

LEGACY LIFE

传 承 生 活

RETURNLEGACY® | 2020 DEC

THE POWER OF
DETOX 215

LEGACY COVER STORY
**LIFE LESSONS TO
LEARN FROM 2020**



YOUR EYE HEALTH
CAN'T BE NEGELCTED!

DEC
2020

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BEING A SUCCESSFUL CAREER WOMAN DURING A PANDEMIC

The Covid-19 pandemic has not only affected the economy; it has also disrupted our daily and family lives. To prevent the spread of Covid-19, many countries have adopted strategies such as imposing lockdowns in states and provinces, closing borders, and enforcing quarantines. This has caused many people, men and women alike, to have to work from home. Some women must also balance the development of their careers with their family responsibilities; this balance may become more difficult to manage for some when working from home. These women might have to complete tasks such as caring for their families, doing much of the housework, and helping children with online courses. Therefore, career women can sometimes be at a disadvantage when compared to their male counterparts as far as career advancement is concerned.


Although times may change, the topic of gender equality will forever be discussed. The issue of gender inequality in the workplace is an unfortunate fact of life. The Covid-19 pandemic has further exacerbated this inequality: compared to men, many women have suffered much more during the pandemic. So,



How should “career women” arrive at
A balance between family and career?



How can these women solve
such problems



CMO OF SINGAPORE
DAWN LEE

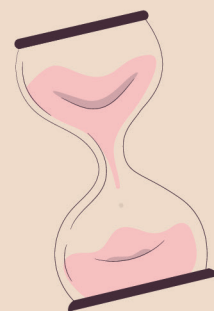




First of all, women should always add value to themselves. Women can participate in online courses which suit interests. It is a good idea to regularly attend classes and training courses which provide benefits and knowledge. In addition, women can derive much pleasure and a sense of accomplishment as they learn more through courses and classes in various fields. As long as you are passionate and show a thirst for knowledge, each of your interests will greatly boost your self-esteem if you can use them to attain personal achievements. If you are running a Legacy business, you can even attend any online course provided by Return Legacy to gain additional knowledge

Women can also use some time every day to browse their favorite websites and absorb knowledge beyond measure. They can gain pleasure from discovering knowledge which other people might not necessarily know about. Women can even apply what they have learned from doing so. For example, if you are the host of a Facebook live broadcast, you can share the latest content with your audience or incorporate what you have learned into your live broadcast to provide more value and entertainment to the audience.

Women should make good use of their time. A successful career woman of today needs to understand the value of proper time management. Women can determine a schedule based on their daily responsibilities. Some women might have to assist their children with online schoolwork, others might be busy preparing meals while their children are busy with homework, and still others might have to arrange their own work time after their children have finished their classes for the day. Every woman's schedules and home lives are different; thus, what is proper time management to one woman might not be so to another.



It is also critical for women to properly communicate with their significant other so that burdens and responsibilities at home can be shared. For example, women can be responsible for preparing meals while their significant others can help wash dishes. Proper communication with one's significant other is a core part of maintaining family harmony because a warm family is created by two people who deeply love each other and are willing to cooperate on any matter. You can ask your other half to help you with the lesser burdens in your life so that both of you can properly allocate time for work, reduce your struggles at home, and improve the relationship between the two of you.





Finally, women should never be out of touch with society. Although work is a source of income, work is much more than just making money for many women. Many women's contributions to the family often do not get the credit they deserve because their contributions are taken for granted. If women were to be fully affirmed at work, their self-confidence would surely increase. Unfortunately for many women, not only are their efforts not fully recognized at work; they get no respite at home either. To these women, their homes are like a maze with no way out. Although they may have contributed so much to the home without expecting anything in return, they can end up feeling as though they were in a cage with no chance to broaden their horizons.

Ever more scrutiny has been focused on women's abilities and responsibilities during this pandemic. However, women can use successful female leaders around the world as role models for how they have handled the pandemic such as Taiwanese President Tsai Ing-wen, New Zealand Prime Minister Jacinda Ardern, and Icelandic Prime Minister Katrín Jakobsdóttir. They have shown more tenacity and responsibility than have many of their male counterparts. They have defied the stereotypes of society and have become the embodiments of what it means to be a successful career woman.

A Legacy business will not only allow you to continuously improve yourself; it will also ensure that you remain in step with society. Although the raging pandemic has caused unprecedented crises in many industries and companies, we must have faith that a turning point in this pandemic is on its way.



LEGACY BUSINESSES
will always be with everyone;
we are willing to serve and encourage
everyone associated with us.

2020

LIFE LESSONS TO LEARN

""Wawasan 2020""

A highly anticipated year for Malaysians that turned out to be nothing like what we expected.

Dr Mahathir Mohamad, our former Prime Minister who minted the term "Wawasan 2020" envisioned this as the year wherein Malaysia becomes a fully developed country.

Perhaps as individuals, we envisioned 2020 as a year in which we would fulfil a multitude of personal and professional goals. Perhaps we told ourselves we would travel more or get a promotion or spend more time with family.

It's safe to say that none of us saw 2020 coming. None of us factored a pandemic into our vision of how this year would have turned out. None of us predicted how the novel coronavirus would turn our lives upside down. None of us anticipated the widespread death, destruction and depression that is now sweeping over the globe.

Whether personally, for our businesses or for our countries or the future, 2020 is a watershed year that is ushering in a new way of life.

Covid-19 : The Great Disruption

The coronavirus was reported to the WHO on December 31, 2019. A month after that, they declared the outbreak a global health emergency. Not only were individuals affected, but entire nations have sealed themselves off.

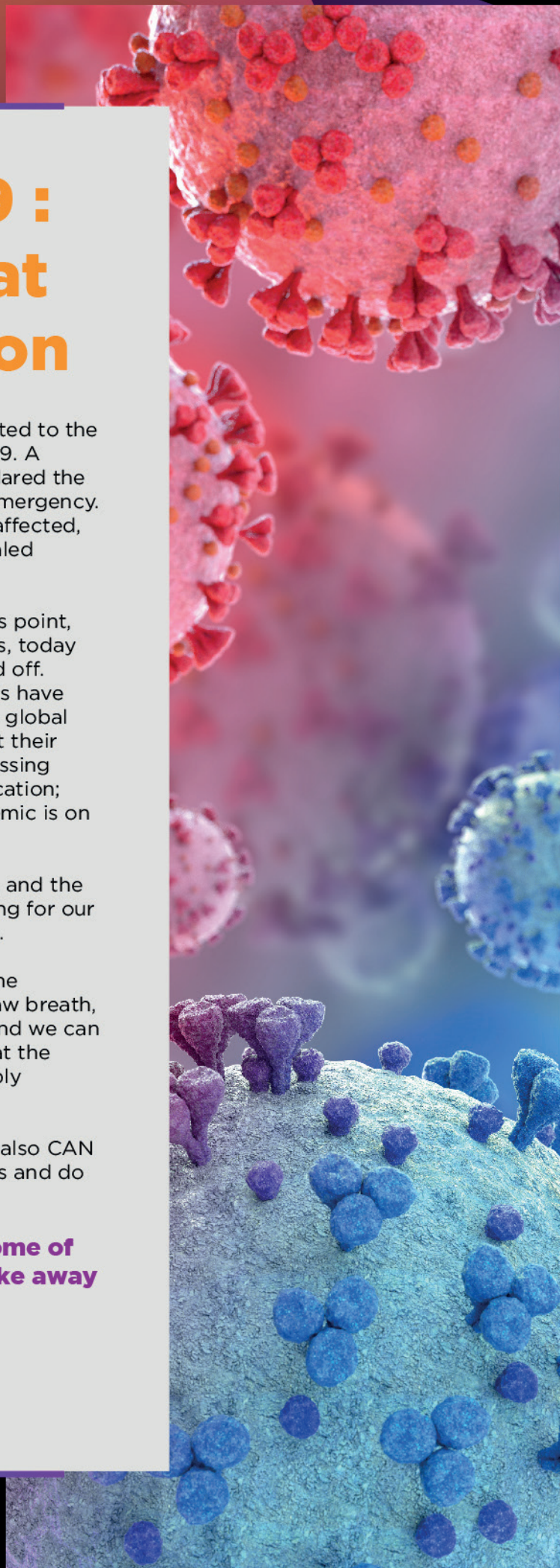
The world, which up till this point, felt borderless and limitless, today feels shut down and closed off. Quarantines and lockdowns have taken a massive toll on the global economy. Millions have lost their livelihoods; children are missing an entire year of their education; and a mental health pandemic is on its way.

It's safe to say that the we, and the whole world are in mourning for our lost lives, time and dreams.

But from the ashes, rises the phoenix. As long as we draw breath, we can hold on to hope. And we can also hold on to the fact that the human species is remarkably resilient.

Other than hope, what we also CAN do now is to learn from this and do better in the future.

Let's take a look at some of the lessons we can take away from 2020:



LIFE LESSON **1**

HEALTH IS OUR GREATEST WEALTH

Definitely all of us are much, much more vigilant about our health since the beginning of the pandemic. We're more aware of how viruses are transmitted, and we are very careful to avoid illnesses like flus or coughs. Because Covid-19 spreads so easily from person to person, we are all much more protective of our health and hygiene these days.

PERSONAL HYGIENE MATTERS

We've learnt that personal hygiene is more than just taking daily showers and wearing clean clothes. We've become extremely aware of the hygiene of our hands. Because we use them so much in our everyday lives, they are also the parts that are at the highest risk of coming into contact with contaminants. Hence, we have all stepped up on our hand-washing and overall, that is a good thing.

We've also learnt that disinfecting our surroundings is also important. Before the pandemic, we would take for granted the cleanliness of places like our homes, cars or workplaces. Today, we are much more cautious. Sanitization is the new normal, and we'd definitely think twice about going anywhere that may not be clean.

PHYSICAL EXERCISE IS IMPORTANT FOR GOOD HEALTH

While it's not easy to stay in good shape, we're now more aware than before of how important physical exercise is to maintain good overall health. Perhaps, because of the lockdowns, we now even look forward to spending time outdoors doing activities like hiking, football, badminton or simply talking a walk with our loved ones. Because we now spend so much of our time at our desks and on video calls, we may also now realize the benefits of stretching to ease the muscles and improve blood circulation. Exercise also helps to boost our feel good hormones, which is so important in these dire times!

NEVER NEGLECT YOUR MENTAL HEALTH

Burn-out may be one of the stressful situations we might face during this period. Some of us have lost our jobs or our businesses this year. Some of us may even have lost our loved ones. It's indeed a roller coaster year, and the end is nowhere yet in sight.

This pandemic has taught us to be kind to ourselves and to others. As we take on this unprecedented event, we have to realize that it's actually ok not to be ok. There's no point forcing ourselves to "think positive". In fact, "thinking positive" when we're feeling the opposite is actually an unhealthy coping mechanism. It's better to feel our feelings, and seek help from our support system instead of pushing our emotions under the rug hoping that the bad feelings will go away.

Remember that you are not alone and eventually the sun will shine again.

LIFE LESSION 2

TREASURE YOUR LOVED ONES

Before the pandemic, most of us were probably guilty of spending way too much time on our careers and chasing our financial and material dreams. However, the pandemic has given us reason to pause and look around. Probably most of us have realised that wealth is not really the most important thing in life.

Although money IS certainly important and makes life easier, it cannot buy kindness, love or friendship. One side effect of this pandemic is the strengthening of familial bonds. One good thing about being locked up with each other is that we learn to appreciate each other and support each other. Many of us have learned what a treasure it is to spend time with our loved ones. Those of us who have lost loved ones now probably wish that we did spend more time with them, while we had the chance.

BEING GRATEFUL FOR WHAT WE HAVE

Before the Covid-19 pandemic, we probably took things for granted. Whether our parents, our loved ones, our friends, we might have just assumed that they would always be there for us when we have the time for them. We even took travel for granted, thinking we could go anywhere, any time we wanted. But now, with all of us locked down in our own countries, borders closed and planes grounded, we've realised what a privilege and luxury it is to be able to travel.

This is the harsh reality of life. We don't appreciate what we have till its gone.

A good lesson to take away is to realise how much good we have in our lives, and to be grateful for what we have; never taking it for granted.



LIFE LESSON **3**

PREPARE A BACK UP PLAN FOR YOUR BUSINESS

This was a painful lesson many of us had the misfortune of learning – our jobs and businesses are remarkably fragile. The pandemic has given us the opportunity to realise that we all need a back up plan.

Everyone should be asking themselves, whether they are salary workers or business owners – “What resources, help and plans do I need to keep myself and/or my business operational during and after a major disaster?”

For businesses that are still weathering the crisis, it's likely that the disruption will last for awhile yet. Business owners have to ask themselves if they have the resources to continue; if they can absorb the underperformance of the present in the hopes of bouncing back in the future.

Businesses also must learn to perform risk assessments and develop a strategy of recovery and a business continuity plan.

For salary workers who have lost their jobs, now is a good time to learn a new skill. In fact, ALL of us can benefit from having a roster of back-up skills so that in the event of something like a global pandemic, we can still support ourselves and our loved ones.

FLEXIBILITY IS OF UTMOST IMPORTANCE

Ultimately, the message we should all take home is flexibility is very important. It is a skill that enables us to adapt and even to pivot. We cannot stay stuck in our ways.

For example, this pandemic has forced many companies to switch their workforce from an office environment to a remote-working set-up. Those that managed the transition well probably experienced less stress and downtime than the companies who were very resistant or unprepared for the change.

NOW IS THE TIME TO THINK AHEAD – AFTER THE PANDEMIC, WHAT WILL HAPPEN?

As a company, will you ask people to come back and conduct business as usual from the office? Or will you be flexible enough to offer your employees the option of remote work?

As a salary worker, are you looking forward to the day where you can go back to the office and work closely with your team members? Or do you feel like you're more productive when you're at home? While the pandemic is not over yet, we could all benefit from looking to the future and evaluating our priorities.

In conclusion, while 2020 has been a tough and terrible year for many of us, 2021 is just around the corner and no one can say if it will be better. As humans, our super power is hope, and we can all collectively hope for a return to a semblance of normal.

Meanwhile, the best we can do is to learn our lessons from the past so that we can prepare for the future. Let's apply our lessons to future-proofing our lives, both personal and professional and also our businesses.

From all of us at Return Legacy, we wish you the happiest of new years. May next year be better, and every year after that as well!



PAMPER YOUR SKIN IN THIS WONDERFUL DECEMBER!

It's the most wonderful month of the year! Start prepping yourself for a gorgeous look in this festive season! Keep your skin healthy with our best-selling 2° skin care series for beautiful and glowy skin.

FOR BEAUTIFUL AND GLOWY SKIN.



CAPTIVATE Embrace your natural beauty and create a stunning canvas for your skin with these daily essentials that are a must for any woman on-the-go!

2°GALLASH - This 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. Powered by 3 dynamic ingredients that work together with a special delivery system known as Liposome Delivery System (LPD) to give you a synergistic effect of 3 times boosting, 3 times power for fuller, longer and stronger lashes and brows.



2°L.UV contains Ectoin and Vitamin D3. Ectoin is a known heat-protection and pollution-fighting substance that protects skins from the effects of UV rays damage and air pollution components. Ectoin prevents skin damage caused by all types of environmental extrinsic factors such as sunlight, digital light, pollutants, daily stress and the lifestyle choice. The active ingredient improves damaged, aged, stressed and irritated skin. It keeps our skin healthy by supporting skin's immune system.





CLEANSE

Gently remove impurities without stripping the natural moisture of the skin with **2°Cleansing Water** and **2°Activator Fresh Cleansing Mousse**. Say goodbye to dull, clogged skin, and hello to a fresh, radiant glow.

A non-rinse, soap-free makeup remover with plant oil (castor, olive) the **2°Cleansing Water** instantly removes makeup and skin impurities effortlessly leaving zero residues. Blended with tropical fruit extracts, the make-up remover helps to exfoliate gently, renews skin naturally. Skin looks and feels fresh, perfectly clean without tightness or dryness.

2° Activator Fresh, a delicate cleansing mousse that combines cleansing and protection in one single step. It gently cleanses, hydrates and purifies the skin with an exceptional anti-pollution protection formula. This combination helps to reduce particulate matter 2.5 (PM2.5) adherence to the skin surface and provides protection against environmental damage and pollution, while leaving skin feeling refreshed and youthful.



REJUVENATE

Restore your skin's natural beauty and radiance with our innovative formulation that promote skin rejuvenation while actively reducing visible signs of aging such as wrinkles and fine lines.

Powered by Micro-Mineralised Nutrient Technology (MMNT) and Acetyl Hexapeptide-8, **2°Redoxy Essence** effectively delays signs of aging, while restores your skin's former youthful vitality. With anti-aging as its core function, **2°Redoxy Essence** is created using several unique ingredients along with Micro-Mineralised Nutrient Technology (MMNT) targeting to reduce these signs of aging, for a younger lifted skin.

Pamper your skin with this luxurious edition of **2°Le'Gain** to give your skin the smoothness and radiance it truly deserves. Arming you with the finest anti-aging active ingredients Epilibrum360C™, our distinguished anti-aging arsenal helps you to fight against aging signs, leaving you with a beautiful and youthful glow. You can dazzle and show the world your youthful self-confidently!



HYDRATE

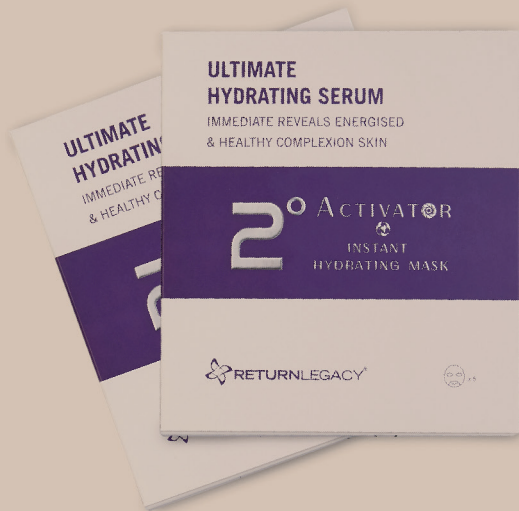
Unlock the secrets to achieving dewy, supple skin with 2° Activator series. Infused with hyaluronic acid and hydrating ingredients to boost and lock-in moisture, it's a saviour for dry, dehydrated skin.

2°Activator Hydro is a hydrating gel cream designed to flood skin with moisture and instantly quenches dehydrated skin. Infused with Micro-Mineralised Nutrient Technology (MMNT) which works hand in hand with sodium hyaluronate to hydrates, soothes and protects your skin, leaving it soft, plump and dewy.



2°Activator Moist is 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.

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.



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.

PROTECT

Formulated with Return Legacy's proprietary Micro-Mineralised Nutrient Technology (MMNT), the anti-oxidant rich **2°REOX SERIES H+** protects the skin from free radical damage, all while soothing irritated skin.

2°REOX SERIES H+ is contained with an ingenious packaging that combines an aluminium bottle with a completely sealed aluminium pouch which keeps the powerful **H+** safer and more hygienic. The air-pressurised pouch is designed to hold the concentrated ingredients fresh, allowing for next-to-zero exposure to sunlight, humidity, oxygen, contaminants and other extrinsic factors. While remaining **H+** at peak potency, we preserve your beauty and healthy skin for longer!



YOUR EYE HEALTH Can't be Neglected!

LEGACY WELLNESS

Safeguarding Your Eyes from the “Thief of Sight”

Think of the essential role that vision plays in our daily life... Our eyes are the windows to the wonders of the world. Our eyes are undoubtedly the most delicate and complicated organ that help us in navigating in our daily life. 80% of what we perceive comes through our sense of sight. The eyes collect data from the environment and send them to our brain for processing. The eyes are not just performing a task but tell us about the world, lead us in exploring new things and make wonderful memories in our life.

As we age, time takes its toll on our eyes, just as it does with other parts of the body. Too often, the importance of maintaining and cultivating eye health is overlooked until we notice something wrong with our vision. Common issues that arise in our aging eyes include blurry vision, trouble in reading up close, age-related macular degeneration (AMD), cataracts and glaucoma. With impaired vision, most of the things we want to do and enjoy would become difficult.

A Modern Enemy to the Eyes: **Blue Light**

In today's modern world, vision problems do not only develop among older people but also the youngsters. Sitting in front of digital screens all day for work or learning and then entertainment is becoming a norm. With this increase in digital consumption, it is no surprise that majority of the millennials experience digital eye strain. It is a phenomenon that caused from overuse of digital screens.

Overexposure of blue light from digital devices can raise the risk of eye diseases. The blue light emitted from devices can contribute to eye fatigue and dry eyes. Lutein and Zeaxanthin are eye nutrients that are concentrated in the macula and help eyes filter blue light. These nutrients cannot be produced by our bodies on their own, so they must be obtained through diet or supplements.

REOXlife PRO
iplus



Keeping Your VISION SHARP

Good eye health starts with good nutrition. Proper nutrition for eyes is one promising way to prevent or delay the progression of these eye diseases.

Set your sights on the important nutrients found in **IPlus**. The eye saviour supports overall eye health. **IPlus** is formulated with an innovative combination of lutein and zeaxanthin derived from marigold flowers. Lutein and Zeaxanthin are two major carotenoids and antioxidants. Besides reducing the risk of chronic eye diseases such as cataract and AMD, they blue light. Suitable for all age groups, **IPlus** helps in maintaining a clear and focused vision.

The age-defying eye saviour contains SAFFRON extract, a nutrient that protects against eye problems. It reduces the risk and slows the progression of AMD, improves visual function and increases blood circulation in the retina and choroid. **IPlus** doesn't just stop there with their ingredients, but it also has bilberry extract which astonishingly moisturises your eyes and improves eye fatigue and eye dryness. Beta Carotene in **IPlus** works wonders for the eyes mainly because it is provitamin A which is converted into Vitamin A by our bodies.

Don't wait until your vision deteriorates to find a solution. As the saying goes, early prevention is better than cure. Ignoring symptoms such as eye fatigue, dryness and vision-impaired often lead to a serious issue. Optimum eye health throughout your life can be achieved by understanding the need for eye care and the steps to take care of it.



Lutein &
Zeaxanthin



SAFFRON
Extract



Bilberry
Extract



Beta
Carotene



Tips to **SAVE YOUR VISION**

Good vision contributes to better quality of life. It is important to maintain our eye health. Every day, you can take simple steps to keep your eyes healthy. First, eat a healthy and balanced diet containing the right nutrients. Consume leafy greens and food high in omega-3 fatty acids are beneficial to eye health. A daily intake of eye care supplements could increase eye health tremendously too.

Along with good nutrition, exercise regularly and maintain a healthy lifestyle are essential. Always protect your eyes from harmful UV and blue light. Proper eye hygiene is essential. Simple steps like washing your hands before touching your eyes could stop transferring bacteria to eyes. You can also have an annual eye check-up to stay on top of your eye health.

A good night's sleep can do a world of good to your eye health. Unfortunately, when we stare at digital screens, we tend not to blink enough. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds. Moreover, don't forget to blink often too keep your eyes lubricated!

**SCAN THE QR CODE
TO TAKE THE EYES QUIZ!**



<https://returnlegacy.com.my/iplus/questionnaire>

W+ GOLD

UNLOCKING THE SECRET PLEASURE OF MENOPAUSE

WONG SAN (AGE 60)



BEFORE

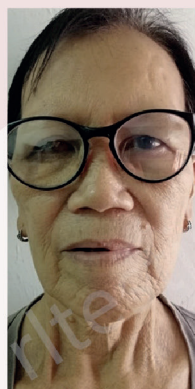


AFTER

WOW, such huge changes just in 3 days, I was shocked! My mother never consume any health supplement. Until W+ Gold was launched, I decided to let my mother to give it a try. To be honest, I thought W+ Gold is only for regulating hormones to women who are 40 years and above and I did not expect my mother would tell me such good feedback. She experienced huge changes after taking the product. She used to wake up and go to the toilet 3-4 times at night but now it is reduced to only once a night, and finally she can sleep very well. Also, the dark spots on her cheeks have faded a lot. I noticed my mother looks more energetic, her skin condition is getting better and brighter.

My mother told me that it is not easy for a 60 year old woman to have good health condition mentally and physically. She is happy that the company has launched such a good product and willing to share about this to all her friends. She experienced menopause thus she understands the pain of it. If you have friends who are going through menopause, I strongly recommend you to introduce W+ Gold to them. This product is going to be their savoir!

WONG KIUN THAI (AGE 71)



BEFORE



AFTER

Before my mother in law started to consume W+ Gold, her skin was dry and she had sleep difficulties at night. She was easily woken up to even soft noises, and hard to fall asleep after being awake. Besides that, she easily got angry too. After consuming W+ Gold for 15 days, her skin is getting smoother, the wrinkles on her hands reduce too. She does not have trouble sleeping anymore. Lastly, her temper is getting better and does not easily get angry to small things.

CHOI KWAN CHAN (AGE 50)



I had trouble of not having menstruation for four months and my skin was very dry which led to the grow of little acne bumps. On the 20th day of consuming W+ Gold, I got my period and I was very happy with it! My skin condition improved a lot after comparing it before and after consuming W+ Gold.

My dry skin got improved and it is awesome! Now I am taking W+ Gold every day and I am very satisfied with the results.

CHEW SUI LIAN (AGE 53)



I had consumed W+ Gold for a month. On the 14th day of consuming, I found that my back pain has reduced, and after taking it for a month, the pain has improved by 40% and I feel really happy. In addition, I can control my temper better and feel emotionally stable.

Previously I could not sleep well and would easily wake up at night after falling asleep. After consuming W+ Gold, I can sleep soundly the whole night and feel energetic. To my surprise, people greet me as pretty aunt now. Some even asked which skin care products I am using due to my bright and firm skin. I did not apply any skin care products but only consumed W+, Mediterranean Gold PLUS and Potent. These great health supplements made my skin condition getting better and I become more confident.

TANG POOI YUEN (AGE 62)



I bought W+ Gold without hesitation once it was launched. On my second day of consuming it, I can sleep well till morning! I had sleep difficulties for quite some time, and the effect of W+ Gold surprised me.

I was always lack of energy and felt tired due to insomnia, but after consuming W+ Gold, I feel very energetic. I used to consume Potent, Mediterranean Gold Plus and W+. Ever since the launch of W+ Gold, I decided to replace it with W+ as I am suffering from menopause for years. I realised it solved my insomnia and my skin condition became better and brighter. Great result could be seen after consuming W+ Gold for a month, I am happy about it. Thank you Return Legacy, my insomnia and skin problem got improved.

SEOW LING LING (AGE 51)



BEFORE



AFTER

Before consuming W+ Gold, I feel like ants crawling all over my body and it was so itchy. My skin was very dry and even cracked. Especially my legs, they were dry, itchy and flaking, which look like scaling skin. I have difficulty falling asleep at night and would be awake after 2 hours of sleep and couldn't fall back asleep.

After consuming W+ Gold for 4 days, I can sleep soundly and the feeling of ants crawling all over my body disappeared. What makes me most happy is there is no more flaking on my leg, my skin is brighter and my breast becomes more firm. I am really thankful that Return Legacy's W+ Gold has solved my problems.

LOH CHAI KOOI (AGE 47)



BEFORE

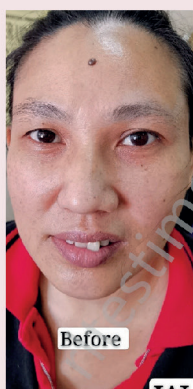


AFTER

I am 47 years old. When I was young, seeing the symptoms of menopause in my mother-in-law and friends around me had made me afraid of menopause, but I still have to face it when the time comes. From the age of 40, my menstrual period is still very accurate, and there are no gynaecological problems, but I was troubled by hot flashes! Every time right after shower, I would sweat a lot and need to go to air-conditioned room immediately.

In the past two years, whenever I approached menstruation, my mood was low, my joints were aching, and skin was dry too. I need Celebrex painkillers twice a day to ease my joint pain. Later, I learned that I was suffering from premature menopausal syndrome. After consuming W+ Gold, my menopausal syndrome reduces by 98% and my skin becomes smoother and brighter.

YONG MEI LAN (AGE 45)



BEFORE



AFTER

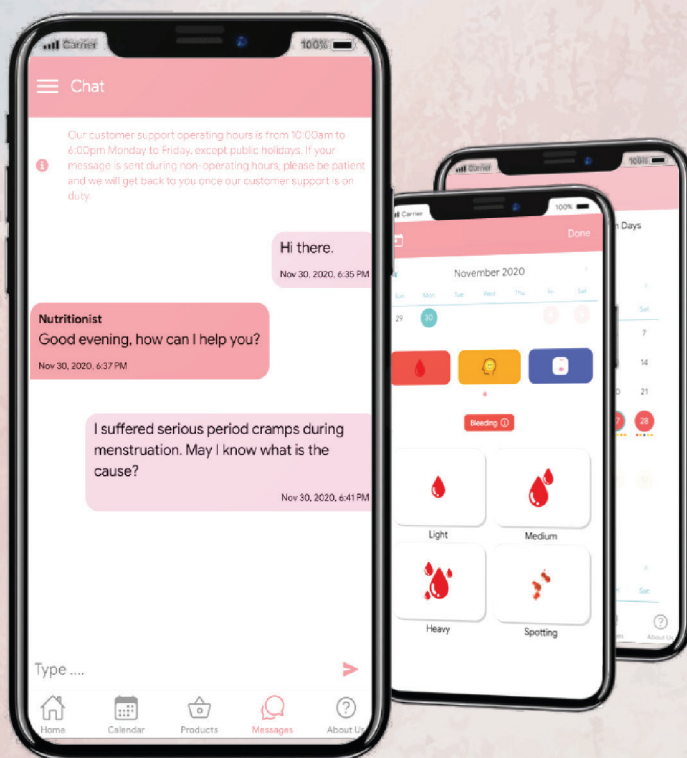
I am 45 years old and working in sales. I had dry skin condition, insomnia, and mental fatigue. After consuming W+ Gold, I found out that my skin is getting brighter, and the point is I did not apply any skin care and yet my skin is not dry. Other than that, W+ Gold improves my sleep quality and I can easily fall asleep now!

W+ Gold brings good effect which improves my health condition and gives me bright skin complexion without any skin care products!

INTRODUCING W+ CALENDAR APP

NEW FEATURES!

- ✔ Set your reminder to consume W+ or W+ GOLD
- ✔ Period and ovulation tracker
- ✔ Daily tracking and rating options to every period symptoms during your cycle **NEW FEATURES**
- ✔ Chat with nutritionist **NEW FEATURES**



EASY

CONVENIENT

Set your reminder to consume W+ or W+ Gold with our app
and you can also keep track your period too!

HOW TO DOWNLOAD APP



SCAN ME

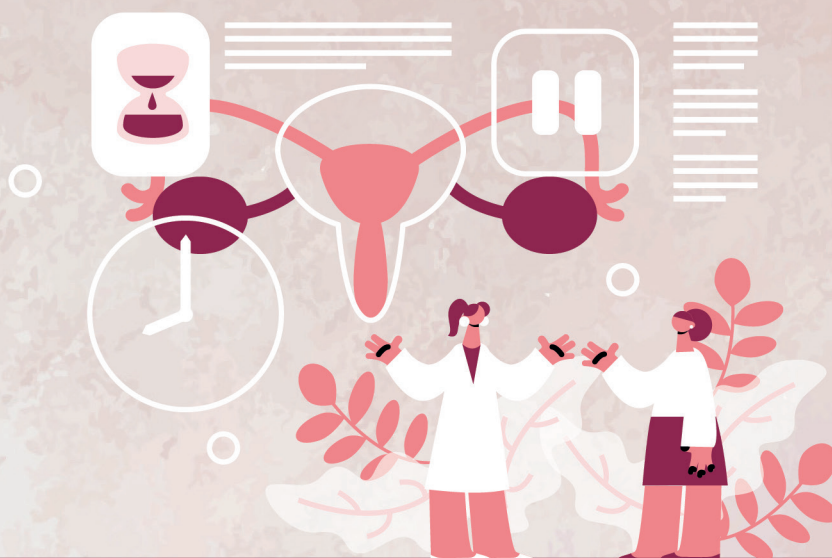
<http://l.ead.me/wplusappsteps>

DOWNLOAD W+ CALENDAR



SCAN ME

<https://wpluscalendar.com>



HOW CLOSE ARE YOU TO MENOPAUSE?

Every woman should love themselves more! Selfcare is important to maintain healthy and beautiful! Understand your physical conditions to know what do you need to become healthier and younger! Take this quiz now to see how much you know about your body!

TAKE MENOPAUSE QUIZ HERE



SCAN ME

<https://returnlegacy.com.my/wplus/questionnaire>

Menopause Quiz is now in Share Legacy! You may use your Personal Link to share the quiz to your friends and family!

HOW TO SHARE QUIZ WITH PERSONAL LINK



SCAN ME

<https://bit.ly/wplusquizsteps>

DETOX 215

LEGACY LIFESTYLE



The human body has many different intricate systems and mechanisms which work together to absorb and make use of nutrients, and remove toxins and waste simultaneously. These processes are constantly being performed by all the cells and tissues to generate energy from nutrients, but it is also exposed to harmful substances daily. Proper elimination of toxins and wastes is crucial to prevent the excessive build-up of such substances as they inhibit the functions of enzymes and cells. If the body is overwhelmed by an excessive amount of toxins, disease-promoting conditions will arise. This takes place when normal waste elimination processes are insufficient to manage the toxin load. In such cases, additional detoxification is needed.

WHY DETOX 215?

We recommend 15 days cleanse because following our Malaysian unhealthy diet, there are too many toxins accumulated in the body, so we need to detox for a longer time of a total 15 days. These days are also a good time to kickstart and get used to a clean diet, and reduce our appetite.

The reason why a cleanse every two months is helpful for the body is because our red blood cells have a lifespan of 4 months before they are replaced. Therefore, a cleanse every half cycle helps improve the health of our blood cells and capable to carry more oxygen to our vital organs. This in turn leads to an increase in energy levels, more effective weight management, improved metabolism and enhance nutrient absorption.

WHY THEY LOVE DETOX 215



XUAN YU:

“ The progress of Detox 215 is very pleasant, and it helped my body detox as my stools are dark in colour. I found that I sweat a lot even just going for small walks and my sweat smells bad. I feel more energized and my body is lighter. Also, my skin is getting brighter and some of my friends even told me that I look thinner.



JADE:

“ During day 4 of Detox 215, I found out that my stools was extremely smelly and dark. On day 12, my skin is getting brighter and I feel vitalize even if I slept late and woke up early on the next day. The biggest surprise for me is that I am 2-3 kg lighter.

**JULIA:**

“ From being resistant of Detox 215, I started to enjoy the program as I can consume 4-5 meals a day and I never feel hungry in the progress. During the 1st week of Detox 215, I kept going to toilet and defacated really smelly stools and I kept farting until my partner could not bear with it. This program does not only help cleanse my body but also making me fell that my body is lighter. I won't feel easily tired during jogging and also feel energized. Most importantly, my body weight reduced by 2kg.

**EVON:**

“ The progress of Detox 215 is not hard at all and in fact, it changed my daily habit as I consume my meal regularly and sleep on time. My stools were smelly and dark and I feel relief. My tummy also becomes flatter and no longer feeling bloated. After completed Detox 215, I feel more energetic. Lastly, I am 1 kg lighter, which is an extra bonus I gained after Detox 215.

**DICKY:**

“ When I first heard of detox, I was afraid as there are many food that I can't consume. But it turns out that detox can be relaxing and easy. At the same time, Detox 215 helped me practice a healthy lifestyle. Previously I would feel tired right after waking up, but now I feel more energized after getting out of bed. In addition, I would feel sleepy after lunch time, but through Detox 215, I no longer have this issue and feel more energized during work. I defecate daily hence detoxification may not work for me. Since I Detox 215, my stool appeared to be dark!

**JANICE:**

“ I have completed DETOX 215 and the progress is not difficult at all. Before starting Detox 215, I thought I won't be able to make it as going to bed before 12am and consuming 3 litre water daily is a difficult task for me, but I still made it through. During the first day of Detox 215, my stools were extremely smelly, I feel like my toxins had been discharged from my body. My body feel lighter. In these 15 days, I successfully quit sugary drinks. Detoxification with Detox 215 is not difficult at all.

**JOYCE:**

“ I had the habit of staying up late, and my skin condition was not good, especially my eyebags and dark circles. During Detox 215, I consumed my daily meals regularly. My digestive system is getting heathier, less bloated stomach and less prone to gastric due to my healthy eating lifestyle. Detox 215 also allows me to adjust my bedtime and lifestyle habits, and my skin condition has improved. I feel refreshing, my pants become loose, and my weight has dropped too.

**JENNY:**

“ 10 days after practicing Detox 215, my appetite has become smaller and I feel full easily. By following the recipes provided by nutritionist, I am able to snack during tea time, thus I eat less for dinner, and would not feel hungry at midnight. I feel more energized too.

Health Care Regime

IMMUNE
30

Immune system plays an important role in keeping the damaging effects of inflammation and oxidative stress at low level. Having a health-promoting diet and lifestyle are the keys to reduce inflammation. Diet contains high antioxidants such as fruits and vegetables help to keep inflammation and damage from free radicals at bay.

Reoxlife Mediterranean Gold Plus

Mediterranean Gold Plus is inspired by the Mediterranean diet, one of the healthiest and most highly-recommended diets in the world. The Mediterranean diet has been shown to improve health conditions such as diabetes, high blood cholesterol, and high blood pressure. Mediterranean Gold Plus comes with ground-breaking formulation – LePheno®, extensively researched, created, and produced exclusively for Return Legacy in collaboration with Fytexia. Mediterranean Gold Plus helps enhance the self-production of antioxidant enzyme known as superoxide dismutase (SOD). SOD is a supremely powerful antioxidant found in cells. It is part of the body's first line of defence against free radicals.

Reoxlife Potent

Reoxlife Potent is loaded to the brim with antioxidants. It contains Micro-Mineralised Nutrient Technology (MMNT®), a technology which stabilizes negative hydrogen ions. Negative hydrogen ion is the smallest and a powerful antioxidant to keep cells protected from oxidative damage. Reoxlife Potent contains antioxidants which fight against free radicals and reduce the amount of damage they cause. It reduces inflammation in the body and thus helps to heal cells which have been damaged by the inflammation.



W30

LEGACY LIFESTYLE

Estrogen level plays a critical role in our internal health, menstrual health and our physical appearance. Female hormone imbalances have highly detrimental effects and have often been identified as a leading cause of several physical, mental and emotional problems which many women have faced. For menstrual health, imbalance estrogen levels determine the duration and intensity of periods causing menorrhagia or even no periods. It also affects fertility and the chances of getting pregnant. Furthermore, imbalanced estrogen levels can cause dry, brittle nails & hair, as well as sudden weight gain especially around the abdomen, thighs and hips.

Health
Care Regime



REOXlife PRO W+

The Key to Unlock Endless Health Benefits for Women

Specifically designed with women's health concerns in mind, REOXlife PRO W+ checks all the right boxes with its combination of natural ingredients and Micro Mineralised Nutrient Technology (MMNT) – a technology from Japan. Rich in phytoestrogen, this naturally-derived product promotes hormonal support in achieving an ideal figure, beautiful complexion, inner health, and relieves various female discomforts potentially experienced by women in various stages of their lives. MMNT amps up the body's absorption rate of nutrients from the supplements. REOXlife PRO W+ enables all women to stay active, energetic, and fulfilling lives.

WGOLD 30

As we age, menstrual cycle evolves and adapt to the hormonal changes in our bodies. Eventually, it will reach menopause. Menopause refers to a point in a woman's life when the ovaries have aged and no longer produce reproductive hormones. It does not happen all at once, but gradually. The average age of menopause in most women is between 45 and 55. Menopause is typically associated with symptoms such as mood swings, insomnia, hot flashes, and night sweats. However, those who approach menopause in the right way will experience great benefits!

REOXlife PRO W+ Gold

Enriching Your Menopause Years

Specifically designed with women's health concerns in mind, REOXlife PRO W+ checks all the right boxes with its combination of natural ingredients and Micro Mineralised Nutrient Technology (MMNT) - a technology from Japan. Rich in phytoestrogen, this naturally-derived product promotes hormonal support in achieving an ideal figure, beautiful complexion, inner health, and relieves various female discomforts potentially experienced by women in various stages of their lives. MMNT amps up the body's absorption rate of nutrients from the supplements. REOXlife PRO W+ enables all women to stay active, energetic, and fulfilling lives.



*Health
Care Regime*

M30

Prostate disease may be caused by androgen imbalance. For example, benign prostatic hyperplasia (BPH) is a prostate-related disease which is more common in men who are 40 years old or older. BPH may be caused by aging, androgen imbalance, or both. Most symptoms of BPH are related to urination because an increase in prostate size will block the urethra and inhibit proper bladder function. Unfortunately, many men do not truly understand BPH.

REOXlife PRO Mandiva

Mandiva, a health supplement specially formulated for men's health concerns, contains a variety of natural plant ingredients which helps to improve related diseases caused by androgen imbalance, regulate androgen secretion and balance up the level of male' hormones in the body. Mandiva helps to support prostate health and maintain normal prostate size, enhance muscle mass, support urine flow, improve quality and quantity of sperm and optimise immune system



Make Your Sales Soar with the 7 P's of Success

Every successful salesperson in this world knows how to communicate and negotiate. These are the fundamental skills you need to be a salesperson.

However, in order for you to truly shine as a salesperson, you do need other tools in your toolbox. For example, a magnetic personality is nothing without persistence; after all, simply giving up if you don't succeed will hardly help you succeed!



To truly excel,

salespeople need the 7Ps of Success. What are they?



POSITIVITY

A positive attitude is a really crucial secret to truly enjoying and excelling in life. Regardless of whether you're talking to a client in person or remotely, a positive attitude shines through, helping people engage with you. In the workplace, you'd also notice that a positive attitude helps keep spirits high even in adverse circumstances. And we don't mean that you should be constantly positive. It's fine to be down after a setback. Just don't let failure overtake you and send you into spirals of doom and gloom. Remember, everyone falls down. Learn to get back up.



PRODUCT KNOWLEDGE

With knowledge comes power. No matter your industry or line of work, knowledge is a truly vital tool. The influence of a knowledgeable salesperson truly has no boundaries. So do your homework. An elite salesperson should be a fount of all knowledge about their products or services. Such knowledge gives assurance to clients, helping them develop faith and belief in the product.



PASSION

Passion is another attribute that simply makes you shine. In most cases, clients purchase a product or service to fulfill their needs or desires. However, they might also buy because your passion is simply captivating. Passion is what helps you learn all you can about the product. Passion is what helps you speak confidently about your product with people. Passion is what drives you to share as much as you can about your product. With passion, you not only portray your product but also yourself in the best possible light.



PERSISTENCE

You will not close every sale. Overnight success is rare. The first encounter with any client is seldom the most fruitful one. Persistence is key. You might have to contact a potential client multiple times before a sale is made. Don't be afraid to try again if you fail. Success is not about being the best and most perfect at all times, it's about getting up again and again no matter how many times you fall down.



PATIENCE

Ideally, you would make a sale in as little time as possible. In this way, you can maximize future opportunities to make even more sales. However, you should also note that what's supremely important to you might only be a tiny part of your client's day. They might need time to give your proposal thought. They might be busy or distracted and even forget to get back to you. This is alright. Cultivate patience and give them ample time.. Do not attempt to force your clients to make decisions on the spot. Such actions will harm your image in the eyes of your clients. All astute salespeople must practice working at the client's desired pace instead of their own.



PROBLEM-SOLVING

This is one trick that will help you ingratiate yourself to your client. Don't go on and on about your product benefits. Rather, think of what problems your product can solve for your client. If you can convince them, their life will be simpler and better because of it, you're that much closer to sealing the deal. Try and see problems from their point of view, then propose your product as an ideal solution.



PRICK UP YOUR EARS

In line with the previous point, it's absolutely integral to listen carefully when your clients are speaking. This is important to build a strong relationship and to show that you care about them. Listen attentively and actively. Resist the urge to interrupt. Try and relate to their issues. Make sure your body language also communicates that you are listening. This is one simple yet important way by which you might increase the sales of your products or services.

If you make proper use of these 7 P's, you can turn yourself into a better salesperson than you ever dreamed to be possible. After you have mastered these 7 P's, your sales pitches will become that much more difficult to resist. Best of luck!



The Business Continuity Plan: What Every Business Needs in Times of Emergency



"Before anything else, preparation is the key to success."

- Alexander Graham Bell.

No matter how well-established and respected your business may be, unforeseen events may still be able to threaten its stability.

Consider the Covid-19 pandemic which has changed the world. Certainly, many businesses did not expect it. Many businesses that were around last year are no longer here because of this unfortunate event. And there may be more to come.

Environmental disasters, wars, and cyber attacks are all unexpected emergencies that may not be easy to predict, yet could wreak havoc on even the most carefully laid plans.

However, it is possible to keep your business functional and successful even during difficult circumstances, with a tool called the Business Continuity Plan (BCP).

WHAT IS A BUSINESS CONTINUITY PLAN?

A BCP involves devising protective and recovery plans that can help shield your business from potential threats. A well-crafted BCP will show understanding of the problems that a business might face during a crisis period and plan on how to adeptly address them.

While it is NOT fool-proof (nothing in life is ever fool-proof and there are many factors beyond our control), it can help prepare you, your business, your customers and your employees in the event of unfortunate occurrences. It can help you make sound decisions to stave off the most negative scenarios.



WHY IS A BUSINESS CONTINUITY PLAN SO IMPORTANT?

01 Impressive for customers

A business continuity plan will impress customers with the foresight you've demonstrated. It gives you a method to win the trust and respect of your customers. Customers will be drawn to stable and secure brands which have made contingencies for the worst-case scenarios. Such brands give them a sense of assurance that they can handle a crisis.

02 Elevates employees' morale

Employees are any business's greatest asset. Therefore, it is important to reassure them that they will be taken care of even throughout a crisis. You can earn your employees' trust by giving them assurance through a viable business continuity plan. It can help elevate morale, making your employees feel more a part of the organization and thus more determined and enthusiastic to work through the crisis.

03 Enables better communication


It is only through thoughtful and open communication that everyone can be on the same page about how to deal with the crisis. Whether they are employees or stakeholders, each individual has different responsibilities to fulfill. A business continuity plan promotes better communication because it would have been drafted according to the necessary actions to be taken.

04 Protects customers

Customers need to be protected at all costs. They determine the success or failure of your business during a crisis. If your customers and their rights are not protected during a crisis, your business will face serious trouble. It is thus your responsibility to keep their best interests in mind.

05 Provides peace of mind

You can't do business in a timid manner. A business continuity plan gives you the ability to conduct business without apprehension. This is because you will be well-prepared for any emergency. If you know that you have a plan to minimize losses, you will be that much more confident.



HERE ARE TWO CASE STUDIES OF HOW IMPORTANT A BCP CAN BE IN BUOYING COMPANIES THROUGH CRISES:

📍 Ransomware hobbles the city of Atlanta

A computer system attack that took place across the city of Atlanta, Georgia, in March 2018 highlighted an example of inadequate business continuity planning. The ransomware attack hobbled the computer system for five days and forced many departments to complete paperwork manually.

The attacker demanded US\$52,000 (RM224,000 in today's money) and the total cost incurred due to the attack exceeded US\$17 million (RM73.2 million in today's money). It took months for affected businesses to make a complete recovery.

Ransomware attacks are nothing new; as such, companies would do well to create a BCP that addresses this scenario. Don't fall victim to the "It won't happen to me" mentality!

🕒 Internet marketing firm goes mobile after Hurricane Harvey

In August 2017, Hurricane Harvey bludgeoned Southeast Texas and impacted various businesses. Gaille Media, a small marketing agency, seemed to be facing terrible losses as their entire office was destroyed.

However, the business was still operational because Gaille kept most of its data stored in the cloud. Throughout and after the storm, the business began mobilizing staff to work from home. The business also decided to decentralize. This allowed workers to continue working remotely without disrupting business activities.

Because they had a BCP in place in the event of any disasters, they were well-served even when the unthinkable became reality.

HOW TO CREATE A BCP?

this method is important to show, otherwise readers will not have 100% understanding!

ERRORS TO AVOID WHEN CREATING A BCP

Avoiding these errors can ensure that you minimize risk and maximize the profits of your business:

01 YOU HAVE NO PLAN TO COUNTER THREATS

It is important for every business to have a BCP which clearly outlines unique threats as well as protocols required for prevention and recovery.

02 YOU HAVE NOT ASSESSED YOUR RISKS

You should take stock of all the potential risks your business may face. A risk assessment will show how your business is at risk of various difficult situations, according to your particular business model.

03 YOU HAVE NO BUSINESS IMPACT ANALYSIS

Without a business impact analysis, your risk assessment will not provide any added value. This analysis will arm you with a better understanding on how various unpredictable situations may disrupt your operations as well as the costs which might be incurred.

04 YOU HAVE NOT PREPARED PREVENTIVE ACTIONS

Every business needs to prepare preventive actions according to their risk assessments. They are necessary to protect businesses from an avoidable crisis (like a ransomware attack).

05 YOU HAVE NO RECOVERY PLAN

A recovery plan gives your business a chance to rise from the ashes. A business with a suitable recovery plan will take less time to return to its former position and thus reduce expenses made along the way.

No matter the size of your business, you should ensure that you have a BCP that helps you get up and running no matter what happens. Resilience is one of the factors that keeps a business afloat even after decades. After all, you might be brought down, but a viable BCP will make it much harder to keep you down!

12.12

AWESOME DEAL

1ST DECEMBER 2020 (12PM MYT) - 12TH DECEMBER 2020 (11.59PM MYT)



6 H+ (135ml)

FREE 2 H+ (70ml) + 2 H+ (120ml)

RM1194 (WM) RM1254 (EM) 240WP

FREE GIFT WORTH RM874

*Terms and Conditions Apply. *For Malaysia distributors only.

*In the event of CMCO/peak/promotion periods, the shipment of your order may experience longer than usual.

*Promotion is NOT VALID in conjunction with Legacy Plan PWP. *Promotion is not allowed to combine with other packages/products

*WP is not earned on FREE products. *For further information, please refer to our promotion details. *While Stocks Last.



JOLLY CHRISTMAS sale

1ST DECEMBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)



3 H+(135ML)	FREE 1 H+(70ML) FREE GIFT WORTH RM161	RM597 (WM) RM627 (EM) 120WP
3 LE'GAIN	FREE 1 LE'GAIN FREE GIFT WORTH RM386	RM897 (WM) RM927 (EM) 144WP
3 FRESH	FREE 1 FRESH FREE GIFT WORTH RM162	RM369 (WM) RM390 (EM) 45WP
3 INSTANT HYDRATING MASK	FREE 1 INSTANT HYDRATING MASK FREE GIFT WORTH RM98	RM207 (WM) RM237 (EM) 21WP
3 I PLUS	FREE 1 I PLUS FREE GIFT WORTH RM136	RM297 (WM) RM327 (EM) 48WP

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JOLLY CHRISTMAS sale

8TH DECEMBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)



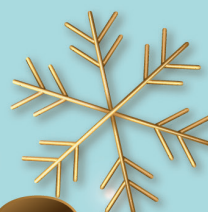
3 MOIST	FREE 1 MOIST FREE GIFT WORTH RM337	RM780 (WM) RM810 (EM) 135WP
3 REDOXY ESSENCE	FREE 1 REDOXY ESSENCE FREE GIFT WORTH RM250	RM582 (WM) RM603 (EM) 105WP
3 L.UV	FREE 1 L.UV FREE GIFT WORTH RM220	RM504 (WM) RM534 (EM) 81WP

**Terms and Conditions Apply. *For Malaysia distributors only.*

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**WP is not earned on FREE products. *For further information, please refer to our promotion details. *While Stocks Last.*



JOLLY CHRISTMAS sale

15TH DECEMBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)



3 HYDRO	FREE 1 HYDRO FREE GIFT WORTH RM337	RM780 (WM) RM810 (EM) 135WP
3 CLEANSING WATER	FREE 1 CLEANSING WATER FREE GIFT WORTH RM110	RM246 (WM) RM276 (EM) 36WP
3 GALLASH	FREE 1 GALLASH FREE GIFT WORTH RM174	RM405 (WM) RM435 (EM) 48WP

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**Promotion is NOT VALID in conjunction with Legacy Plan PWP. *Promotion is not allowed to combine with other packages/products*

**WP is not earned on FREE products. *For further information, please refer to our promotion details. *While Stocks Last.*

RETURNLEGACY[®]

2° ACTIVATOR

HYDRO

Skin Fortifying Hydrator

THE BRAND NEW PACKAGING

Available on 15th December 2020 onwards

NEW LOOK



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

Retail Price:
RM325 (WM) RM337 (EM)

Net Weight:
50ml



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