完为止。

*所有销售月绩必须在马来西亚，新加坡，泰国以及印度尼西亚境内进行。

本月促销



LEGACY PLAN CAMPAIGN

1st June 2019 @ 12PM (MYT) – 31st August 2019 @ 11.59PM (MYT)



LEGACYPLAN CAMPAIGN 1 个人MAINTAIN

凡在促销期内, 连续三 (3) 个月
个人maintain 4盒 NUREOX
de'Cleanse 或 NUREOX Enzyme

免费获取

4 x H+ (60ml)



LEGACYPLAN CAMPAIGN 2 经销商 (上线)

每五 (5) 位下线合格
Legacy Plan Campaign 1

免费获取

4 x NUREOX
de'Cleanse



*需符合条规。*欲知详情, 请参考促销细节。*仅限马来西亚经销商。

本月促销



CLASSIC MEMBERSHIP PROMOTION

1st July 2019 @ 12PM (MYT) – 31st December 2019 @ 11.59PM (MYT)

免费成为Classic Member(价值RM48)



1X NUREOX de'Cleanse

RM 88.00 (WM)

RM 95.00 (EM)

8WP

1X NUREOX Enzyme

RM 88.00 (WM)

RM 95.00 (EM)

8WP

*所有新加入Classic Member可获得1xRL Welcome Handbook

*需符合条规。*欲知详情，请参考促销细节。*仅限马来西亚经销商。*直至存货售完为止。

本月活动

活动行程



2019 八月份

传承国际总部

日期	活动	时间	讲师	负责人
01/08/2019	燃烧我的卡路里 (BC)	8pm - 10pm	-	RL Customer Service 603-61446399
08/08/2019	7千秒健康管理 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
15/08/2019	成交密码 (BC)	8pm - 10pm	Mr. Albert Ling	RL Customer Service 603-61446399
22/08/2019	健康动动手 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
29/08/2019	产品体验会 (BC)	8pm - 10pm	Mr. Alvin Hong	RL Customer Service 603-61446399

活动行程



其它区域

日期	区域	地点	活动及时间	讲师	负责人
01/08/2019	Bahau	Garden View Hotel	领袖交流会 (BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
02/08/2019	Seremban	Klana Resort	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
03/08/2019	Kuching	Citadines Uplands	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
06/08/2019	Penang	Penang RL Centre	杠杆的力量 (BC) 8pm - 10pm	Mr. Joyous Tan	Ms. CK Loh 6010-8652277
10/08/2019	Kota Kinabalu	GA Space	产品体验会 (BC) 7:30pm - 9:30pm	Ms. Richelle Chan	Ms. Richelle Chan 6016-8568633
11/08/2019	Sandakan	The Mark's Lodge	产品体验会 (BC) 2pm - 4pm	Ms. AY Kong	Ms. AY Kong 6019-8859666
13/08/2019	Alor Setar	Alor Setar RL Centre	男人VS女人 (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Elise Lim 6012-4317881
16/08/2019	Kuching	Citadines Uplands	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Henna Law 6010-2205886

本月活动

日期	区域	地点	活动及时间	讲师	负责人
17/08/2019	Miri	Meritz Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Lulu Chan 6012-8787776
19/08/2019	Sibu	RH Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Miko Loh 6016-8163576
20/08/2019	Kota Kinabalu	Avangio Hotel	RLEP (EN) 7:30pm - 9:30pm	Mr. Dicky Liew & Mr. Ong Jia Wei	Ms. Richelle Chan 6016-8568633
22/08/2019	Bintulu	NU Hotel	男人VS女人 (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Abby Loh 6013-8411939
22/08/2019	Alor Setar	Alor Setar RL Centre	产品体验会 (BC) 8pm - 10pm	Ms. Apple Low	Ms. Elise Lim 6012-4317881
23-25/08/2019	Selangor	Philea Mines Beach Resort	Legacy Code (BC) 8am - 11pm	Mr. Albert Ling	RLCustomer Service 603-61446399
24/08/2019	Penang	Ixora Hotel	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	RLCustomer Service 603-61446399
27/08/2019	Johor Bahru	Trove Hotel	男人VS女人 (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Sheau Pei 6010-2335489

参加者需缴付门票如下:

- i. Product Workshop (BC). - 每人RM150.
- ii. Legacy Code (BC). - 每人RM800.



预知更多传承国际
八月份活动最新详情，
请扫描以下QR码。



QRSCAN



RETURN LEGACY SDN BHD (1060589-X) (AJL932074)

BLOCK K-3-1 & 3, PUSAT PERDAGANGAN KOTA DAMANSARA

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