

LEGACY LIFE

传承生活

2019 JULY

MESSAGE FROM CMO OF THAILAND

Failures Are Just Steps
In Your Journey To Success

LEGACY HIGHLIGHT

Return Legacy June 2019
Promoted Distributor Ranking

2° ACTIVATOR
MOIST
Intensive Hydrating Cream

Intensive Hydrating Cream

CHEW MIGHT WANT TO BITE INTO THIS

Tips On Keeping Your Teeth
And Gum Healthy!



RETURNLEGACY®

LEGACY

LIFE

JULY 2019

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FAILURES ARE JUST STEPS IN YOUR JOURNEY TO SUCCESS

“Try again. Fail again. Fail better.”

Those words may seem brutal to some and even more to those who are constantly afraid of failure. But one thing is for sure, we will never know how much we can succeed if we don't fail.

To get to where I am in my career and life today, I have been through an arduous journey. It is not without failures and it is not without fears as well. Fundamentally, we fail because we have fears to begin with. It's the perseverance to stand tall against fear and push through failures that gave me all the strength I need to level up my success.

And there are ways to do this and it's available to everyone. Each one of you have the capacity and capability to reach your fullest potential. You just need to know how to keep going and keep failing until you know what finally works. It takes time but most of all, it takes a lot of grit. Here's what you need to know:



CMO OF THAILAND
PAUL TAN

DON'T BE FEARFUL OF FAILURE

Embrace failure. Treat it as your teacher and lessons learned. Welcome it with open arms instead of cowering away like a scared cat. We all have instances where we hide away from challenges because we're afraid to fail. Don't be. The moment you face failure, you are inadvertently facing fear. Do you see that you are killing 2 birds with one stone? Fear not of failure for it teaches lessons the most efficient way.

FAILING DOESN'T MEAN YOU'RE COMING TO AN END

Every time you fail at something, it doesn't mean it's over. It just means you are putting an end to something that doesn't serve you or doesn't work. Imagine you tried something for a project and it didn't work out. So try again because the previous method didn't work out. It doesn't mean you failed, you just haven't figured out a way to do it right yet. Sometimes going through failure means it's nudging you to look at other opportunities.

EACH FAILURE IS A STEP CLOSER TO SUCCESS

The moment you stare failure in the face, you'll instantly know failure is just another hurdle. And once you can accept that, you can move on. Treat it as another bump on the road. Imagine if Thomas Edison didn't fail 10,000 times and try again each time, we'd still be using candlesticks as source of light at night. Thomas Edison treated failures as steps. Look at it this way and it's just 10,000 steps. Treat it as that and you will get there. Remember, every journey begins with a step.

The tip of the iceberg always looks amazing but what's below the iceberg is the real story. Almost all the great and successful people on the planet has gone through so much which you can't even begin to imagine. They've gone through so many failures and setbacks. But they made it their strong foundation to stand on.

So here's my message to all Legacians reading this: Treat all your failures as your foundation; the more failures you encounter, the stronger your foundation and your roots. That's when you can then rise and stand tall, unwavering, strong and powerful.

Congratulations

**to Legacians on your
outstanding achievement!**



ROYAL AMBASSADOR



LAI SIEW LIN



ROYAL AMBASSADOR



WONG MOUNG LING



DEBUNKING **MEN**'S HEALTH

Men's health topics have been steadily gaining attention and traction in recent years. As prostate cancer is one of the main causes of death for men and to increase awareness among men about prostate health, Return Legacy broke new grounds in holding its first ever men-only event in various locations throughout Malaysia - HelloMan.

Bintulu





Alor Setar

Under the leadership Deputy CEO of Return Legacy Mr. Desmond Hooi, this event attracted substantial participation from men – all with fully-packed crowds. In addition to ensuring men begin to pay more attention to their health, this event also allows them to understand the importance of caring for the prostate.



Penang



Sibu

2° Activator Moist

2° ACTIVATOR MOIST

Intensive Hydrating Cream

COMING
SOON



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

Retail Price
RM325(WM) | RM337(EM)

Net Weight
50ml

**Dermatologically tested and clinically proven
to be hypoallergenic, mild and gentle,
suitable for sensitive skin.*

 **RETURNLEGACY®**

HYDRATE YOUR WAY TO NOURISHED COMPLEXION



Keeping our skin hydrated and moisturised are essential to maintain a healthy and supple skin. When the moisture content within our skin is optimal, our skin appears to be plump, dewy and healthy.

Yet more often than not, our skin loses moisture very easily. We can combat this by replenishing our skin with MOIST to hydrate and seal in this moisture, and strengthen skin's protective barrier to minimize skin moisture loss.





The 2° Activator MOIST is the perfect solution you've been looking for. It's great for all skin types – dry, sensitive, normal, oily and even combination skin. 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.

The bottle design symbolises a diamond that is the epitome of shine, glow and crystal-clear properties. A diamond-shaped bottle is perhaps a reminder that your skin should be clear and exuding with glow. And your glow should be forever, like a diamond.

With its buttery, creamy and light texture, it is made to be non-greasy, and a soft cream-based moisturiser that leaves your skin feeling comfortable and soft without that greasy feeling with each application.

You can be sure of soft, smooth and plump skin after each application. That's just how the 2° Activator MOIST works for your skin!



The Miracle

6

2° Activator MOIST has benefits that comes from 6 key ingredients.
The benefits and ingredients are as follows:



Benefits of



Key Ingredients



1

Betaine

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

2

Saccharide Isomerate

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

3

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.

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.

4

Silybum Marianum Fruit Extract

- o A strong antioxidant that protects skin from oxidative damage.

5

Glycine Soja (soy) Germ Extract and Triticum Vulgare (wheat) Germ Extract

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

6



**Dermatologically tested and clinically proven to be hypoallergenic, mild and gentle, suitable for sensitive skin.*

Your Ultimate Hydrating & Moisturising Boost

Having “thirsty skin”?
Here is the solution for you!

Step 1: Apply 2° ACTIVATOR HYDRO - “Giving” your skin a cup of water



+

Step 2: Apply 2° ACTIVATOR MOIST - Offers deep and long-lasting moisturisation





CHEW

MIGHT WANT TO BITE INTO THIS

Ever imagined biting into some crispy fried chicken or a cookie, but without your teeth? Or chewing bubble from your favourite bubble tea drink, but without your teeth. It's hard to imagine life without it.

Most adults would have about 32 teeth and about 30% of Malaysian adults were found to have oral health problems which affected their quality of life such as self-confidence, problems with social interaction, and difficulties in eating. This is because there are countless bacteria in our mouth and if the harmful ones begin to multiply, it often leads to complications.

There are several causes that contribute to yellowing teeth or unhealthy gums. The common ones are smoking as well as consuming large amounts of coffee or sugary drinks.

Chemical reactions when bacteria in the oral cavity reacts to sugar and starch residue on the teeth's surface creates acidic substances that erode enamel, leading to severe oral diseases. Smoking on the other hand leads to issues such as tooth discoloration, increased build-up of plaque and tartar (which are difficult to remove by normal brushing), delays gum's natural ability to heal due to impaired blood flow to the gums, interferes with normal function of gum tissue, and increases risk of tooth loss.

Poor oral hygiene is also another leading cause of unhealthy gums – for example, choosing the right toothbrush (firmer is not always better!), brushing and flossing technique, even whether one brushes their tongue. The truth is, your tongue is just as much of a target for bacteria as your teeth are, even if it is not at direct risk for developing cavities. This is because bacteria will accumulate in the areas of the tongue between the taste buds and other tongue structures such as the crevices and elevations all over the tongue and bacteria will hide in these areas unless it is removed. Maintain good oral hygiene practices to avoid gum diseases such as gingivitis and periodontal gums.



TIPS ON KEEPING YOUR TEETH AND GUM HEALTHY:

Brush your teeth properly for at least twice a day.

1

Floss between your teeth and rinse after flossing.

2

Have regular dental check-ups.

3

4

Reduce intake of sugary foods and soda drinks.

5

Use mouth wash if necessary.

6

Change your toothbrush regularly, at least once every 3 months.





FRESH ORAL HEALTH AT ALL TIMES

O'DENTEE contains Lynenox™, an exclusive ingredient crafted using cutting edge technology and stringent quality control. This Return Legacy's proprietary blend of natural plant extracts which includes sugar beet, licorice and perilla seed that has substantial antibacterial properties.

Meticulous research of each ingredient's unique characteristics to form Lynenox™ is conducted before finally extracting its finest properties. The unique combination helps break down 98% oral bacteria, keeps breath fresh, and greatly reduces plaque build-up –conveniently addressing all your teeth and oral care needs.



1

Cleans and strengthens
your teeth

2

Relieves bad breath,
providing you fresh
breath

3

Breaks down stubborn
tooth stains, achieving
clean, white teeth

4

Effectively reduces oral
bacteria, preventing tooth
decay and tartar formation

5

Protects and reduces the
risk of gingivitis

SCAN THE QR CODE TO LEARN MORE ABOUT PRODUCT INFO!





WHAT WE LOVE ABOUT O'DENTEE:

1

Great tooth foam which leaves my mouth feeling fresh and very clean, it does not only cares for my teeth, but my oral hygiene too. Love it!

Alice (Sibu)

2

Leaves my mouth refreshing especially after consuming flavouring food.

Li Ping (Johor Bahru)

3

The mint flavour is very lasting in mouth, feeling very refreshing and cooling compare to my previous toothpaste.

Siew Fang (Kuala Lumpur)

4

Easy to carry and convenient to use when I go to travel, so I don't have to bring my mouth spray and mouthwash anymore!

Catherine (Penang)

5

It has been a fantastic change to my family's cleaning routine, everyone loves it. Would recommend this product for sure!

Ivy (Alor Setar)

6

I tried O'DENTEE after recommended from a friend and to my surprise, this is quite a good one and comes in a delicate foam texture. It freshens my breath and I even use it more than twice a day! I recommend it!

Ming Yih (Kuching)



A Guide to Healthy Lifestyle

A food haven filled with mouthwatering dishes available at all corners of the country, it comes as a no surprise that Malaysia is ranked as the fattest country in Asia. While there's nothing wrong with loving food, moderation is the key to prevent obesity.



It's important for us to practice a healthy diet because weight is more than just a number. An unhealthy diet not only leads to obesity, but it also significantly increases the risk of developing various health conditions. From cardiovascular diseases to diabetes, stroke, cancers and more, our poor food choices have more implications than we think.

Thus a proper diet plan is important in building and maintaining a healthy lifestyle. And for those who are looking to lose weight, healthy diet and exercise is the way to go. After all, we are what we eat so be careful of what we consume and exercise regularly.



Assessing Your Weight ?



One way we can gauge if our weight is healthy is via the Body Mass Index (BMI). The index factors both height and weight into consideration to determine our optimal size. This is because being over or under the optimal weight range will increase our risk of health problems, either now or in the future.

Obesity classification according to WHO and Asia-Pacific guidelines.

	WHO (BMI)	Asia Pacific (BMI)
Underweight	< 18.5	< 18.5
Normal	18.5 - 24.9	18.5 - 22.9
Overweight	25 - 29.9	23 - 24.9
Obese	≥ 30	≥ 25

*WHO (World Health Organization) ; BMI (Body Mass Index)

Balanced Diet

Always remember that maintaining a healthy weight is as simple as following a balanced diet like below:

Fruits

Daily intake requirement :
 $\text{Weight} + 10 \times 0.5 \text{ serving}$
*1 serving = 2/3 bowl

Vegetables

One additional serving
to daily fruit intake
requirement.
*1 serving = 2/3 bowl of
cooked vegetables

Balanced Diet

Whole Grain

Daily intake requirement :
 $\text{Weight} + 10 \times 0.5 \text{ serving}$
*1 serving = 1 bowl

Protein

Daily intake requirement:
 $(\text{Weight} + 10) \text{ serving minus}$
milk intake quantity
*Fish, lean meat 1 serving =
Half a palm's size serving.
One serving of egg = 1 x egg

Low fat dairy

Daily intake requirement:
2 servings per day
*1 serving = 240 cc

Adopting a balanced diet keeps our calorie intake ideal in order to reduce body fat and maintain optimal weight. When we consume good nutrition, the vitamins and minerals will boost our immune system and help to develop healthy body growth too. All these are vital in helping our body prevent and fight against illness.



01 Use healthier oils like olive or canola oil in your cooking.

02 Eat more vegetables – the greater the variety, the better.

03 Limit beverage consumption, tea or coffee with little to no sugar.

04 Avoid drinks that are filled with high sugar.

05 Replace refined grains (white rice, white bread etc.) with whole grains instead.

06 Prioritise protein such as fish, poultry, beans, and nuts.

07 Limit intake of processed meats (bacon, luncheon meat etc.) wherever possible.

Complement your diet with regular workout. It's advisable that you exercise 3 times a week for at least 30 minutes each session to optimum your over health. Remember that there is no shortcut or quick diet tips. Your health is being built by your daily habits, so commit to a healthy lifestyle always!





ANNOUNCEMENT

on unauthorized sale of RETURN LEGACY products in online shopping websites

Please be informed that RETURN LEGACY carries a total of 23 products as listed below:

2° Redoxy Essence 	2° Activator Fresh 	2° Activator Hydro 	2° Activator Instant Hydrating Mask 	2° REOX Series H+ 	2° Cleansing Water 
Summer Bliss Shower Gel 	Summer Bliss Body Cream 	SHS 	Gallash 	O'Dentee 	O'Dentee Kids 
REOXlife Potent 	Mediterranean Gold Plus 	REOXlife PRO W+ 	REOXlife PRO W+ Nutrient Strip 	REOXlife PRO Mandiva 	NUREOX Grain 
NUREOX Grain(Sachet) 	NUREOX Protein ProMix(Vanilla) 	NUREOX Protein ProMix(Chocolate) 	NUREOX de'Cleanse 	NUREOX Enzyme 	

It has come to Return Legacy's attention that Return Legacy products are being sold on online shopping websites or third-party platform such as Lazada, PrestoMall, Lelong.com, mudah.com, iprice, Shopee, Qoo10, Weshop and other websites.

Take Notice that RETURN LEGACY does not recognize or authorize the sale or transaction of any of Return Legacy product via online shopping websites (third party platform).

Our Company strictly forbids distributors from selling Return legacy products in or via any online shopping websites.

RETURN LEGACY wishes to inform all its valued customers not to purchase any Return Legacy products via any online shopping websites and that RETURN LEGACY will not be held responsible for any products purchased via any online shopping websites.

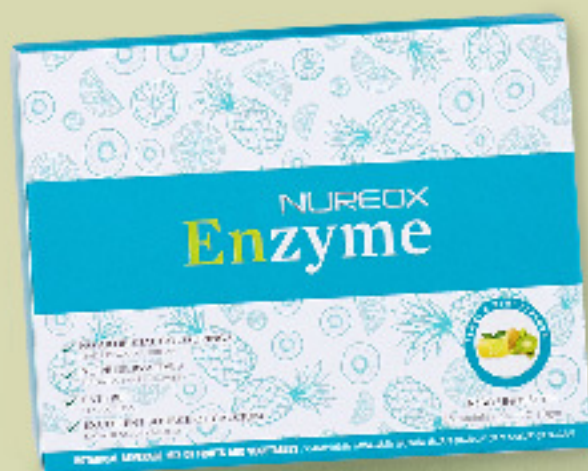
We strongly advise distributors/valued customers to make the right decision by selling and purchasing the ORIGINAL products from our authorized distributors/representatives only.



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

LEGACY
PLAN

O'DENTEE CLEARANCE SALE

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



1x



O'Dentee Lemon Salt
(50ml), Exp: Feb 2020

RM15 (WM)
RM18 (EM)
1WP

1x



O'Dentee Lemon Salt
(Refill Pack), Exp: Mar 2020

RM48 (WM)
RM49 (EM)
4WP

1x



O'Dentee Mint
(50ml), Exp: Apr 2020

RM15 (WM)
RM18 (EM)
1WP

1x



O'Dentee Mint
(Refill Pack), Exp: Feb 2020

RM48 (WM)
RM49 (EM)
4WP

1x



O'Dentee Kids
(50ml), Exp: Aug 2020

RM15 (WM)
RM18 (EM)
1WP

1x



O'Dentee Kids
(Refill Pack), Exp: Nov 2020

RM48 (WM)
RM49 (EM)
4WP

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

*For Malaysia distributors only. *While Stocks Last.



LEGACY
PLAN



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

3x



Nureox Grain (750g)

FREE

2x



Nureox Grain (15 sachets)

RM258 (WM)
RM279 (EM)
30WP

*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)



**WORTH
RM1699**

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)



LEGACY PLAN 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)



LEGACY PLAN CAMPAIGN 2 DISTRIBUTORS (UPLINE)

Every 5 downlines who qualify Legacy Plan Campaign 1.

FREE

4 x NUREOX
de'Cleanse



SCHEDULE



2019 JULY

Meetings to be held at Return Legacy HQ

Date	Event	Time	Speaker	Contact PIC
04/07/2019	燃烧我的卡路里 (BC)	8pm - 10pm	-	RL Customer Service 603-61446399
11/07/2019	一眼识破卡路里 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
18/07/2019	杠杆的力量 (BC)	8pm - 10pm	Mr. Joyous Tan	RL Customer Service 603-61446399
25/07/2019	魅力达人 (BC)	8pm - 10pm	Mr. Hinz Lam	RL Customer Service 603-61446399

SCHEDULE



Meetings to be held at hotels / centre

Date	Area	Venue	Event & Time	Speaker	Contact PIC
04/07/2019	Bahau	Garden View Hotel	传承玄机(BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
04/07/2019	Sibu	RH Hotel	Hello ManI (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Miko Loh 6016-8163576
05/07/2019	Kuala Pilah	Melang Inn	产品体验会 (BC) 8pm - 10pm	Ms. May Tam	Ms. May Tam 6017-6599432
06/07/2019	Johor Bahru	Trove Hotel	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	Ms. Sheau Pei 6010-2335489
12-14/07/2019	Kota Kinabalu	Ming Garden Hotel	Legacy Code (BC) 9:30am - 11pm	Mr. Albert Ling	Ms. Richelle Chan 6016-8568633
18/07/2019	Johor Bahru	Trove Hotel	Hello ManI (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Sheau Pei 6010-2335489
20/07/2019	Ipoh	MH Hotel	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong & Ms. Julia Pang	Mr. Denley Koid 6018-2267331
21/07/2019	Penang	Penang RL Centre	魅力达人 (BC) 2pm - 4pm	Ms. Joyce Foh	Ms. CK Loh 6012-4719667

SCHEDULE



Meetings to be held at hotels / centre

Date	Area	Venue	Event & Time	Speaker	Contact PIC
21/07/2019	Ayer Tawar	Ting Residence	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong & Ms. Julia Pang	Mr. Denley Koid 6018-2267331
24/07/2019	Sibu	Kingwood Hotel	产品体验会 (BC) 7:30pm - 9:30pm	Mr. Alvin Hong	Ms. Miko Loh 6016-8163576
27/07/2019	Kuching	Citadines Uplands	产品体验会 (BC) 2pm - 5pm	Mr. Alvin Hong	Ms. Henna Law 6010-2205886
29/07/2019	Miri	Imperial Palace Hotel	产品体验会 (BC) 7:30pm - 9:30pm	Mr. Alvin Hong	Ms. Lulu Chan 6012-8787776

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)**.
- RM10 per pax to participate in **魅力达人 (BC) @ Penang RL Centre**.



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



QRSCAN



RETURN LEGACY SDN BHD (1080689-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

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📺 (Malaysia) www.t.me/returnlegacymy

LEGACY LIFE

传承生活

2019七月

传承国际 泰国营销总监致词

失败是通往成功的必经之路

传承亮点

传承国际2019年6月份
晋升经销商

2° ACTIVATOR
MOIST
Intensive Hydrating Cream

水润“肌”智

口腔清洁， 别掉以轻心

保持牙齿和牙龈健康的贴士



RETURNLEGACY®

LEGACY

LIFE

JULY 2019

传承国际

1 泰国营销总监致词

传承亮点

3 传承国际2019年6月份
晋升经销商

4 Helloman

传承新品

6 2° Activator Moist
水润“肌”智

传承品牌

12 口腔清洁，
别掉以轻心！

16 健康生活指南

传承资讯站

19 未曾授权于购物网络通知

20 本月促销

25 本月活动



失败是通往成功的必经之路

“你曾经尝试过却面临失败吗？没关系。
再试一次，失败得更好一点。”

这格言听起来有些许残酷，尤其对失败有着强烈恐惧的人更显残忍。然而可以肯定的是，若不曾经历失败的滋味与磨练，又何来成功呢？

我经历过一段艰辛的历程，才有机会取得今日在事业上的成就与美好的生活。奋斗的过程中常常伴随着失败与恐惧。许多失败的人都有共同的心理障碍——对未来恐惧，因此一直没有尝试迈出第一步。我是凭着坚定的毅力和勇敢的心去克服内心的恐惧，坦然面对失败，唤醒内心的自信，让自己一步步走向成功。

每个人都具有能力去发挥自己的最大潜能。你只需不断前进、不断尝试、不断经历失败，直到寻找到通往成功之门的钥匙。成功除了需要禁得起时间的磨练，更重要的是拥有坚定的意志力。以下我整理出几项迈向成功的基本要素：



泰国营销总监
PAUL TAN

不要害怕失败

试着接受失败，将失败当作一种学习的过程。面对失败，要坦然待之而非畏缩逃避。我们都有过面对挫折时，因为害怕而选择逃避的时候。下一次，记得告诉自己：不要再逃避！当你努力战胜失败，同时在间接中也帮助你克服内心的恐惧，可谓一箭双雕。因此，无需害怕失败，因为它是你人生中最宝贵的经验。

失败不等同穷途末路

每当你被挫折绊倒时，谨记前方并非绝路。失败只是意味着为行不通的事情画上句号。比如当你为一个项目付诸全力仍达不到预期效果，你应该尝试另换方法，或许是之前的方案不可行。这种情形不代表你失败了，只是仍未找到正确的实践方法。失败不是末日，反而像是一个提醒，告诉我们要懂得从失败里发现机会与成功的微光。

每失败一次，就离成功更近一步

面临失败时，你只要勇敢地正视它，你将发现失败只是通往成功路上的绊脚石。一旦你接受失败，把失败视为人生的一个颠簸，你就能爬起来满怀信心地继续前进。试想一下，如果爱迪生没有经历10,000次的失败以及反复尝试，也许时至今日我们仍在使用烛台为光源。爱迪生把无数次的失败当作前进的过程。换个角度看待失败，将每一次的失败化为成功的垫脚石，最终你将抵达成功的彼岸。记得，每段旅程，不论多远，都始于脚下的一小步。

顶峰之美总是令人羡慕向往，但殊不知，为了登上顶峰，“攀岩者”需要付出多少的汗水及泪水。几乎世界上所有的伟人及成功人士都经历过我们无法想象的艰辛历程。通往成功之路跌跌撞撞，但凭着顽强的毅力，终究还是登上了人生的顶峰。

致每位传承人：把你的每一次失败当作成功的基石。经历的失败越多，便能更加牢固成功的根基便越稳固，让自己逐渐蜕变成一个充满自信、意志坚定以及内心强大的人。

恭喜

各位荣升为皇室战士们！



ROYAL AMBASSADOR



LAI SIEW LIN



ROYAL AMBASSADOR



WONG MOUNG LING



机会男得

近年来，男性健康课题愈发得到关注。由于前列腺癌是主要的男性健康杀手之一，所以为了提高男性对前列腺的了解，传承国际在全马各地举办了仅限男性出席的别开生面活动—
HelloMan。

民都鲁





亚罗士打

在传承国际副总裁
Desmond Hooi的带领下，此活动吸引了许多男性前来参与，每一场皆座无虚席。除了加强男性对个人健康的关注，此活动也让他们更明白呵护前列腺的重要性。



檳城



诗巫



2° Activator Moist

2° ACTIVATOR MOIST

Intensive Hydrating Cream

即将
推出



经销商价格

RM260(西马) | RM270(东马)
45WP

零售价

RM325(西马) | RM337(东马)

净重

50ml

*经皮肤病学测试及临床试验证明能防过敏、
质地温和、适合敏感肌肤使用。

 RETURNLEGACY®

滋润肌肤 养出好气色



锁住肌肤水份是拥有柔软、健康肌肤的首要条件。当我们皮肤细胞内的水份含量处于最佳水平时，肌肤就会呈现水润、丰盈和健康的姿态。

但往往肌肤里的水份易于流失，我们能通过2° Activator MOIST，锁住肌肤水份、强化肌肤屏障以减少水分流失。



2° ACTIVATOR MOIST

Intensive Hydrating Cream

赋予您高度保湿

2° Activator MOIST是您一直寻找的完美保湿方案。此高效保湿润泽霜适用于所有肤质，包括干性、敏感性、中性、油性和混合性皮肤。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。通过皮肤科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！



大神奇成份

6

2° Activator MOIST的
6大主要成份与功效：



功效

1

减少水份
流失与缺水



2

提升肌肤含水量
与光泽度



3

高效保湿



4

均匀肤色



5

强化肌肤屏障
功能以抵抗
环境侵害



6

快速吸收，
持久保湿



主要成份

1 甜菜碱

(Betaine)

- 提供肌肤滋润与持久保湿效果。
- 维持肌肤水份平衡，让肌肤更显光滑柔嫩。

2 糖类综合体

(Saccharide Isomerate)

- 强化肌肤屏障功能以抵抗环境因素造成的水份流失问题。
- 减缓因肌肤干燥而引起的脱皮和瘙痒问题。

3 红藻提取物

(Chondrus Crispus Extract)

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

4 透明质酸钠

(Sodium Hyaluronate)

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

5 水飞蓟提取物

(Silybum Marianum fruit extract)

- 其强效抗氧化剂可保护肌肤免受氧化损伤。

大豆胚芽提取物和 小麦胚芽提取物

(Glycine Soja (soy) germ extract and
Triticum Vulgare (wheat) germ extract)

- 减少表皮层的水份流失。
- 具抗氧化特性。

*经皮肤病学测试及临床试验证明能防过敏、质地温和、适合敏感肌肤使用。



终极补水和 保湿方案

肌肤“渴”了吗？
水嫩肌的全套秘籍就在这里！


第1个步骤：使用2° Activator Hydro补水霜 - 为肌肤注入满满的水份



+

第2个步骤：使用2° Activator Moist润泽霜 - 长效保湿养出水润嫩肌





口腔清洁， 别掉以轻心！

可有想过，当你想大口吃脆皮炸鸡和饼干，或是咀嚼珍珠奶茶里的珍珠时，却发现自己的牙齿早已掉光？无牙生活，真的让人难以接受。

大多数的成年人拥有32颗牙齿，而约30%的马来西亚成年人因受口腔问题所影响而导致生活质量下降，包括自信心受挫、社交障碍和进食问题。那是因为我们的口腔中有无数的细菌存在，一旦有害细菌开始繁殖，便易于引起并发症。

导致牙齿变黄或牙龈不健康的原因有许多，最常见的是吸烟和饮用大量的咖啡或含糖饮料。

口腔中的细菌与牙齿表面的糖份或淀粉残留物产生化学反应时，所释放的酸性物质将会腐蚀牙釉质，导致严重的口腔疾病。而吸烟则容易让牙齿变黄变黑、牙菌斑和牙垢聚集（难以靠刷牙彻底清除）、延缓牙龈受损血流时的天然愈合速度、影响牙龈组织细胞的正常运作，以及提高牙齿脱落的风险。

另一方面，口腔卫生欠佳也是导致牙龈不健康的另一主因，因此选择合适的牙刷（硬毛牙刷不一定最好！）、掌握刷牙和牙线使用技巧，以及清洁舌头尤为重要。舌头就像你的牙齿一样是细菌喜爱聚集的地方，即便不会引致蛀牙的风险，我们也应该仔细清洁舌头的凹凸部位，避免细菌在味蕾和舌头其他部位积聚。唯有维持良好的口腔卫生习惯，才可有效避免牙龈疾病如牙龈炎和牙周炎。



保持牙齿和牙龈健康的贴士：

每日至少
刷牙两次

1

使用牙线
清洁牙缝

2

定期进行
牙齿检查

3

4

减少摄入含糖食
物和苏打饮料

5

必要时可使
用漱口水

6

定期更换牙刷，建议
每3个月更换一次





口腔清新,随时可以

O'Dentee含有使用尖端技术与严格质量控制研制而成的独家配方——Lynenox™。此配方集合了天然植物提取物,包括甜菜、紫苏籽和具有显著抗菌特性的甘草。

传承国际坚信优质成份是打造卓越产品的根本,在提取植物精华以前,传承科研会对每种成份的特性进行细研,并确保所有萃取成份经特殊处理,并培育于生态友好的环境中以确保质量和所有营养成份的优质性。

此外,提取过程经严格监控,务求质量达最高等级。此独特配方有助于分解98%的口腔细菌,保持口气清新,减少斑块的形成,轻松满足您所有的牙齿和口腔护理需求。



1 洁牙健齿

2 缓解口臭,还您清新口气

3 直击分解顽固牙渍,重塑亮白牙齿

4 呵护与减低患上牙龈炎的风险

5 有效减少口腔细菌滋生、预防蛀牙及牙结石

扫描QR码以观看更多关于产品资讯!





我们喜欢O'DENTEE的原因

1

喷沫牙膏让口腔时刻保持清新洁净。它不仅保护我的牙齿，也帮助维持口腔卫生。我非常喜欢这款产品！

Alice (诗巫)

2

它让我在食用重口味食物后保持口内清新。

Li Ping (新山)

3

与我之前使用的牙膏相比，喷沫牙膏拥有更持久的薄荷香气，使用后口腔更清爽冰凉。

Siew Fang (吉隆坡)

4

携带和使用简易的喷沫牙膏让旅行更轻松，现在我已不再需要携带口腔喷雾和漱口水了！

Catherine (檳城)

5

它改变了我们一家人的口腔清洁程序，每个人都很喜欢它，我一定会向朋友推荐这款产品！

Ivy (亚罗士打)

6

在朋友的推荐下尝试了O'DENTEE，没想到这产品那么好用，而且还具有细致的泡沫质地。它让我的口气更清新，我每天甚至会使用超过两次，绝对值得推荐！

Ming Yih (古晋)

健康生活指南

众所皆知，马来西亚是一个美食天堂，道地美食散布各角落，因此马来西亚的肥胖率，在亚洲排行榜上位居榜首不足为奇。想在享受美食的乐趣之余又可预防肥胖，养成有节制的饮食习惯是关键。

遵守均衡饮食对保持健康体重至关重要。体重不仅是一个数字，它反映着一个人的健康状况。不健康的饮食方式不仅会导致肥胖，还会增加罹患各种疾病的风险。从心血管疾病到糖尿病、中风、癌症等等，错误的饮食选择对于健康所造成的影响远超乎我们想像。

为打造及维持健康生活，实践均衡的饮食计划是必要条件。对于想要瘦身的人士，控制饮食习惯是不二法门。俗语说，人如其食，我们每日的饮食决定着我们的健康，所以必须谨慎选择所摄取的食物，同时要经常锻炼。



你的体重健康吗？



我们可以透过计算身体质量指数(BMI)来衡量体重是否处于健康范围。身体质量指数是依据体重和身高计算出个人的体重是否合乎标准。无论超过或低于标准范围都会引发各种健康问题，只是早或迟发生而已。

世界卫生组织和亚太地区指南肥胖症类别：

	世界卫生组织 (BMI指数)	亚太地区 (BMI指数)
过轻	< 18.5	< 18.5
适中	18.5 - 24.9	18.5 - 22.9
过重	25 - 29.9	23 - 24.9
肥胖	≥ 30	≥ 25

*WHO (世界卫生组织); BMI (体重指数)

均衡饮食

保持健康的体重并非难事，只要遵循以下均衡饮食原则便可达到目标：



均衡的饮食法则有助于我们控制每日的卡路里摄入量，从而减少体脂，达到理想健康体重。当我们摄入优质的营养时，维生素和矿物质将强化我们的免疫系统，并有助于打造健康体魄，为健康成长保驾护航，同时也能帮助预防及对抗各种疾病。

健康饮食 贴士

- 01** 烹饪要慎选食用油，建议选用较为健康的橄榄油或菜籽油。
- 02** 多摄取蔬菜，但不可单一，种类越多越好。
- 03** 限制摄取饮料，如茶或咖啡应避免加糖或少量。
- 04** 避免饮用含糖饮料。
- 05** 用全谷物代替精致谷物（白饭或白面包等等）。
- 06** 注重高蛋白质类食物的摄取，比如鱼类、肉类、豆类以及坚果类。
- 07** 尽量控制食用加工肉制品（培根或午餐肉等等）。

想要维持健康体魄，良好的饮食习惯并不足够，还需要搭配规律的运动作息。建议每周锻炼至少3次，每次至少30分钟才可以达到维持健康体魄的目的。健康没有捷径，食物也没有魔力能让你瞬间变瘦。你的健康源于培养日常的良好生活习惯，坚持健康的生活方式便能拥抱健康人生。



公告：

关于未经授权于在线购物网站销售 传承国际商品之声明

传承国际共有以下23种商品：

2° Redoxy Essence	2° Activator Fresh	2° Activator Hydro	2° Activator Instant Hydrating Mask	2° REOX Series H+	2° Cleansing Water
Summer Bliss Shower Gel	Summer Bliss Body Cream	SHS	Gallash	O'Dentee	O'Dentee Kids
REOXlife Potent	Mediterranean Gold Plus	REOXlife PRO W+	REOXlife PRO W+ Nutrient Strip	REOXlife PRO Mandiva	NUREOX Grain
NUREOX Grain(Sachet)	NUREOX Protein ProMix(Vanilla)	NUREOX Protein ProMix(Chocolate)	NUREOX de'Cleanse	NUREOX Enzyme	

传承国际近日发现公司商品于在线购物网站和第三方销售平台如Lazada、PrestoMall、Lelong.com、mudah.com、iprice、Shopee、Qoo10、Weshop等上架销售。

本公司特此声明，我们从未认可或授权任何在线购物网站（第三方平台）代为出售任何公司商品。

传承国际严禁经销商通过任何在线购物网站销售传承国际商品。我们在此呼吁所有尊贵的客户勿通过任何在线购物网站购买传承国际商品，本公司对所有通过在线购物网站购买的任何产品所导致的任何直接、间接或衍生损害不承担任何法律责任。

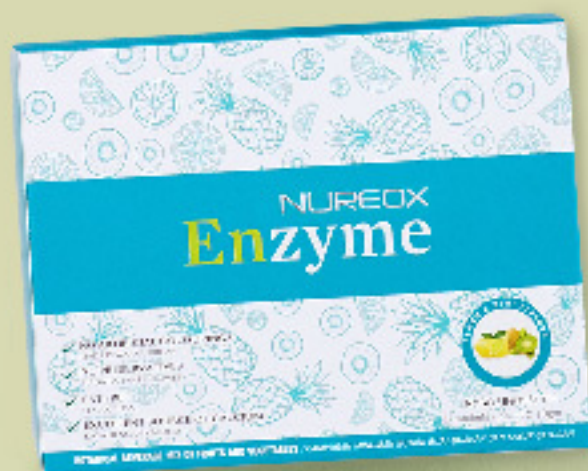
我们强烈建议经销商/尊贵客户仅通过我们的授权经销商购买正品。



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。



LEGACY
PLAN

O'DENTEE CLEARANCE SALE

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



1x



O'Dentee Lemon Salt
(50ml), Exp: Feb 2020

RM15 (西马)
RM18 (东马)
1WP

1x



O'Dentee Lemon Salt
(Refill Pack), Exp: Mar 2020

RM48 (西马)
RM49 (东马)
4WP

1x



O'Dentee Mint
(50ml), Exp: Apr 2020

RM15 (西马)
RM18 (东马)
1WP

1x



O'Dentee Mint
(Refill Pack), Exp: Feb 2020

RM48 (西马)
RM49 (东马)
4WP

1x



O'Dentee Kids
(50ml), Exp: Aug 2020

RM15 (西马)
RM18 (东马)
1WP

1x



O'Dentee Kids
(Refill Pack), Exp: Nov 2020

RM48 (西马)
RM49 (东马)
4WP

*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。



LEGACY
PLAN



01.07.2019 @ 12PM (MYT) – 31.07.2019 @ 11.59PM (MYT)

3x



Nureox Grain (750g)

免费

2x



Nureox Grain (15 sachets)

RM258 (西马)
RM279 (东马)
30WP

*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。



CREATION PLAN CAMPAIGN

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

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



价值
RM1699

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



LEGACY PLAN CAMPAIGN

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



LEGACY PLAN 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)



LEGACY PLAN 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



活动行程



2019 七月份

传承国际总部

日期	活动	时间	讲师	负责人
04/07/2019	燃烧我的卡路里 (BC)	8pm - 10pm	-	RL Customer Service 603-61446399
11/07/2019	一眼识破卡路里 (BC)	8pm - 10pm	Ms. Rennie Lau & Ms. Shu Xian	RL Customer Service 603-61446399
18/07/2019	杠杆的力量 (BC)	8pm - 10pm	Mr. Joyous Tan	RL Customer Service 603-61446399
25/07/2019	魅力达人 (BC)	8pm - 10pm	Mr. Hinz Lam	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
04/07/2019	Bahau	Garden View Hotel	传承玄机(BC) 8pm - 10pm	Mr. Alvin Hong	Ms. May Tam 6017-6599432
04/07/2019	Sibu	RH Hotel	Hello ManI (BC) 7:30pm - 9:30pm	Mr. Desmond Hooi	Ms. Miko Loh 6016-8163576
05/07/2019	Kuala Pilah	Melang Inn	产品体验会 (BC) 8pm - 10pm	Ms. May Tam	Ms. May Tam 6017-6599432
06/07/2019	Johor Bahru	Trove Hotel	Product Workshop (BC) 11am - 7pm	Ms. Rennie Lau & Ms. Shu Xian	Ms. Sheau Pei 6010-2335489
12-14/07/2019	Kota Kinabalu	Ming Garden Hotel	Legacy Code (BC) 9:30am - 11pm	Mr. Albert Ling	Ms. Richelle Chan 6016-8568633
18/07/2019	Johor Bahru	Trove Hotel	Hello ManI (BC) 8pm - 10pm	Mr. Desmond Hooi	Ms. Sheau Pei 6010-2335489
20/07/2019	Ipoh	MH Hotel	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong & Ms. Julia Pang	Mr. Denley Koid 6018-2267331
21/07/2019	Penang	Penang RL Centre	魅力达人 (BC) 2pm - 4pm	Ms. Joyce Foh	Ms. CK Loh 6012-4719667

活动行程



其它区域

日期	区域	地点	活动及时间	讲师	负责人
21/07/2019	Ayer Tawar	Ting Residence	产品体验会 (BC) 8pm - 10pm	Mr. Alvin Hong & Ms. Julia Pang	Mr. Denley Koid 6018-2267331
24/07/2019	Sibu	Kingwood Hotel	产品体验会 (BC) 7:30pm - 9:30pm	Mr. Alvin Hong	Ms. Miko Loh 6016-8163576
27/07/2019	Kuching	Citadines Uplands	产品体验会 (BC) 2pm - 5pm	Mr. Alvin Hong	Ms. Henna Law 6010-2205886
29/07/2019	Miri	Imperial Palace Hotel	产品体验会 (BC) 7:30pm - 9:30pm	Mr. Alvin Hong	Ms. Lulu Chan 6012-8787776

参加者需缴付门票如下:

- Product Workshop (BC). - 每人RM150.
- Legacy Code (BC). - 每人RM800.
- 魅力达人 (BC) @ Penang RL Centre - 每人RM10.



预知更多传承国际
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