

LEGACY LIFE

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RETURNLEGACY® | 2020 JUNE

THE ONLINE MARKETING COMPASS :

**A PEOPLE-FIRST
SELF-BRANDING**

MESSAGE FROM DCEO

NEW BUSINESS STRATEGIES
IN A POST-PANDEMIC WORLD

**DOES WORK FROM
HOME BENEFIT
EVERYONE?**



MEDITERRANEAN GOLD PLUS & POTENT

**ENHANCE
YOUR IMMUNITY
TO KEEP DISEASES AT BAY**

JUN
2020

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NEW BUSINESS STRATEGIES

IN A POST-PANDEMIC WORLD

A novel coronavirus pandemic that swept across the country completely changed consumption habits and human life on a global scale. The prevention and control of this pandemic will be a protracted battle, people will reduce outbound consumption and face-to-face contact. This will inevitably change our original business model and the way we interact with customers.

According to a survey conducted by Janio Asia, 60% of respondents mentioned that they have been making more purchases online compared to pre-COVID-19 levels. Taking advantage of this opportunity, we should redefine our business strategy for the Legacy Business, make full use of the internet, digitise the sales model by going online, and gearing up for a **"new normal"** of the post-pandemic era to forge new competitive advantages.

As we step into a world shaken by the COVID-19 pandemic, new habits such as social distancing, putting on face masks, regularly washing hands with soap or cleansing with hand sanitisers, and a heightened awareness on health form the base of this new normal. On top of that, when the pandemic struck Malaysia and the Movement Control Order (MCO) took effect, businesses shut down, employers went bankrupt, large scale of retrenchment and outpouring of unemployment rate.



Message from DECO
SAM KHO

A shift towards this new normal is marked by the change of consumer attitudes, behaviors, and purchasing habits experience a dramatic shift towards e-commerce. Both conventional and traditional businesses are shifting into a cycle of change, digitalizing their businesses and maximizing awareness of consumer trends to ensure they remain competent, robust, and dynamic in their mode of business.

Offline and online sales are two very different platforms, so how can we do well in the online space?

TAKING ADVANTAGE TRENDING TOPICS

The pandemic outbreak has drawn much attention to topics surrounding "immunity". As awareness of self-health care increases, the surge in demand for health supplements and related information will undoubtedly create new business opportunities for our industry. Legacians should grasp business opportunities triggered by this crisis. At this critical moment, make full use of the internet to share and relay topics related to immunity and attract your potential customers through a soft sales approach.

In the face of the pandemic's far-reaching effects, some have also had their salaries reduced or retrenched. According to Channel News Asia (CNA), Malaysia's unemployment rate is at its highest in a decade. The Department of Statistics Malaysia reported unemployment rate was at its highest in March 2020 at 3.9 percent. Though some businesses allow work from home measures and employees still receive wages as usual, this isn't the case for the majority considering the statistics given. This teaches us to realise the importance of having a side or passive income to better support one's livelihood such as rental income, small businesses, investments, etc. People are increasingly looking for opportunities to earn additional income and Return

Legacy can open such entrepreneurial doors for them. Legacians can focus on how to deal with the unemployment crisis or explore new business opportunities to attract like-minded individuals to join the team.

USE A VARIETY OF SOCIAL MEDIA PLATFORMS

Onto online product sales and promotion activities. Product information sharing and demonstration can fully showcase product characteristics while helping to trigger customer interest, but the key is creativity. The same idea or concept can be presented in different ways and platforms, such as Facebook Live, Insta story or tiktok, making the content more vivid and interesting as well as to establish and expand online audiences. Return Legacy's You-Tube channel contains over 450 videos which we encourage to share actively.

There are a wealth of resources available, so make sure to fully leverage them to your advantage, such as the adoption of brand new online chat bot feature for queries on our e-commerce site. The company's distributor portal allows you to analyse the performances of downlines. We also encourage using personal distributor links by sharing with your contact list via email and messenger apps such as WeChat, WhatsApp, Telegram etc.

• TEAM GOAL CONSISTENCY - LEADER LED GROUP TRAINING

How ready are you to put your ideas into practice? You can establish a communication taskforce with your uplines or downlines to ensure your team has consistent ideas and strategies to effectively carry out your plans. For example, immunity is a trending topic, you and the team can use Potent or MGPLUS as a content lead when sharing on social media. In addition, the extension of the "Conditional Movement Control Order" (CMCO) meant that some people continued to work at home and reduce travel. The longer they stay at home, the easier it is to be eating unconsciously and burden the body, so sharing about detox related content and products such as de'Cleanse would be useful.

• RESPOND PROMPTLY TO ONLINE CUSTOMER QUERIES

Keeping active communication at all times and respond to customer questions and queries as quickly as possible. Remember to avoid hard-selling to customers. Your responses should focus on providing customer information or assisting them in solving problems, so that they feel that you are ready to provide services at any time and thus shaping an image of proficiency. At the same time, you can actively conduct group training sessions with the team or participate in team online training and meetings organized by the company, keeping abreast with the latest information and happenings, and equip yourself at all times to share information with customers and help them solve problems.

The crisis presents an opportunity of change for all of us to be better versions of ourselves while appreciating the chance to spend quality time with our family and loved ones. There is some truly important life lessons to be had as well, like the value of resilience in any given circumstance. We must also show our gratitude to the unsung heroes of the nation, i.e. the front-liners in civil and healthcare services which jobs put them at risk, for their efforts, sacrifices, dedication, and commitment in battling COVID-19 for the sake of the nation.

Kudos to every Legacian for working together with patience and resolute loyalty, the RLEP committees initiative and effort to spark online activities, and the supportive spirit of the distributors. We commend all Legacians in their solidarity and togetherness in getting through this period of hardship. In the face of this sudden crisis, the experience and lessons learned in the process of responding to it will not only spark to your limitless potential and give you the ability to face greater challenges in the future, your team's support for each other will enable everyone to push forward as one, becoming ever stronger and united.

Here is to wishing all to stay safe and healthy, and for everyone to thrive and succeed in the coming new normal.

THE KEYWORD FOR THE YEAR 2020 IS "ISOLATION"

Many people have been forced to practice a different kind of economic approach. The world has seen fewer activities conducted outside, less physical contact and such. The number of people travelling has declined drastically and we will all have to get used to the new normal in our daily lives. Now, everything will be done and completed from home online. This is what we call the "isolation economy".

Little did you know that we have already entered this era, and the transformation has changed our lifestyles today. Most of us will be working from home, and communication will be replaced by smartphones and video conferences. Starting from today, we can expect more to be done online. Various products can now be bought online, from home appliances, garments to food can all be delivered. At the same time, schools and universities are opting for safer channels such as online learning.



Although the concept of working online is no longer strange for people who have been running online businesses, such drastic change is very strange and difficult for people who have been operating physical stores for many years. This is because many people never thought that the day the world is forced to adapt to the Internet would come so fast, and in such an

unexpected way. The current epidemic has forced 70% of the world's population to face isolation. The idea of the future has become a reality in an instant. In the future, after the epidemic is over, we cannot guarantee if such a situation will not happen again.

But there is always a calm before the storm, which is why this economic crisis has left many people unprepared. Many physical industries have been forced to suspend business operations without warning, and many people have lost their only source of income. This has also made many people understand the importance of the isolation economy, forcing them to quickly adapt to the Internet as the main lifestyle. At this point in time, what people need most is a low-burden, stable business platform that they can rely upon as a sideline business for the time being.

HOW TO ESTABLISH AN ISOLATION ECONOMY WITH RETURN LEGACY?

Return Legacy differs from other companies on the market. We are committed to life enrichment, society's well being, and for everyone to have an impartial and equal opportunity to learn, change, and grow. Moreover, Return Legacy also provides an unprecedented reward system, which can help many people who desire to earn a considerable income in a short period of time to achieve their goals, which is the best condition for achieving an "isolation economy".

RETURN LEGACY'S UNPRECEDENTED REWARDS SYSTEM

Return Legacy offers you an amazing business plan that can help you generate income especially during this outbreak - we provide a great system with a good compensation plan. **The Compensation Plan consists of two categories, Creation Plan and Legacy Plan.**

CREATION PLAN

There are four types of distributors that can participate in the Creation Plan namely **Classic, Elite, Premium and Legacy Partner (LP)**. Based on these, it is suggested that new members sign up for membership to begin their journey under the Creation Plan as the benefits are better and you will be able to earn income faster.

The following are the entry requirements for each category of distributors:

TYPES OF DISTRIBUTOR	
CLASSIC RM48 Membership Fee or Purchase of RM100 (Distribution Price)	ELITE 2x Products (Distribution Price) or 1x Product (at a discounted price -40%)
PREMIUM 10x Products (Distribution Price) + 5x Products (at a discounted price -45%)	LEGACY PARTNER (LP) 30x Products (Distribution Price) + 15 Products (at a discounted price -45%)

So, if a new member signs up under Legacy Partner, they get to enjoy the benefits offered under the category, at a total of 82% reward.

○ REFERRAL BONUS - Highest reward percentage at 33%

A referral bonus is a bonus given to members if you are able to recruit new members as your downline. However, the reward percentage distribution will differ based on which category your downline is choosing. If you are an LP member, no matter which category your downline is choosing (either Classic, Elite, Premium or LP), you are entitled to the highest percentage reward that is 33%.

○ **CREATION LEADERSHIP BONUS -**

Highest reward percentage at 29%

In addition to the recommended bonus, the Creation Leadership Bonus is an additional reward for distributors when attracting investment. Different classes will have different distributions of bonuses, so you can receive up to 29% bonus!

○ **CREATION LEADERSHIP LOYALTY BONUS -**

Highest reward percentage at 15%

Under this category, it is only applicable for Legacy Partner and higher ranks. But how do you earn the reward from here? When your downline members achieve the same tier as yours (as Legacy Partner) or even higher, that way you will be able to achieve the highest bonus percentage of 15%.

○ **REGISTRATION BONUS -**

Highest reward percentage at 5%

The registration bonus is only applicable to Legacy Partners and higher rank members. All members who are at Legacy Partner level or above will receive a 5% registration bonus directly after recruiting any new Classic, Elite, Premium or Legacy Partner member.

However, do note that only members registered or upgraded to Legacy Partner (LP) or above can access the cumulative income of the above four categories. If you are a member of the Classic, Elite or Premium level, you can still get the cumulative income of the first two parts of the Referral bonus and the Creation leadership bonus.

LEGACY PLAN

Legacy Plan's bonus system is applicable for distributors who wished to further establish their career. The Legacy Plan consists of four different reward categories with a total of 66.25% bonus rewards available to earn!

○ **TEAM PERFORMANCE BONUS -**

reach up to 28% of bonus (based on current month)

The team performance bonus is based on individual purchases or maintenance of the WP product points. For instance, when your personal purchase reaches or maintains at 35WP product points to 69WP product points, and at the same time you have either one or two distributor teams who achieved 35WP product points, you may then be able to get the 3% bonus from the first generation till fifth generation, based on the compress and roll up calculation. The calculations could reach up to 13 generations and constitutes the highest total of 28% reward bonus.

○ **LEGACY LEADERSHIP BONUS -**

reach up to 26% (based on current month)

This reward system allows every distributor to earn an extra bonus. Each distributor with Elite ranking and above will be entitled for this bonus. For every product they purchase, commissions will be calculated based on different ranking of distributorship.

○ **LEGACY LOYAL LEADERSHIP BONUS -** **up to 8% (based on the current month)**

The Legacy loyal leadership bonus is a reward for Diamond Director and above. If your downline has achieved the same ranking with you or even higher, then you will be entitled to this loyal leadership bonus. In addition, if you accumulate 100WP product points and your team accumulate 10,000WP product points in the current month, you will be entitled to this bonus as well. However, do note that each different ranking of distributorship will receive a different amount of bonus.

○ **ROYAL FUND - UP TO 4.25% -** **(based on the current month/year end distribution)**

The Royal fund is available for distributors who are of Royal Ambassador and above. Return Legacy will allocate a 4.25% reward based on the distributor's monthly Legacy Plan cumulated WP product points performance. The reward will be calculated monthly and distributed as a year-end bonus.

At this point in time, it is important for us to take the opportunity to make use of what is happening and think of how we can generate income while staying home. What should we do in this kind of economy? There is a need for you to come out with Plan B. And the reward system established by Return Legacy allows people who choose to join this platform to be able to start a business and achieve income improvements in a short period of time. That's the reason why Return Legacy is able to achieve massive growth in a short period of time.

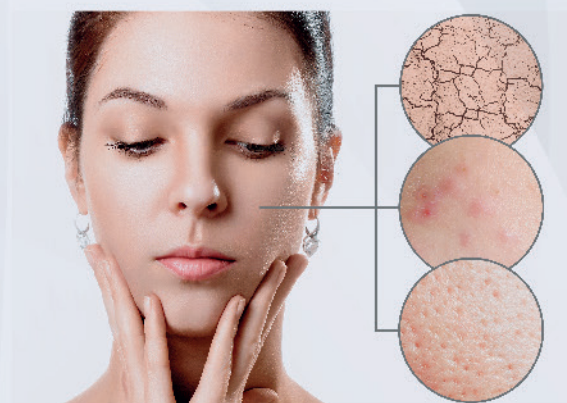
Although the epidemic has caused certain crises in all walks of life, however, every crisis, in fact, is a turning point when we look at it from a different perspective. With a change in mindset, we will be able to find a way to survive these times.





HOW TO TAKE CARE OF SENSITIVE SKIN?

Everyone has different types of skin, either normal, oily, combination or dry. And any of these skin types may have problematic skin which we all known as sensitive skin. However, most people do not know the exact causations to the sensitive skin issue and do not know how to provide the right care.



The most common factors that cause sensitive skin are hormonal changes, stress, lack of sleep, and the wrong use of skin care products and cosmetics. Some products contain irritating ingredients such as surfactants, fragrances, colorants and alcohol, etc., which can irritate skin and cause skin redness, flaking, burning, tingling, itching and other uncomfortable symptoms.

In addition, people with sensitive skin tend to feel tight and uncomfortable dry out during flights and skin reactions such as redness. Through these skin reactions, we can determine whether we are having sensitive skin issue.

Sensitive skin will affect your appearance which is something that most people worry about. Therefore, people with sensitive skin to take extra precautions in cleansing and their skin care regimen. So, what should people with sensitive skin do to achieve a perfect skin care routine?

HERE ARE SOME TIPS FOR SENSITIVE SKIN:



USE MILD cleansing product

When choosing cleanser and makeup remover, a products, people with sensitive skin should avoid products that have strong cleansing power because it can damage skin barrier and make their skin feels tight and uncomfortable. This is definitely a burden to them. And If you are having sensitive skin and have the habit to put on make-up, it is suggested to choose an oil-based makeup removal or cleansing water to remove all your makeup before washing your face. The reason behind is that oil-based makeup removal and cleansing water are able to remove makeup effectively without drying out the skin.

In addition, it is recommended to wash your face with mild cleanser and rinse with warm water after removing makeup.

BE CAUTIOUS WHEN CHOOSING FACE EXFOLIATORS

Exfoliation is crucial for people with sensitive skin. People with sensitive skin should never use exfoliating products come with large beads. This is because this type of exfoliating product will damage their already weakened skin barrier, making it worse and exacerbate the sensitivity. Therefore, it is necessary to choose a mild exfoliator, for example those in gel type. On top of that, If you have sensitive skin it's recommended to exfoliate 1-2 times every week.



MOISTURISING IS A MUST!

Moisturising is part of the important step for individuals with sensitive skin. People with sensitive skin tend to have thinner skin barrier which makes them more vulnerable. The use of moisturiser not only help to protect skin barrier but also replenish skin's moisture. You will see a huge improvement in your skin in the long run, having a "peeled hard boiled egg-like" smooth skin is no longer a dream. Not only your skin is fully hydrated but lesser wrinkles too! For the toner, it is advised not to apply it using a cotton pad to reduce friction on the skin. Using too much force when applying will hurt the skin and cause redness. Thus, the best way is to gently pat the toner onto your skin until it is fully absorbed.

APPLY SUNSCREEN!

Sunscreen is also an essential to protect sensitive skin. This is an important step to minimize exposure of harmful factors such as ultraviolet rays that can cause damage to your skin. Therefore, it is important to make sure you have done your sun protection work nicely. Choose a mild and non-irritating sunscreen product, and apply it on the inner arm or the back of the ear. If there is no sensitive reaction after 24-48 hours, it means that it is suitable for you and you may continue to use.



PAMPER YOURSELF WITH MASKS REGULARLY

With sensitive skin is recommended to apply hydrating mask 1-2 times a week to increase skin moisture level and soothe ryness caused by sensitivity. Individuals with sensitive skin should choose a facial mask that is gentle enough and contains active ingredients which exhibit soothing, calming and hydrating properties, to relieve sensitivity and skin redness. Avoid using facial masks that contain alcohol, sulfates, synthetics fragrance and acidic ingredients to reduce skin irritation.

MAKE SURE YOU GET ENOUGH SLEEP

Sleep is one of the contributing factors that keep our skin healthy, so you have to manage it wisely. It is advisable to sleep around at least 7- 9 hours a day. Insufficient sleep diminished skin barrier function, causing dryness, irritations and increase skin sensitivity.

An individual with sensitive skin can be difficult to maintain and take care of, due to its fragile and unstable nature. This requires them to pay extra attention to their skincare routine. Therefore it is important to take extra precaution when choosing skincare products. Always remember, if you are experiencing any discomfort reactions, you should stop using the product immediately and rinse your face with lukewarm water.



A Complete Guide To Find Your PERFECT Hairstyle



Determining The Shape Of Your Face

Every one of us was born with different facial features from the width of eyebrow, eyelashes, cheekbones, jawline as well as the shape of our face. All this is important for us to take into consideration when we want to decide on a hairstyle. Generally, there are various categories of face shape: oval, long, square, round, rectangle, diamond, triangle, and heart-shaped. There are a few methods that you could try such as look in the mirror or either take a photo of yourself. At the same time remember to highlight your favourite facial features since it could be one of the factors that can help you find your perfect hairstyle.



Finding a perfect hairstyle that could match you could be difficult, but not impossible! Many of you definitely went through a situation where “miscommunication” happens between you and the hairstylist. This usually happens when you request a certain hairstyle but not turning out as expected! To ensure that you are able to get your best match, first of all, you need to know your face shape.



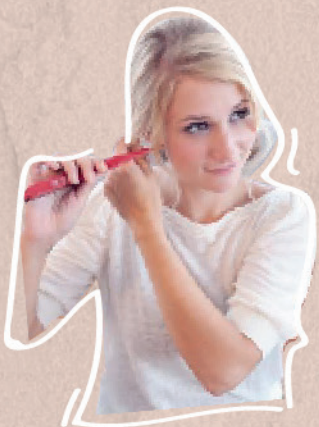
Haircuts For *Rectangle Faces*



A person that has a rectangle face should focus to soften their sharp jawline and width of the forehead to avoid from elongating their face. One of the ways is to enhance your cheekbones structure by opting for a soft layered cut to avoid elongating your face.

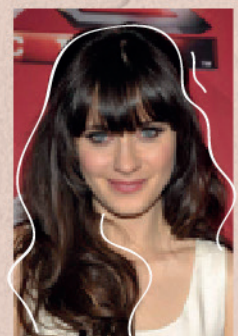


If you desire to have long, lengthy hair, you may go with blowout, curls and waves since it could help to give a different dimension to your face. This option will help to add horizontal volume for your hair which makes it look more healthy and stylish. Besides, it is able to soften the sharp angles of your face.



To doll up yourself, soft and romantic chignons are a better option that you could try on compared to high buns. Chignons hairstyle can add length and sleek to highlight your jawline features without over elongating your face.

Bangs is a very tricky option but for rectangular face shape, you may play around with soft, rounded fringes or curtain bangs. This will give you a sweet look since it covers up your forehead area.

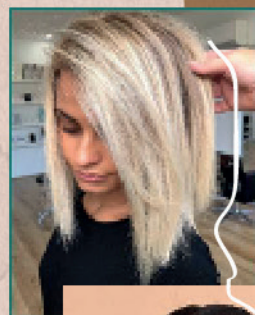
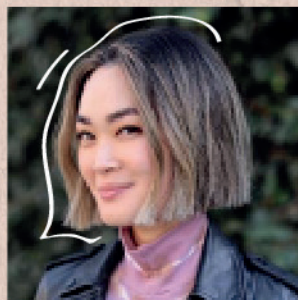


Haircuts For *Oval Faces*



Those with oval-shaped faces are very fortunate in the sense that they have access to a variety of hairstyles. This is due to the well-balanced appearance of oval-shaped faces.

If you are looking for a great hairstyle, you might want to consider to style up with long locks or a cute short crop option. Both options are suitable for your face shape since it emphasizes your face structure well. A person with an oval face can also play around with the chic and naughty style by a blunt bob or lob haircut with a subtle layer. This short hairstyle gives you a strong and confident personality touch.



Haircuts For

Square Faces

A person with square-faced usually has a broad forehead, wide cheekbones and strong jawline features. They look classy even in short or long hair if the hairstyle is able to soften up their strong features to give a flattering appearance.



Reducing the squareness of your face with a side-parted style is an excellent option that complements your facial bone structure. In the same time, long and airy layers can be added to your style since it is able to disguise the sharp angle of your face. You can also style up with a cropped length hair, by getting a layered bob with side-swept bangs that can further highlight your cheekbones.

Haircuts For

Heart-shape Faces



The heart-shaped face is one of the most popular face shapes that everyone could possibly fall in love with. Facial features of this face are the broad forehead, narrow jawlines and chin. It is crucial for you to balance up your facial features especially by decreasing your brow width and increasing the width of your lower half face. Long-side swept haircut is able to better conceal your forehead and highlight the bottom area of your face. If a straight long hair is not your preference you may also try to style up with waves or curls hairstyle. This style is suitable for you since your narrow jawlines are able to portray a classy and sexy look.



A heart-shaped face will look gorgeous with a short haircut. Among suitable hairstyles that make you stand out are side-parted pixie, bob and lob. This hairstyle will focus to bring out your wonderful jawlines that are sharp and curvy.





Haircuts For

Round-shaped Faces



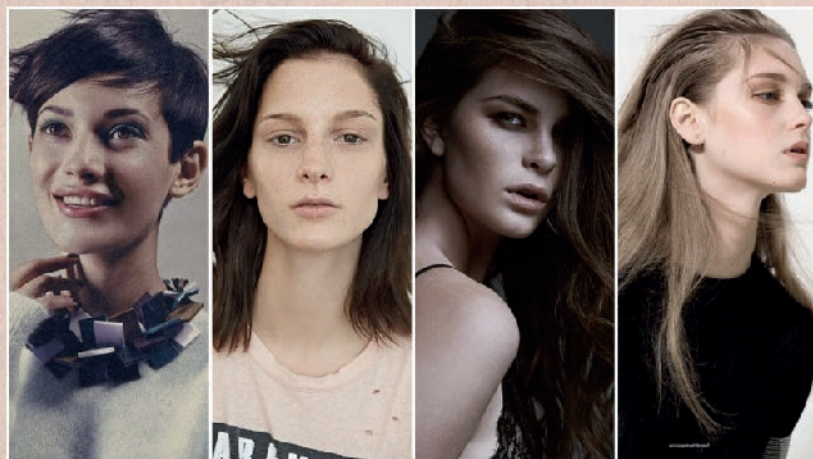
- People that have round-shaped faces share three main
- similar facial features, which are their face length, width
- and cheeks. Among the best hairstyles that you could try
- are long layered and choppy pixies cut. Both of these
- hairstyles will flatter your look. If you want to have long
- hair, make sure it is cut in a staggered layer that starts
- around the jawline to make you look neat. On top of that,
- for your finishing touch, request for a short side fringe
- that can help to lengthen your face. Bear in mind that the
- roundness of your face will be clearly visible if you
- choose a wrong hairstyle this is because your jaw lines
- are not as sharp compared to other face types. Thus, try
- to avoid full waves, full curl, single-length cut of bob
- hairstyle which will enhance the roundness of your face.

Haircuts For



Triangular Shaped Faces

A person with a triangle-shaped face has a strong feature of jawline that is wider than their forehead. Besides, their chin is mostly square or flat in shape. The hairstyle option for this face is slightly tricky because the balance of jawline is very important to minimize the bottom-heavy appearance of their face. It is highly recommended for you to try a layer haircut that softens up the strong feature.



As your face might be unique it needs a very particular haircut finishing to avoid making your hairstyle look weird. Try to avoid fringe finish at chin level since it will give extra focus on your jaw which makes your hair and face look unbalanced. Instead, try to have the length of your fringe to finish at the eyes level and the overall hair length at cheekbones or collarbone level to reduce the unbalance. Your face will look more natural in a straight hairstyle compared to waves or curls, as the volume of your hair is not too thick. Always remember to go for a choppy pixie cut instead of a bob cut. This is because a bob cut hairstyle will shift the focus on your jaw, which makes your face look big. Fringes such as side-swept, light or wispy are the hairstyle that you can play around with. These options will give your face a different dimension at the forehead area. Do avoid doing full bangs and long side bangs which will not bring the best in you.

The world we live in is undoubtedly an environment where germs, bacteria and viruses are able to thrive and spread rapidly. With the current global crisis, there is a sense of overwhelming fear and helplessness at what these invisible perpetrators can do to the human body. As paranoia sets in, we wonder who around us will be infected next. While there is no known cure for now, scientists are focusing their efforts on developing a sustainable vaccine that is accessible to all.

However, as their research for the treatment continues, we must rely on other forms of self-protection. While frequent sanitization is advised, improving our immune system is the next best weapon we have against viruses and diseases. In the face of the pandemic, some have fallen to its clutches while others are spared. It is now up to the strength of an individual's immune system to defend their body and health in the war against the virus. The question is - is your immune system up to the task?

ENHANCE YOUR IMMUNITY TO KEEP DISEASES AT BAY

The Warriors Of Our Immune Systems - White Blood Cells

In our blood, there exists two types of blood cells - red blood cells and white blood cells, each with their individual functions. Red blood cells are responsible for transporting oxygen to various tissues of the body, while white blood cells are the cells of the immune system that protects the body from foreign pathogens. Once an invader is detected in the body, the white blood cells will immediately release histamine to rally the other defense force involved to engage the pathogens. The body's immune system will then immediately activate its defense mechanism, send out a distress signal (inflammation reaction), and summon more troops to engage with these foreign invaders.

The Weapon That Eliminates These Viruses - Free Radicals

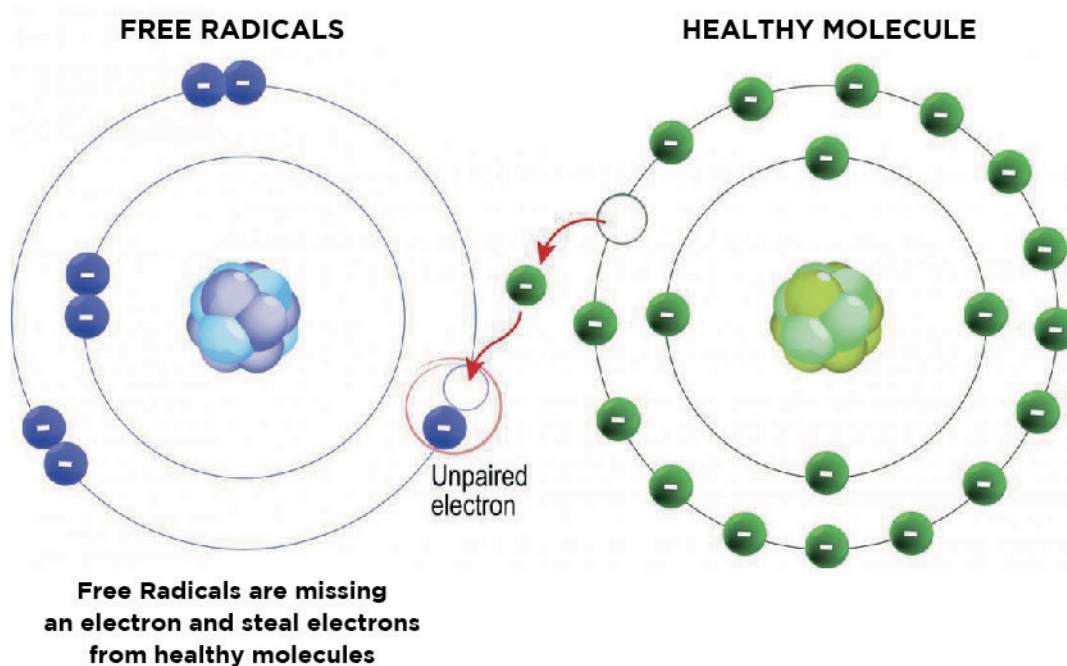
When foreign pathogens invade the body, the white blood cells lock the infected cells down and kill them by releasing free radicals. The appropriate number of free radicals is the best weapon our white blood cells have in order to destroy viruses and bacteria. However, if there is an excessive production of free radicals, it will have a detrimental effect. The excess free radicals will attack other healthy cells, causing severe inflammation that results in a decline in immunity. This in turn induces various chronic diseases and accelerates aging as well. When we look at the statistics, those severely affected or have sadly passed away from COVID-19 pneumonia cases were mostly the elderly, who have weakened immune systems or were suffering from chronic diseases such as hypertension, diabetes and heart disease. This proves that we certainly should not ignore the detrimental effects free radicals can have on our health!

The Key To Eliminating Free Radicals - Antioxidants

Proper supplementation of antioxidants can help eliminate excess free radicals in the body and restore its balance, which not only assists in how they protect the body against viruses and bacteria, but also prevents them from being destructive and damaging our health.

We often hear that free radicals are the culprits behind most diseases – but what exactly are they?

Free radicals are actually the product of the body's metabolic processes, and are atoms or molecules with unpaired electrons. Due to its unstable structure, it attempts to stabilize itself by scavenging and stealing the electrons of other stable, healthy molecules. This causes healthy molecules to destabilise and be converted into free radicals. This chain of reaction happens and spreads at a rapid rate, similar to what we are witnessing with the COVID-19 pandemic.



FREE RADICALS ARE THE SOURCE OF DISEASES

Our body utilises oxygen to convert food into energy to maintain various essential cell functions. However, when oxygen is consumed in the process, metabolic by-products are produced as well – free radicals.

Under normal circumstances, the body's antioxidants are able to remove free radicals effectively. However, if there is a substantial spike in free radicals due to external factors, the free radicals that aren't removed by the body then attacks the immune system, destroying cells and even DNA in the body. This damage causes skin aging and various chronic diseases such as skin, respiratory and nasal allergies, rheumatoid arthritis, diabetes and cancer.

FACTORS THAT CAN CAUSE THE PROLIFERATION OF FREE RADICALS:



Ultraviolet rays



Radiation



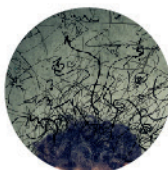
Smoking / Inhalation of
second-hand smoke



Chemical
contaminants



Stress



Negative moods
and emotions



Alcohol



Fried and
high-sugar foods

NEGATIVE HYDROGEN IONS EFFECTIVELY REMOVE FREE RADICALS

As the body's own antioxidants are not sufficient enough to eliminate excess free radicals in the body, we need to supplement the body with more antioxidants from external sources to enhance cell protection. The best solution to this problem is the most powerful natural antioxidant known to man – the negative hydrogen ion.

Negative hydrogen ions carry additional electrons that free radicals can obtain in order to restore their stability. This not only prevents the potential damage that can be caused by rampant free radicals, but it also assists in the cell reparation and recovery process. Cells are able to function normally, and the damage caused by free radicals are reduced significantly, such as skin aging and disease-related issues.

REOXlife Mediterranean Gold PLUS + POTENT

DOUBLE THE POWER!
PROTECTS YOU AGAINST DISEASES WHILE IMPROVING
YOUR IMMUNITY!

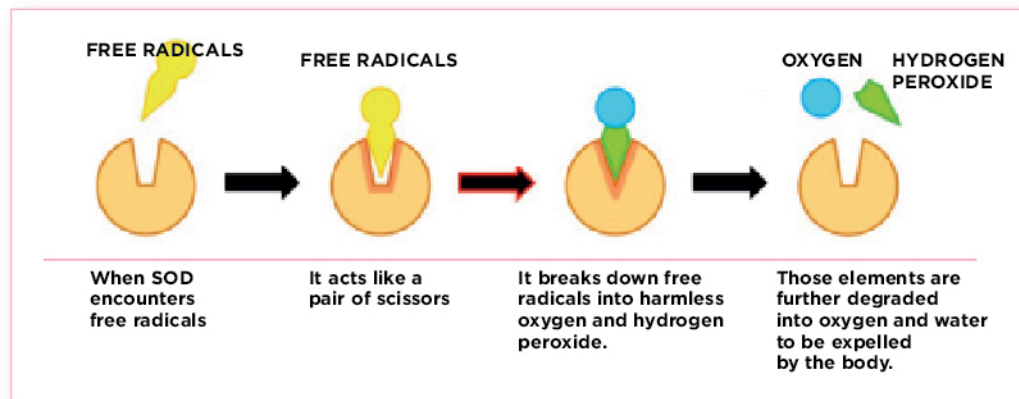
REOXlife

Mediterranean Gold PLUS



A healthy body comes from having healthy cells. To ensure that the body has a sufficient level of antioxidants, the Return Legacy R&D team have created its own nutritional supplement REOXlife Mediterranean Gold PLUS that is fused with its proprietary LePheno™ formula. It stimulates the production of antioxidants such as superoxide dismutase (SOD) in the body in order to neutralize free radicals and while prevent oxidative stress.

SOD, which has extremely powerful antioxidant capabilities, is an enzyme-antioxidant and a natural enemy of free radicals. It can effectively resist the formation of free radicals, while fully suppressing their potentially destructive power. Weakening the formation and activity of these free radicals is able to prevent them from inducing more free radicals in the body. When SOD encounters free radicals, it will break them down into harmless oxygen and hydrogen peroxide (as shown below) before converting them into oxygen and water to be excreted by the body.



Although the human body naturally has enzyme antioxidants, the concentration of SOD will gradually decrease as we age, while the amount of free radicals will increase with bad lifestyle habits and environmental factors. Therefore, supplementing the body with an appropriate amount of antioxidants can help reduce free radical damage to cells and reduce the occurrence of inflammation, thus delaying the aging process.

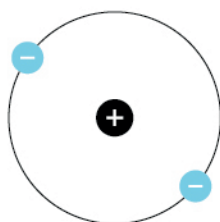
REOXlife

POTENT



As shared earlier, free radicals are the primary culprits behind diseases. In order to stabilize its structure and to maintain optimal human health, Return Legacy R&D team has developed an innovative nutritional supplement - REOXlife POTENT which is powered by Micro-Mineralised Nutrient Technology (MMNT) and other active ingredients such a Cantaloupe extract and wheat extract.

MAIN INGREDIENTS:



**Negative
Hydrogen Ion**



Cantaloupe Extract

- Anti-inflammatory
- Antioxidant



Wheat Extract

- Enhance absorption of antioxidants
- Creates a protective barrier on the Cantaloupe extract's antioxidant properties, to prevent it from being damaged by the stomach acids.

The potent antioxidant effect of this product protects cells from free radicals, while quickly repairing damaged cells and delaying signs of aging.

The non-enzyme antioxidants contained in REOXlife POTENT are able to supply an additional electron to free radicals in order for it to be restored to a healthy molecule. This disrupts the chain reaction of free radicals, and prevents them from attacking healthy cells and causing diseases.



6 BIGGEST

WEIGHT LOSS MYTH THAT YOU NEED TO KNOW

Sometimes we have been told that losing weight is much easier than you thought, and there are many other ways to lose weight successfully. However, some weight loss methods are unproven by scientific and may lead us to diet misconceptions. So, here are the Top 6 Weight Loss Myth that you need to know:

1 EATING AFTER 6 P.M. LEADS TO WEIGHT GAIN

Eating your dinner after 6 p.m. can make you gain weight is one of the popular myths over the internet. The fact is, a person can still gain weight even if they eat before 6.p.m. This is because the choice of food and quantity affects the weight more than the time of the meal!

Although having a meal after 6pm is a myth, there are studies showed that eating late at night may disrupt the biological rhythm and causes negative physiological and psychological effects. So the actual strategy for weight loss is to avoid supper, and eat a balanced meal during breakfast, lunch and dinner.



2

GOING VEGETARIAN IS AN EFFECTIVE WEIGHT LOSS STRATEGY

Many people nowadays practice vegetarian diets to lose weight with the perception that this diet doesn't make you fat! This perception is partly untrue! Although it is true that plant based diets are low in energy density, and that vegetarians are more likely to have a lower BMI and less likely to be obese compared to the non-vegetarians. However, there are a lot of unhealthy and highly processed vegetarian food and snacks that contain high fat, sugar and salt. Consuming too much of these food causes weight gain and increase your blood cholesterol. Therefore, consuming more fruits and vegetables, whole grain with a balanced diet is the best solution to achieve weight loss.

3

SKIPPING BREAKFAST WILL HELP ME LOSE WEIGHT

People tend to cut down meals to achieve weight loss. Skipping breakfast has been said as one of the ways in losing weight which is actually not true. Skipping your first meal of the day will level up your hunger, and make you compensate by eating more during lunch hour, which increase your energy intake throughout the day! In the end, it will result in gaining more weight instead of losing weight. Having a high protein breakfast can improve your weight management and reduce your daily hunger. Thus, it is really important to avoid yourself being in the starving mode if you want to lose weight!

NEVER SKIP BREAKFAST!

4

FOOD THAT TASTES GOOD IS ALWAYS BAD FOR YOU

It is the most popular statement that you can hear or read all over the internet when it comes to losing weight, good food is always bad for you. This is very subjective as people have different preferences in their evaluation of the taste of food. Taking an example of eating brown rice and normal white rice, there are some people who might think brown rice actually tastes better compared to white rice and vice versa. Thus, bear in mind that any food can taste good if you know how to serve it by playing with its natural taste even without any seasonings added!



5

THE ONLY WAY TO LOSE WEIGHT IS TO AVOID CARBS

Cutting off carbohydrate intake is definitely not the ideal practice as carbohydrates are the main source of energy in our diet. Healthy source of carbohydrates, such as vegetables, fruits and legume are also important source of nutrients, such as calcium, iron and B vitamins. When carbohydrates are replaced with higher fat sources of protein increase your intake of saturated fat, which can raise the amount of blood cholesterol and increase risks of heart disease. Although a low-carb diet is proven to show effective weight loss in the short term, but it is not due to the restricted carbohydrate intake, but because of the caloric restriction. Therefore, the best way to lose weight is to minimize sugary food, and replace them with healthy carbohydrates.

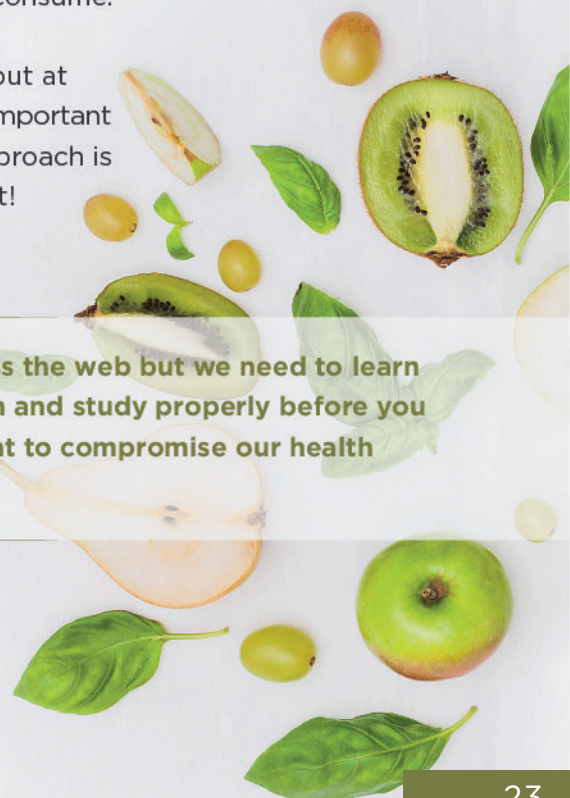
6

EAT LESS AND EXERCISE MORE

There are many factors that can affect your weight such as your daily routine, living environment, type of foods you consume and genetic factors. It's not definite that a person who eats less and exercises more will lose weight easily. There are some groups who eat less and exercise every day but their weight still remains the same just because he might have genetic issues. Thus it is important for you to always practise a healthy living habit to achieve weight loss rather than just limit the food quantity you consume.

Hitting the gym might help you to burn more calories but at the same time, it can increase your eating appetite. It is important to know that when it comes to weight loss, the best approach is always to maintain a healthy lifestyle and don't overeat!

There are many tips and information on how to lose weight across the web but we need to learn how to identify the right ones. It is important to filter information and study properly before you actually practice it. Get your info right because you wouldn't want to compromise our health just to shed a few pounds!



KEEPING FIT COULD BE THIS EASY!

In an era where physical appearance tends to be everything, weight loss is often a hot topic. However, why is weight loss so difficult to achieve?

When you start to get fit by working on your exercise or diet, the body goes through a transition period to adapt to the change. Your body needs to adjust to a new diet and the pressure of doing exercise regularly. In addition to the usual exercise and controlled diet, you should also consume healthy foods that help to maintain a healthy weight.



PHYSICAL TRANSITION PERIOD- ADJUSTING THE DIET AND EXERCISE

First of all, we should start with the adjustment of eating habits, for example, by reducing oily foods. We should also adopt a balanced diet by consuming a variety of food such as vegetables, fruits, and meat. During the beginning of the journey, you should not cut down your food portions drastically, so that you still have the strength to exercise.

HOW DO YOU DEFINE YOUR PERFECT WEIGHT? ◆ ◆ ◆

The concept of having “perfect weight” is actually a misconception. The correct method of determining the ideal body weight is to use the BMI calculation method. The globally recognised BMI method provides a more accurate measure of total body fat without relying solely on the weight machine because it also takes height into account.

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (M}^2\text{)}}$$

This is a standard calculation commonly used in the world to measure whether people are a healthy weight or overweight. As for the Asian standard, the normal body mass index is between 18.5-22.9, if it is less than 18.5 this is considered underweight; the overweight body mass index is between 23-24.9, while the obese body mass index is greater than or equal to 25.

IF YOU'RE TRYING TO LOSE WEIGHT, DO CONSIDER THESE POINTS:

1

PEOPLE WHO SLEEP EARLY TEND TO SLIM DOWN FASTER.

Cortisol is a hormone that mainly helps control blood sugar and regulate metabolism. Generally, the highest levels of cortisol occur at around 9 o'clock in the morning and it will reduced gradually throughout the day, this is what we have known as "Circadian Rhythm". People who have irregular sleeping hours or insufficient sleep time will break the rhythm, causing the body to secrete cortisol continuously, allowing the cortisol level to rise when it supposed to go down. When cortisol level appears to be highly active for a long term period, the negative effects of cortisol begin to appear, such as promote fat formation, weight gain, high blood pressure and so on. Not only that, but lack of sleep will also cause the body to secrete ghrelin and lesser leptin which causes hunger and increased appetite.

The once-popular "Sleeping weight-loss method" promotes sleeping as the remedy to interfere the secretion of hormones such as cortisol, leptin and ghrelin to achieve slimming effect. However, oversleeping is not advised as it will increase the risk of obesity, headache and heart disease. Therefore, maintaining a reasonable sleep time, about 7 to 9 hours per day and cultivating good living habits are good methods to help lose weight.

2

CHOOSE THE RIGHT WEIGHT MANAGEMENT PRODUCTS.

Other than diet controls and increase the amount of exercise, we will need some "external" assistance to achieve healthy weight management. Introducing Return Legacy's NUREOX Protein Promix, which is formulated rich in protein, helping to control your appetite and reduce hunger. Combined with pea protein, soybean powder isolated soy protein and other valuable ingredients, making it the perfect choice for daily protein intake and healthy meal replacement drinks. The high-protein formula can control hunger while providing amino acids to maintain a healthy body. Besides, it also helps to enhance the immune system and energy levels. NUREOX Protein ProMix also helps muscle formation and strengthen physical strength, while preventing muscle loss caused by dieting.

To summarise, NUREOX Protein Promix is a delicious meal replacement drink that helps us to maintain a balanced diet, achieve weight management through proper nutrition supply, satisfy hunger, gain muscle and promote metabolism. NUREOX Protein ProMix comes with 2 flavours, which are chocolate and vanilla! NUREOX Protein ProMix, the best meal replacement for your healthy weight loss, let it lend you a hand in your lifelong career of weight loss!



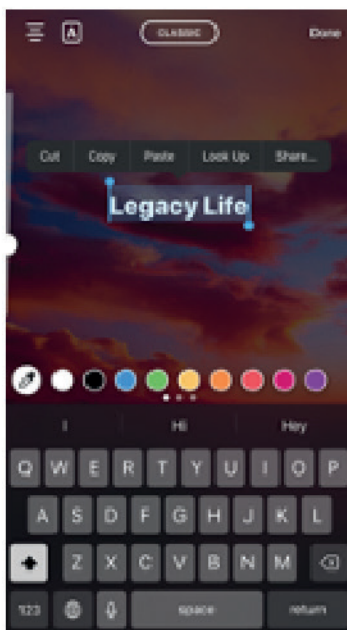
5 Tricks To Make Your IG Story More Interesting



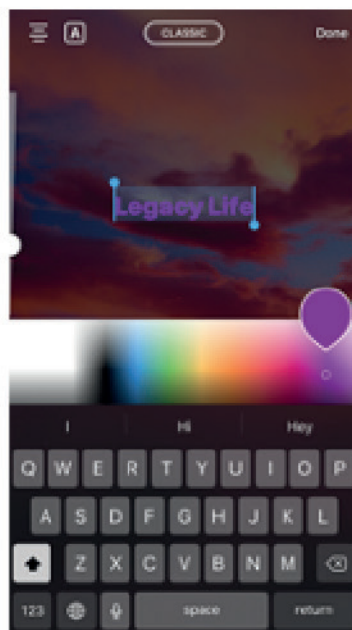
Instagram is a social media platform that allows people from all walks of life to share their life events. In recent years, Instagram, or IG in short, has added new features that allow users to upload Insta story, videos or live broadcasts that are available to be viewed for a period of 24 hours. To make your IG Story stand out, there are some useful features, editing tools and techniques that you could use without using third-party applications. Here are 5 tricks that you can use :



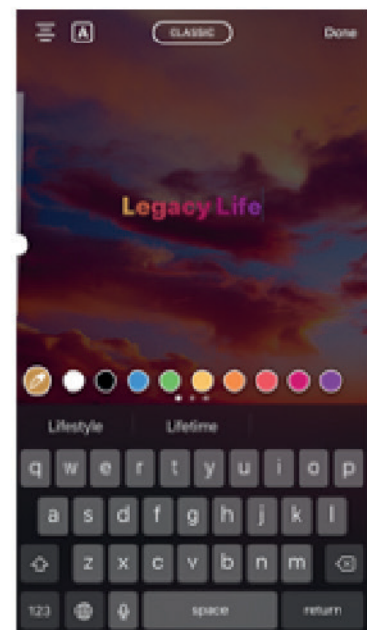
1 Gradient Font Colours



Make your text design more impressive with colour gradients or rainbow effect. First, open Instagram stories and write your text.



Select all text to highlight and then open the whole entire colour spectrum by long-pressing the colour bar.



Hold your right thumb on your colour preference, hold your left thumb on the text cursor, slide both fingers at the same time to the left and your letters will change in colour.

2 Get More Eyeballs Rolling On Your Stories By Adding Stickers

Adding some stickers can attract more attention to make your IG stories more fun. Check out some popular stickers that you can use.

Vipapier



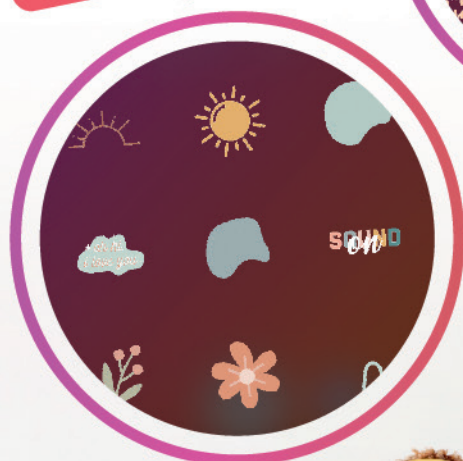
Boho



Lidiaontheroad



Mikyla



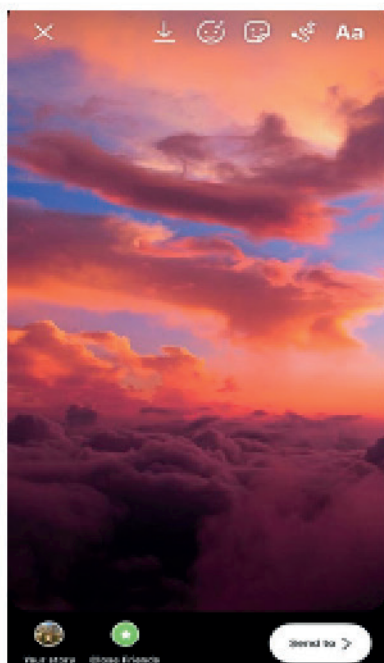
Illustralle



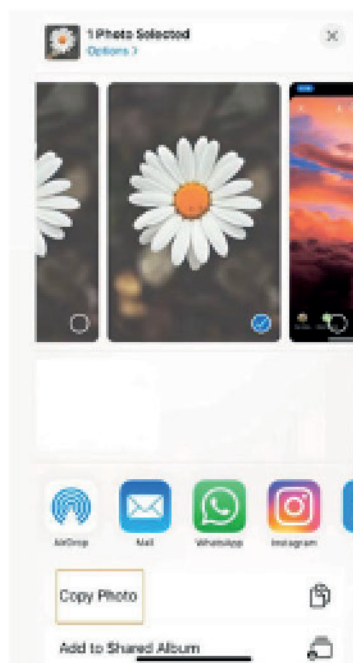
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Why Choose When You Can Select Multiple Pictures In One Story

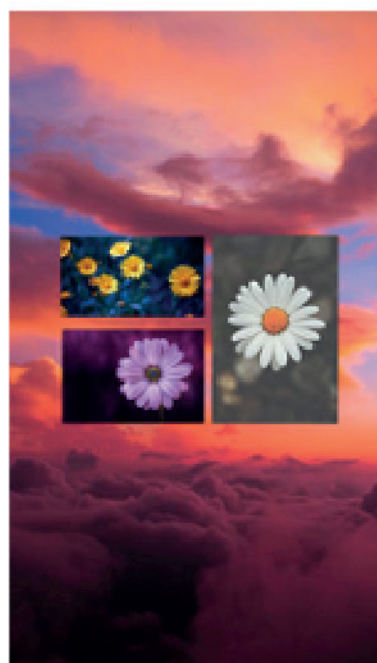
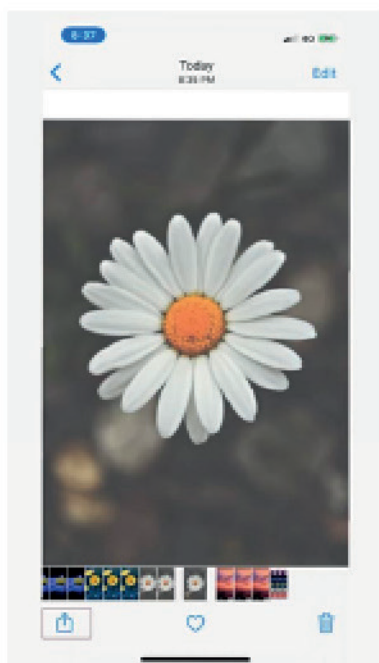
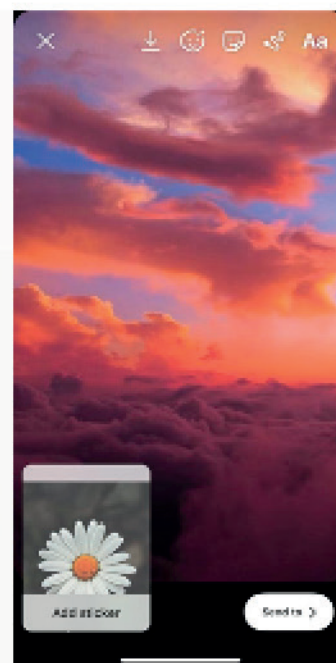
Discover this IG feature that allows you to post multiple pictures in one IG story. Make you IG stories more interesting with this easy step :



1 3



2 4



1. Open your Insta Stories and upload one picture.
2. Go back to your gallery and choose the next picture. Then click on the icon as shown in the picture below.
3. Select the "copy photo" option and switch back to your IG story. Next, click the pop-out "add sticker" on your screen.
4. Add more photos to your story and organize it based on your creativity.

4 Turn Your Live Photos Into Boomerangs!

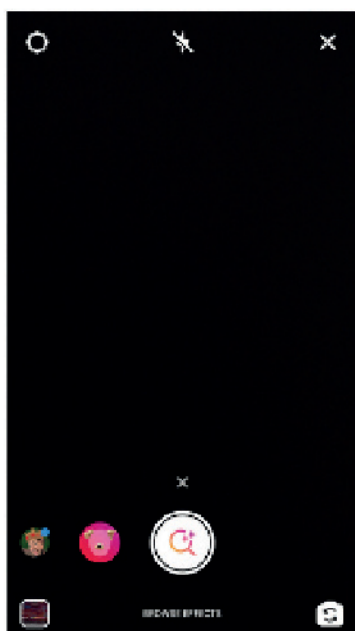
To turn your photos into a boomerang, ensure you use Live mode when taking pictures. Next, go to IG story and select the live picture that you want to turn into a boomerang. Press and hold for a few seconds, then see your photo come to life!



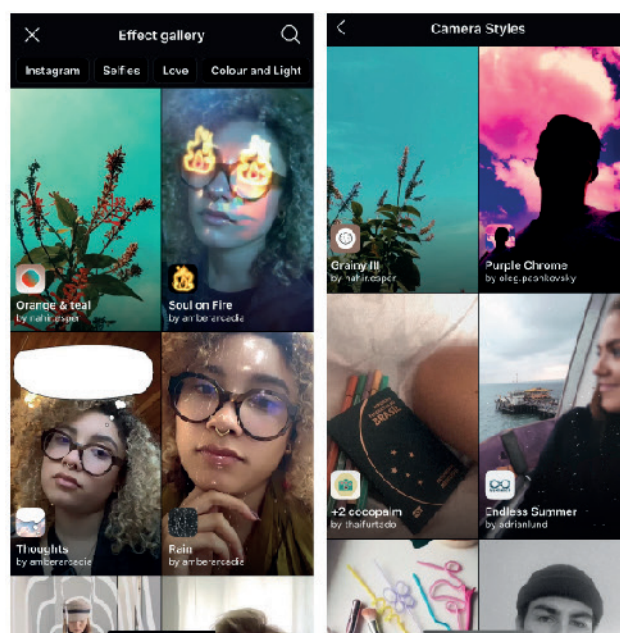
5 Add amazing filters to your stories

Dazzle up your IG stories with filters right now, especially when there are plenty of cool options to try out. Whether it's the makeup effect, interactive question, flappy bird game or the heart crown filter, you would not want to miss it out. The Augmented Reality (AR) filter makes your IG story much more fun.

1. Look for the browse effects option at the end of the effects bar in your IG stories.



2. This will lead you to the Effect Gallery. From there, select any effects you like and start using them! Effect Gallery has options that allow you to make unique looking stories to make them stand out from others!



The top-secret to make your IG stories more outstanding is now in your hands. Now, it's time to put it all together to make your IG stories fun, creative and artistic.

BRILLIANT LIFE HACKS YOU MUST-KNOW



Life hacks are everywhere, you might be surprised that things or objects around you are actually more useful than you think! Take a look at the 7 top brilliant life hacks and get yourself inspired to make your life more convenient

#2 BUTTONS KEEP FALLING OFF? HERE'S HOW TO FIX IT



#1 THE BEST SOLUTION FOR SMELLY SHOES

Don't let your shoes stink! You can use a used black tea bag and put it inside your shoes to eliminate the smell. But before that, place the tea bag in boiling water for at least 2 to 3 minutes and let it cool before placing it inside your shoe for about an hour for a natural shoe deodorizer.



Isn't it annoying to deal with buttons falling off your shirt? You may need some time to find the new button that matches your shirt to replace it but in the meantime, you can try to rub some clear nail polish over the button threads. Give a few minutes for the nail polish to dry up and now your button won't fall off easily.

BRILLIANT LIFE HACKS YOU MUST-KNOW!



#3 SMART HACK TO MAKE YOUR PHONE SPEAKER LOUDER

Hanging out at your friends' crib over the weekend will be much more fun with an extra touch of music to lighten up the environment. This hack works for you to increase the volume of your phone speaker to make it louder and enjoy your favourite music. Take a cup or bowl and place your phone inside to amplify the sound. Press play and let the speaker spark your party!

#4 KEEP ICE FROM MELTING? YOU DEFINITELY NEED THIS.

It's impossible to keep ice from melting, especially when you are doing outdoor activities with the scorching sun hovering above you. Well, fret not! Here's an interesting way to keep your drinks cooler and longer! Add salt onto your ice. This will make the coldness last longer!



#5 AN APPLE A DAY KEEP BAD BREATH AWAY

Having bad breath? Shy to talk to others? Insecure with yourself? Don't let your self-confidence down, try an apple! Apple could help your mouth to generate more saliva, which is one of the ways to get rid of bad breath. At the same time, apples help to reduce cavity-causing bacteria. So the more saliva produced the better! This is because it lowers down the acidity in your mouth and washes away particles of food that leads to decay.



#6 VINEGAR: THE PERFECT WAY TO CLEAN YOUR SHOWERHEAD

Firstly you need to fill a plastic bag with vinegar and wrap it around your showerhead. Take a rubber band, tape or string to secure the bag from falling off. Leave the bag for at least 30 minutes before you remove it. Turn your shower for a few minutes to clear the vinegar out of the showerhead before it is ready to use for a duration of 30 minutes. Note that this method is only applicable for a showerhead that is made out of brass, gold or nickel-coated material. Try these hacks and enjoy better shower time!



#7 HOW TO DRY YOUR CLOTHES FASTER



If you are in a rush to dry your clothes but you don't have a dryer at home, no worries! You can now do it at home manually. Put your wet clothes on a dry towel and roll the towel with the clothes inside. Then, twist the towel as tight as you can until you manage to squeeze out the excess water. Proceed to hanging after this process, and you will be surprised to see how fast your clothes dries up!

HOW TO MIX AND MATCH COLOURS IN YOUR OUTFITS

Colours give a special touch to everything, it sprinkles emotions on everything we can see, especially outfits. We all love those #OOTDs, but at the same time, it is also interesting to realize that it's difficult to dress like social media influencers, isn't it? However, by the end of this article, you might flip the page with better ideas on how to style up by engaging the colour wheel theory. And this is the answer to the influencers' "never-go-wrong" style!

Firstly, colours. Choosing your outfit according to the colour wheel will lessen your chances of looking odd.



Today's **Colour Wheel theory** was initially discovered by Sir Isaac Newton in the 18th century. According to the theory, the colour wheel consists of 12 colours from yellow to green. From the colour wheel, you may choose your colour match either from opposite shades, such as orange and blue; or the classic Christmas green and red. Nevertheless, it is important to know the basic rules before you go wild with your creativity.



The Monochromatic look - One good colour is all it takes

Let's begin with monochromatic looks. For beginners, you should avoid going for too many colours on your outfit. Having a monochromatic colour scheme creates a better sense of harmony and lessens the possibilities to go wrong. Besides, a mixture of two tones of the same colour could amplify your style. It is simple and effortlessly amazing.

Unleash your confidence, go for 'POP' looks

Want a "Pop Look"? A complementary colour scheme is the answer. Choosing opposite colours on the colour wheel could surprise you! For example, if your first colour is red, then the opposite colour would be green! We know these colours work cohesively, being the favourite choice of "that time of the year", the Christmas Season. How fascinating it is to discover that colours are closely connected to our festivities! This technique of mix and match gives you a vibrant and striking look.



Not sure what's your best tone? Go Neutral!

"Simplicity isn't about what you give up, or lose, it's about what you gain, develop and nurture." Choosing delicate neutral colours, such as beige, brown and grey will add a sense of warmth and coziness to your appearance. The best thing is, it matches all the striking pop colours perfectly too!

No one can go wrong with Black & White

The two colours that are not on the wheel, black and white are the all-time-favourites among style icons. From Audrey Hepburn's "little black dress" to the late Karl Lagerfeld's iconic black and white suits, fashion's love for these classic colours never fades. These colours evoke different feelings - classics lavish, stylish or elegant. With the "B&W", there are countless possibilities that you should not refrain from exploring.



Keep it cute, keep it Pastel

Pastel outfits are among the recent famous choices as they give the glitter of a sweet and soft look. There is a massive range of pastel colours that you can play around with from blue, pink, orange, purple and more. Pastel colours are much easier for you to mix and match once you are familiar with the basic rules of the colour wheel.

“

Everything you need to know about colours is now in your hands. Start to create your style with the right colour selections then followed to complete your looks without hassle. Now you are all geared up and ready to style.

”



THE LAW OF ATTRACTION

THE TRUE PRINCIPLE FROM THE UNIVERSE, THE ABSOLUTE WAY TO MAKE YOUR WISH COME TRUE.

Did you ever imagine that one day your dream will come true?

Did you believe that you will become a successful person?

There is one vital law that you need to understand to ensure that success is not just a dream but it can come true by holding on to the law of attraction. This is the most powerful law in the universe that works 24/7 in your life. Your dream can turn into reality if you change your thoughts by taking action and empowering yourself. Discover the secret of the law of attraction and achieve your life goals with health, happiness, wealth and many more.

WHAT IS THE LAW OF ATTRACTION?

The Law of Attraction is a pearl of wisdom from ancient times which can be defined as "whatever you pay attention to, you attract". It says that the things you focus on are most likely to appear in your life. The things that you are currently focused on will be attracted to you like a magnet. You might experience a situation when you decide to have a healthy body. You then start to focus on finding information related to sports and diet and find that people around you are also sharing information about health to you. This scenario is an example of the law of attraction that commonly happens in your life without you even being conscious about it.

THE LAW OF ATTRACTION IS NOT MAGIC! IT'S PRACTICE!

First of all, you have to understand, from this moment on, you must consciously control your thoughts, by changing the frequency of thoughts, from the heart and believe that the "Law of Attraction" will help you, and then change your life. Thinking has a frequency, and this frequency is the way to communicate with the universe. When you believe from the heart that attraction can help you, then everything you want will happen in real life.

STEP 1: PLACE THE ORDER

First, you have to give instructions to the universe to let the universe know what you want. Write what you want on a piece of paper. At the beginning, you can write: "I am very happy and grateful .." Then write down each of your next appeals in this way:

"If this is in my best interests, please let me experience / own / get / be capable of ..."

The universe knows what's in your best interests. So in some cases, our requirements do not need to be too meticulous. For example, if we want marriage, we do not ask the universe to give me that person; we can only ask the universe "please let me have a happy marriage", which is enough.

Similar to other situations, don't limit the universe by saying "I want that" because it restricts the universe from giving you better. However, only the universe knows what's in your best interest.

STEP 2: BELIEVE

When you "place your order", you have to strongly believe that you already have what you want, so that the universe will "operate" and arrange to meet your wishes.

Once you are done feeling it, you have to let go of the feeling without expecting anything. Because the mentality of expectation is a "lack" mentality. The frequency of anticipation will only continue to attract the "anticipation" vibes. Similar to having doubts about your belief. Therefore, if you place an order to the universe with expectations, you will lose the result.

STEP 3: TAKE ACTION

The universe will give you inspiration and the opportunities you need. When opportunity, intuition, inspiration, and opportunity come, you must act immediately. As long as you get up and take action, the universe will lead you to the result you want to achieve.

If what you choose to do is based on the premise of "love" and "unity" and is consistent with the direction of the universe, you will be able to feel positive when doing it.

THINGS TO TAKE NOTE

03 USE POSITIVE WORDS

Most people are too focused on things they don't want, for example, people tend to think "I don't want to be late, I don't want to be late.." In fact, you just shouted out to the universe to make this happen. On the contrary, if you think "I can arrive on time, I will arrive on time" instead, then the universe will be attracted to "arrive on time" and grant what you wish. As the universe is unable to distinguish the quality of your wish, it merely reflects based on the "information" you sent them.

03 LEAVE NO DOUBT TO THE LAW

It is important to get rid of doubt because it will limit your potential to discover the Law of Attraction. The Law of Attraction does not work like magic, you can't just get rich or succeed without putting in some hard work. When you make good use of the Law of Attraction while working hard, the possibility of achieving your ideal future will be higher.

03 POSITIVE THINKING

The Quantum Physics theory has discovered that the universe is formed by THOUGHTS. In fact, our thoughts construct everything we contact. Science has confirmed the importance of positive thinking and the power of having positive thinking. Our mood is actually a good mechanism and emotions are an incredible gift that let us know what we are attracted to. When you are in a good mood, you are creating an ideal life; in contrast, if you are in a bad mood, then you are creating a future that is totally running counter to your ideals.

WHO PRACTICES THE LAW?

Shakespeare, Newton, Lincoln, Hugo Beethoven, Edison and many other important people in human history around the world were related to the Law of Attraction. These successful people understand that the Law of Attraction helps them become a better person. And the Law of Attraction is practiced by the 10% of people who own 90% of the wealth in this world.

Strive to become a successful person of your dreams today by believing in the power of your thinking. The Law of Attraction allows you to cherish and achieve every infinite possibility. At the end of it, your actions will help you to achieve success by doing less and accomplishing more.

THE ONLINE MARKETING COMPASS

A PEOPLE-FIRST SELF-BRANDING



1 Check your Facebook & WeChat Profile:

A. Profile picture

- Yourself (authentic you)
- Clean & Comfortable

B. Naming

- Your name (English, Chinese)
- Avoid icons

2 Sift through your Timeline (FB) & Moment (WeChat)

- Remove posts which might trigger negative emotions (uncomfortable) among readers

3 Posts: Life stories (real life stories & product publicity)

- Avoid being overly focused on the product sharing, place more weight on sharing of real life stories.
- Spread positive life stories of yourself (make readers feel good)
- Life stories can include themes such as: family snippets, travel experiences, recap of activities
- Shared content should be descriptive as possible with graphics (pictures + text descriptions)



4 Recruitment drive advertising

- Leverage your income as a career advertising material to attract interest and inquiries
- In addition to income sharing, the company's additional rewards such as travel incentives can also be shared
- Take a selfie with the products you've bought, make sure you're in the frame too

Things to take note of:

- Avoid doing one without the other, such as sharing income but nothing on products, this might attract unsuitable candidates
- You don't have to share about your income all the time. Observe a cool-down period and monitor the situation before deciding the best time to post



5 Things to take note of when posting

- Post at the appropriate time will help increase readership
- Post one at a time and avoid continuous posting as this might annoy readers
- Be professional and avoid posting about other related products or illegal activities

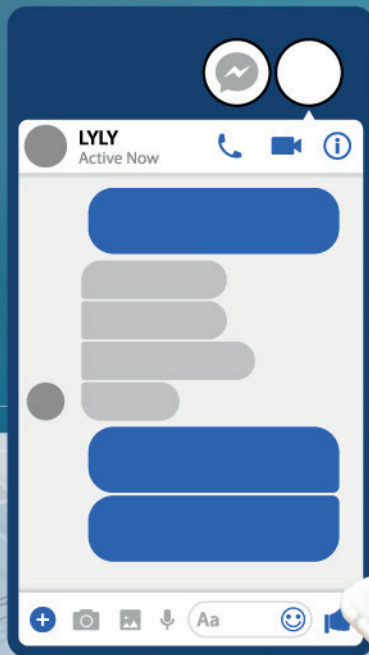
6 Grow your friends network

- Facebook and WeChat's maximum friend count: 5000 friends
- Ensure the accounts are authentic and are your target audience
- Add Facebook suggested friends
- Have at least 15 mutual friends
- Make it a habit to add about 10 - 15 friends daily
- Use WeChat as a name list collector in daily life



7 How to manage replies (PM)?

- If there's no reply for several days, print screen and ask: "Was this sent by you?"
- Once you get a response, ask if there's anything you can help? (empathetic and personalised)
- Share a picture / an image with a short explanation, then ask if he or she is able to understand the content
- Focus on products
- Don't need to rush into setting up an appointment, establish first level exchange then follow-up by asking about their experience with the product



Does WORK FROM HOME

BENEFIT EVERYONE?

WORK FROM *Home*

Working from home is everyone's ideal mantra, and now the COVID-19 pandemic has brought this mantra into reality. Governments around the world implemented the Movement Control Order (MCO) by shutting down all businesses except essential industries. Out of the blue, most of the people were instructed to impose self-quarantine and implement the "work from home" method. Yet, people began to realise that working from home, in actual fact, is causing them to feel empty and not as "ideal" as it once was.



UNDERSTANDING *Human* **NATURE**

According to "The Logic of Human Nature and Personality" (《人性与个性的逻辑》), the author mentions that "socialization" is the core difference between human fundamental needs and animals. Since the old times, humans are bound to live in groups otherwise they are vulnerable in wildlife. Social distancing goes against the social-nature of human beings, which forces humans to be antisocial with minimum connection and communication.

① Longer Working Hours

Firstly, working hours tend to be extended when you work from home. According to Jon Mesinger, a senior researcher from the United Nations Labor Organization, working at home causes the boundaries of work and personal life bleared, as working hours have extended unknowingly. He added that the majority of people who work from home are prone to suffer mental stress and insomnia compared to those who work from a physical office.

② The Farther The Distance, The Lesser Tthe Communication

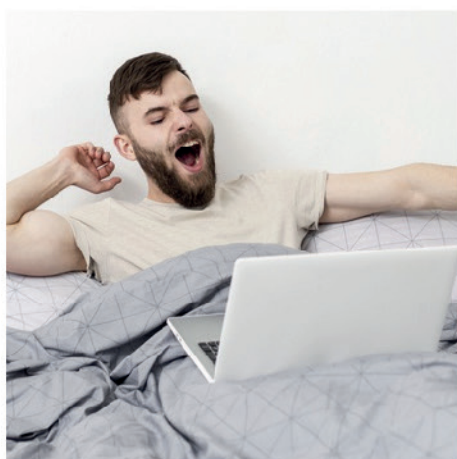
Secondly, distance plays an important role that connects people in work. It has been highlighted by Professor Thomas Allen in the "Allen Curve" theory in 1977, that the communication is lesser if the seating distance is farther in the office. In a clear picture, an office where there is more than 2 seat distance between two employees, it is less likely for them to communicate due to the distance between them. Therefore, by having geographical distances between employer and employees due to MCO, it is less likely for employees to communicate other than work matter.

③ Strenuous efforts needed to reach consensus hence lead to low efficiency

Thirdly, it is difficult to reach consensus and the efficiency of work becomes slower. There was a study regarding this matter, by taking place on an aeroplane cockpit where it can only accommodate three aircrafts members. In the cockpit, the three members don't have to converse verbally to each other, merely a signal or gestures, they can reach consensus on many directions and orders immediately. It shows that Communication efficiency at some point is depending on the distance. Although it is true that we can still be connected via email or Whatsapps and Zoom Meeting, however, the time spent to draft the message is longer compared to face-to-face communications and the barrier of communication flexibility.

LET'S
STAY
HOME

Physical offices provide a working environment for people to adjust their "mode" from home (place to relax and chill) to work (place to hustle). While working in the office, despite self-discipline reasons, employees have higher chances to focus at work compared with working from home.





WHAT SHOULD YOU DO IF MONEY WERE WRONGLY TRANSFERRED?


Ever wonder what you should do if you accidentally transferred money to a wrong bank account? At this point of time, there are two main questions playing in your mind which are, will you be able to get your money back or is the bank able to reverse your transaction? Even though you are familiar with online transactions, it's better to be sure to double confirm your transaction details beforehand.

Don't get panic and stress, here are a few heads up for you to deal with this situation in the future.

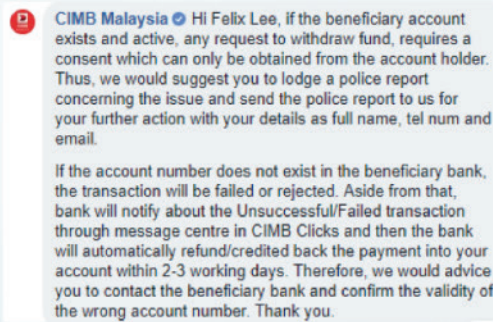
Immediately Give your bank a call

The first action that you need to take is to reach out to your bank and inform them immediately about the situation. The bank will assist to check the validity of the account that you have accidentally transferred the funds to. It will be automatically debited back to you if the account number that you mention does not exist. In case the situation is vice versa, the bank will play as an advisory for you to cope with the situation. Bank can assist by sharing with you the contact number of unintended beneficiaries.

Usually, the bank will try to contact the beneficiary and explain to them the situation. It is vital to get the consensus with the unintended beneficiary to reverse the transaction and return the fund to your account. It might take around 8 - 10 working days for the bank to transfer your money, so it's better if you are able to convince the unintended beneficiary to immediately transfer it back to you.



However, if the unintended beneficiary refuses to give back your money, contact your bank and let them acknowledge the current situation. Keep a record of your complaint and necessary proof that will be useful for you to file for a legal case if the beneficiary contests the reversal and refuses approval. Although there is a standard operating procedure by banks to handle this issue, there are some customization made to make it easy for the respective bank to assist their customer. Be prepared to lodge a police report if the situation gets worse.



CIMB Malaysia Hi Felix Lee, if the beneficiary account exists and active, any request to withdraw fund, requires a consent which can only be obtained from the account holder. Thus, we would suggest you to lodge a police report concerning the issue and send the police report to us for your further action with your details as full name, tel num and email.

If the account number does not exist in the beneficiary bank, the transaction will be failed or rejected. Aside from that, bank will notify about the Unsuccessful/Failed transaction through message centre in CIMB Clicks and then the bank will automatically refund/credited back the payment into your account within 2-3 working days. Therefore, we would advice you to contact the beneficiary bank and confirm the validity of the wrong account number. Thank you.

Example of how CIMB bank would advise their customers to lodge a police report first before they can assist in the next process.

Seek for lawyer's advice

Filing a legal suit could be one of the solutions if the previous method didn't work well on your case. By choosing this route, it will take a longer time as the matter will be invoking Trust law. The principle of "Constructive trust" under equity will give you the right to sue unintended beneficiaries as you will still have the ownership over the fund. However, before you proceed with any legal proceedings, make sure that it is worth your penny as it could cost more than the fund itself.

Always double check

Prevent the situation from happening by being extra careful when you make any transaction. Double-check beneficiary details such as account number and name before you proceed with the transaction. Most banks will add a few levels of verification method to ensure that you are really sure about the transaction before it is successfully completed. If you use an Automated Teller Machine (ATM) after, key in all the details it will lead you to the second page of confirmation thus if you were a hundred and one percent sure, you can click the "yes" button to proceed. On the other hand, if you were using an online transaction method, most banks will ask for the Type Allocation Code (TAC) number for verification. In a nutshell, always double or triple check before you make a transfer.



CREATION PLAN

JUNE

AWESOME DEAL

1ST JUNE 2020 (12AM, MYT) – 30TH JUNE 2020 (11.59PM, MYT)

ELITE

1 x distributor price product +
1 x PWP 40% off

PREMIUM

6 x distributor price products +
6 x PWP 45% off

LP (Legacy Partner)

16 x distributor price products +
16 x PWP 45% off

Applicable to **ALL NEW JOIN** and **UPGRADE**
before 60 days and after 60 days.

*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.

*WP is not earned on PWP products. For further information, please refer to our promotion details.

*While Stocks Last.



LEGACY PLAN

THE CLEANSING CRAZE

DOUBLE CLEANSE PACKAGE

1ST JUNE 2020 (12PM, MYT) - 30TH JUNE 2020 (11.59PM, MYT)

RM319.80(WM) RM338(EM) | 30WP



Discount 40%

2 x Fresh (99ml) + 1 x Fresh (99ml)

Discount 40%

FREE



2 x Hydro (20ml) + 1 x Fresh (50ml)

Exp: DEC 2020

Exp: DEC 2020

RM213.20(WM) RM239.20(EM) | 24WP



Discount 40%

2 x Cleansing Water (150ml) +
1 x Cleansing Water (150ml)

Discount 40%

FREE



3 x Cleansing Water (50ml)

Exp: JAN 2021

*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. *WP is not earned on FREE AND DISCOUNTED products.

*For further information, please refer to our promotion details. *While Stocks Last



STRONGER IMMUNE SYSTEM STARTS HERE!

1ST JUNE 2020 (12PM, MYT) - 30TH JUNE 2020 (11.59PM, MYT)

LEGACY PLAN

4x



FREE



Potent

1 x Potent + 1 x Hand Sanitizer

RM776(WM) RM804(EM) | 120WP

4x



FREE

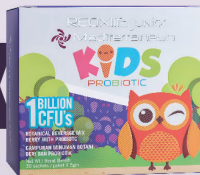


Mediterranean Gold Plus

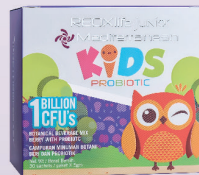
1 x Mediterranean Gold Plus + 1 x Hand Sanitizer

RM796(WM) RM828(EM) | 140WP

2x



+



Junior Mediterranean Kids

1 x Junior Mediterranean Kids **Discount 40%**

RM299(WM) RM325(EM) | 26WP

*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. *WP is not earned on FREE AND DISCOUNTED products.

*For further information, please refer to our promotion details. *While Stocks Last



PROMOTION

BECOME A
CLASSIC MEMBER
TODAY!



RM88(WM) RM95(EM) / 8WP

1ST JUNE 2020 @ 12PM(MYT) - 30TH JUNE 2020 @ 11.59PM(MYT)

BUY

ENTITLED
FREE

CLASSIC
MEMBERSHIP
(VALUE WORTH RM48)

INCLUSIVE
RL WELCOME
HANDBOOK

OR

*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. *For further information, please refer to our promotion details. *While Stocks Last



LEGACY PLAN

FREE

Hand Sanitizer & Disinfectant

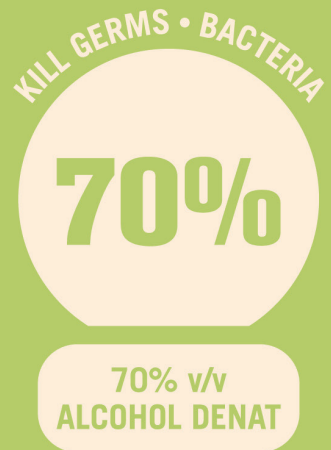
*WITH PURCHASE OF RM200 AND ABOVE (IN A SINGLE RECEIPT)

*WHILE STOCKS LAST



FROM 1st June 2020 (12pm MYT) ONWARDS

RL HAND SANITIZER FEATURES & BENEFITS:



*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. *WP is not earned on FREE products.

*For further information, please refer to our promotion details. *While Stocks Last



EXTENDED

ITALY

TRAVEL INCENTIVE TRIP 2020

EXTENDED TO 28th February 2021 (11:59pm, MYT)



Qualification :

A For rank Classic membership to Crown Ambassador

Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
		Min. Required Group	WP per Group	
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

* Only one (1) criteria to be fulfilled.

B For rank Royal Ambassador to Royal Prime

Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

* Only one (1) criteria to be fulfilled.

** Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the campaign period.

*Terms and Conditions apply.
*For further information, please refer to our campaign details.
*For Malaysia and Singapore distributors only.



RETURN LEGACY SDN BHD

201401004515 (1080589-X) (AJL932074)

K-3-3, 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

RETURNLEGACY® | 2020 JUNE

网路营销方向:

以人为本
自我品牌

传承国际副总裁致词

后疫情时代的新经营策

在家办公
真的好吗?



MEDITERRANEAN GOLD PLUS & POTENT

提高免疫力
远离病毒

1 传承国际

- 副总裁致词

2 传承亮点

- 如何达到隔离经济的目标呢？

3 传承美丽贴士

- 如何照顾敏感肌
- 什么发型适合你的脸型呢

4 传承健康生活

- 免疫力低，小心病毒找上你！
- 什么是自由基？
- 你必需知道的6 大减肥迷思
- 原来减肥可以如此简单

5 传承趣味生活

- 让你的IG Story更吸睛
- 你不得不学的生活小妙招
- 如何巧用颜色搭配衣服

6 充值人生

- 吸引力法则
- 网路营销方向：以人为本自我品牌
- 在家办公，真的好吗？
- 线上转账转错户口怎么办？
看这里，叫你怎么做！

7 传承资讯站

- 本月促销



后疫情时代的新经营策略

一场席卷全国的新冠肺炎疫情彻底改变了全球消费格局及人类的生活。此次的疫情防控会是一场持久战，人们会减少出门消费及面对面的接触，这无疑将改变我们原有的经营模式，改变我们与客户互动的方式和途径。

当下我们应为传承事业重新拟定经营策略，充分利用互联网，把销售模式在线化，为后疫情的“**新常态**”做好准备及打造新的竞争优势。

疫情前的常态已彻底被颠覆，进而催生出新的生活习惯，如保持合适的社交距离、佩戴口罩、勤用肥皂或搓手液洗手以及对健康高度关注，这些习惯将成为日后的新常态。除此之外，此次我国受病毒袭击，加上政府所推行的行动管制令，导致许多企业已倒闭、雇主申请破产、大规模裁员及失业率剧增。



传承国际副总裁
SAM KHO

消费者的态度、行为和购买习惯也经历巨大转变，更多地转向网购方式，标志着消费模式迈向新常态。经营保守传统企业也开始实施改革转型，将业务数字化以助时刻掌握消费者趋势，才能保持市场竞争力、进一步壮大发展及与时俱进。

线下与线上销售是两种截然不同平台，那么我们如何才能做好线上销售服务呢？

借势时下热门话题

此次疫情爆发让“免疫力”课题备受关注，人们的自我健康保健意识也随之提升，因此对于保健品及健康资讯需求激增，这无疑为我们的行业带来新商机。根据剑牛进行的一项市场调查，60%的受访者表示他们的网购次数比新冠疫情来袭前增多。传承人应把握此次危机中所触发的商机，在这关键时刻，充分利用互联网平台分享及传播与人体免疫力相关话题，透过软销售方式，吸引你的潜在顾客。

此外，面对疫情的冲击，一部分人也遭减薪或失去饭碗。据亚洲新闻台的报道，马来西亚的失业率创下十年来最高纪录。马来西亚统计局也公布今年3月份的失业率创新高，上升至3.9%。尽管一些企业推动居家工作，员工仍然可以像往常一样获得工资，但根据官方提供的统计显示，现实并非如此乐观。这突入其来的危机让我们意识到拥有额外或被动收入的重要性，比如租金收入、经营小生意和投资等等，至少在无工作收入的情况之下，可以帮助支撑基本的生活开销。

越来越多人开始寻找赚取第二份收入的机会，而传承平台正好可以为他们提供创业的机会，因此传承人可以把话题围绕在如何应对失业危机或发掘新商机，以此吸引更多志同道合的人加入团队。

各种社交媒体平台

紧接来到在线产品销售和推广活动部分。产品信息分享及产品示范能充分显示出产品的特点，同时有助于引起顾客的兴趣，但关键是创意。同一个想法或点子，可以运用不同的方式与平台呈现之，譬如Facebook Live, Insta story或tiktok，让内容变得更生动有趣，建立及开拓线上观众。传承国际的YouTube频道拥有超过450个视频，传承人们可善用这些资源，积极分享出去。

传承人应充分利用各种社交媒体软件及管理工具，譬如我们在电子商务网站上为客户服务创建的聊天机器人(Chatbot)。公司所提供的经销商门户也能帮助传承人分析下线的业绩。与此同时，我们也鼓励传承人透过电子邮件、微信、WhatsApp、Telegram等应用程序，将个人的经销商链接发送给多个联系人。

● 领导带队训练，团队目标达一致性

你懂得该如何为你的想法付诸实践吗？你可以与上线或下线建立一个团队沟通小组，以确保你的团队拥有一致的想法和策略，这样才能让你的计划取得成效。打个比方，免疫力是时下最热门的话题，你和团队应以Potent或MGPLUS作为社交媒体主要分享的内容。除此之外，“有条件行动管制令”的延长也导致一些人持续居家办公及减少出行，呆在家的时间也相对越长，因此易于陷入无意识进食，为身体带来负担，所以适合分享排毒相关的内容及产品如de' Cleanse。

● 及时回应线上顾客的咨询

时刻保持通讯畅通(keep communication alive),以最快速度回复处理顾客的问题及提问。记得不要向顾客进行硬销售，你的回复应关注在提供顾客信息或协助他们解决问题，使他们感受到你随时都准备好提供服务，打造高效率的形象。与此同时，你可积极地进行团队集体培训或参与公司组织的在线培训和会议，把握最新资讯及动态，时刻装备好自己，才能与顾客分享信息并帮助他们解决问题。

这场危机为我们每个人提供一个让自己变得更优秀的机会，同时可以借机好好陪伴家人及挚爱，共度温馨时光。此次的疫情也给予我们许多宝贵的经验教训，比如学会随机应变，顺应环境。对于在前线抗疫的无名英雄，包括警卫人员及医护人员，我们向他们献上万分敬意。即便面对高风险，但为了帮助全国人民对抗新冠疫情，他们都将个人安危置之度外，因此非常感谢他们无私的付出、牺牲、奉献及默默坚守岗位。除了无名英雄之外，我们要想每一位愿意团结一致与我们共度难关的传承人献上最真诚的赞扬。

面对这场突如其来的危机，在应对危机过程中所取得的经验和教训，除了可以激发你身上无穷的潜力以及给予你面对未来更大挑战的能力之余，你的团队将因彼此互相扶持、共同进退而变得更加强大及团结。

最后，祝愿大家都能平安健康，在新常态之下茁壮成长，攀上成功之巅。

2020年是 “隔离经济”

我们如何透过RL来达到隔离经济的目标呢？

2020年最有感悟的，或许就是“隔离”二字了。今年还没过完，但是重点已经整理出来，那就是“隔离经济”。

“隔离经济”代表着什么？

就是不需要正面互动也可以自主维持的经济，说得明白一点就是，不需要出门，不需要经营实体店，不需要与人正面接触，只需要一部手机和一个互联网，就能够维持的经济。



虽然这样的经济概念对已经在经营网络生意的人们来说一点都都不陌生，但是对经营实体店多年的人们来说，却是一件很陌生、很考验的转变。因为许多人都不曾想过，全世界被迫走向网络经营的这一天会来的这么快，那么的猝不及防。一场疫情逼迫着全世界百分之七十的人口面对隔离。当初的一个未雨绸缪的想法竟然一瞬间已成为现实。

而未来，在这场疫情之后，我们也无法保证这样的局面不会再次发生。可是暴风雨之前总是异常平静的，这也是为什么这次的经济危机让许多人都防不胜防。

很多实体行业毫无预警被迫暂停营业，很多人也因此失去了唯一的收入来源。这也瞬间让很多人明白了隔离经济的重要性，一瞬间被逼快速适应互联网成为主要的生活模式。在这个人人自危的时候，最需要的就是一个低负担，但能稳定经营的创业平台，让他们在未来主要收入来源受影响的期间还可以依靠副业为生。

而这也就是我们今天主要讨论的课题一

要如何通过Return Legacy实现“隔离经济”？

善用平台的力量， 快速达到隔离经济条件

Return Legacy 传承国际与市面上的直销平台不同，致力于“用生命影响生命”，对团队经销商以及代理们都给予无私的专业指导及提供优越的发展空间。团队里的每个人都有同样的机会去经历学习、改变和成长。而且Return Legacy也提供市面上前所未有的优渥奖励制度，能够帮助许多渴望在短时间内赚取可观收入的人们达到目标，是时下想要促成“隔离经济”的最佳条件。

CREATION PLAN

是针对刚想要通过平台创业的人们，所建立的辅助制度，主张低成本创业、高收入回报

Return Legacy的
奖金制度
可分为两个部分

LEGACY PLAN

则是针对已经在Return Legacy拥有团队者走向更广阔的平台所提供的辅助制度

CREATION PLAN

相信每个人都应该有创业的权利，因此致力提供辅助方案，为渴望创造隔离经济的人们敞开一扇大门。Creation Plan就是这样的一个辅助方案。

Creation Plan中的奖励是由以下4个部分组成：

推荐奖金
Referral
Bonus

领导奖金
Creation
Leadership
Bonus

领导忠诚奖金
Creation
Leadership
Loyalty Bonus

注册奖金
Registration
Bonus

(仅限Legacy Partner
以上阶级经销商)

(仅限Legacy Partner
以上阶级经销商)

通过注册阶级经销商 (Classic, Elite, Premium及Legacy Partner)，你将在每月可获得这4个部分不同程度的累计收入。

○ 推荐奖金-【最高可拿33%】

推荐奖金的意思就是当你找到新会员为下线所得到的奖励。若招收同级会员为下线，那你就会得到高达33%的推荐奖金！但是如果阶级不一样那么在奖金的分配上也会有所不同。不过如果你是Legacy Partner阶级的话，那么你所招收的下线，无论是在哪个阶级 (Classic、Elite、Premium或LP)，你都可以统一得到33%。

○ CREATION领导奖金- 【最高可拿29%】

除了推荐奖金，Creation领导奖金是给经销商在招商时的额外奖励，不同的阶级在奖金的分配上也会有所不同，那么最高还可以领取高达29%的奖金呢！

○ CREATION领导忠诚奖金- 【最高可拿15%】

Creation领导忠诚奖金，是Legacy Partner阶级或以上才能享有的奖励。这个奖金领取方式是当你的下线团队拥有跟你一样的阶级或以上，那你就能领取这份奖金。如果你是Legacy Partner，只需培养第一代下线也成为Legacy Partner阶级或以上就能领取这笔奖金了。而在阶级Diamond Director或以上的领导，还可以领取两代家族代理的累计奖金，最高可以领取高达15%的奖励！

○ 注册奖金- 【最高可拿5%】

注册奖金也是只有Legacy Partner阶级或以上的会员才能享有的。只要是Legacy Partner级别或以上的级别，凡注册新的Classic、Elite、Premium或Legacy Partner会员，就可以直接获得5%的注册奖金。

不过要注意的是，只有注册或升级为Legacy Partner (LP) 或以上的会员才可以拥有以上完整四个类别的累计收入。如果是Classic、Elite或Premium级别的会员们，依旧是可以获得推荐奖金及领导奖金这两个部分的累计收入的。

经销商入代门槛	
CLASSIC 付会员费 RM48 ；或者 消费 RM100 （经销商价格）	ELITE 购买 2个产品 (原价) + 1个产品 (折扣 40%)；或者 消费 RM800 （经销商价格）
PREMIUM 购买 10个产品 (原价) + 5个产品 (折扣 45%)	LEGACY PARTNER (LP) 购买 30个产品 （原价） + 15个产品 （折扣 45%)

LEGACY PLAN

而Legacy Plan奖金制度则是针对已拥有团队组织的领导级经销商。因此，如果你有计划将副业以组织为发展的话，那么绝对不能错过Legacy Plan的福利啦！因为Legacy Plan的奖金制度共有四项奖金，总拨出66.25%

○ 组织表现奖金 - 高达28% (当月计算)

组织表现奖金将依据个人购买或维持的产品WP而定。列如只要当月个人购买或维持 35WP 至 69WP 的产品，同时拥有 1 至 2 个组织各别有 1 位达到 35WP 的经销商，即可获取第 1 代至第 5 代的奖金、每代奖金为3%。此奖金以 压缩 (Compress) 以及 上传(Roll Up) 方式计算，多达13代，总共28%。

○ LEGACY领导奖金 - 高达26% (当月计算)

此奖金是为让团队的每一位经销商都可以获得的额外奖励，每位Elite以上的经销商都可获得Legacy 领导奖金，每购买 1 种产品，将根据不同阶级获得回佣。

○ LEGACY 领导忠诚奖金 - 高达8% (当月计算)

Legacy 领导忠诚奖金 是以奖励 Diamond Director 或以上阶级的经销商，当您的组织下线出现同级或比自己更高阶级时，即可获取Legacy领导忠诚奖金。只要当月个人业绩至少100WP和小组维持至少10,000WP，即可获得此奖金。不同的阶级获得的领导忠诚奖金也会有所不同。

○ 皇室基金 - 高达4.25% (每月计算/年终分发)

奖金为皇室基金，此奖金是为Royal Ambassador 或以上阶级的经销商而设。公司将从每月Legacy Plan 业绩的WP中拨出4.25%，而基金于每月计算和在年终分发。

在疫情期间，“隔离经济”已经作为在实现主要收入的同时，的另一重要性。因为副业就像是一个Plan B，以防不时之需。而Return Legacy所建立的福利制度，能让选择加入这个平台创业的人们在短时间内看到收入的改善及增长。也因为这样，Return Legacy才能如此不断快速成长。

虽然疫情对各行各业都造成了一定的危机，可是每一次危机，其实另一面就是转机。因此一个转念，在时代中找到生存之道，就是让自己不被时代洪流推走的绝对法则。



如何照顾敏感肌？

人的皮肤性质都不一样，基本上我们的肌肤可分为油性、混合性、干性和中性肌肤。上述的任何一种肤质，都有可能会出现问题性皮肤，这就是我们所知的敏感性肌肤。可大多数人都不知道导致敏感性肌肤的确切因素以及不晓得应该如何提供正确的护理。

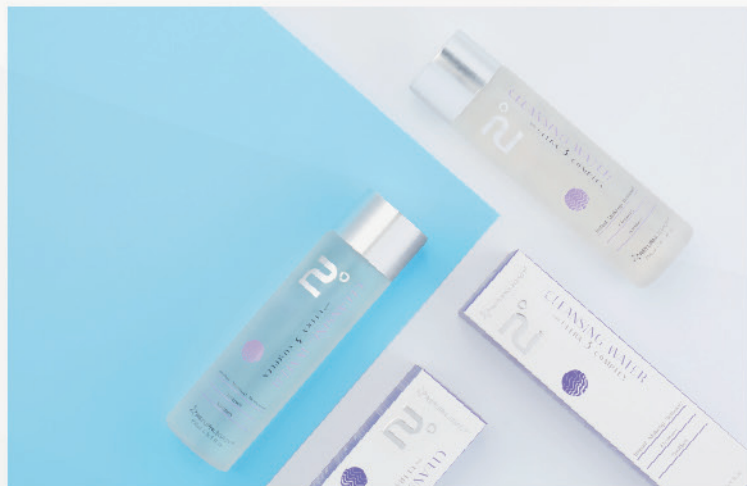
导致敏感肌肤发生最常见的因素是荷尔蒙改变、压力、缺乏睡眠、使用错误的保养品和化妆品。一些产品含有刺激性的成份如表面活性剂、香精、颜料及酒精等，能刺激皮肤，导致皮肤出现泛红、脱皮、灼伤、刺痛、发痒等不适症状。

除此之外，敏感性肌肤容易感觉紧绷不适，搭飞机时容易出现干燥，泛红等皮肤反应。而通过这些肌肤反应，我们能够检测自己是否是敏感性的皮肤。



肌肤出现敏感症状不只会带来不适，甚至影响我们的美观。
因此，敏感肌的人在清洁和护肤步骤上都需要特别小心。

那敏感肌肤的人应该如何做好保养动作呢？



使用温和的清洁产品

敏感肌在选择卸妆或洗面乳产品上，都要选择性质较为温和的产品，千万不能使用清洁力过强的产品。因为清洁力过强的产品会破坏皮肤保护屏障，使肌肤紧绷不适，长期如此对敏感肌的姐妹来说是很沉重且无奈的负担。如果有化妆的话，建议敏感肌的姐妹们可以在洁面前选择油性质地的卸妆产品或卸妆水，不仅能将化妆品卸除干净，还不会导致皮肤干燥。卸妆后用温水加洁面乳进行二次洗净即可。

温和的去角质

去角质对敏感肌来说是一门很重要的功课。敏感肌的姐妹们千万不要使用颗粒大的磨砂膏。因为这种类型的去角质产品会破坏敏感皮肤本身较脆弱的表皮层，加重肌肤敏感的情况。如果想要去角质的话就要选用性质较为温和的去角质产品如去角质凝胶即可。再来，敏感肌的人不适合时常去角质，建议每个星期一次就好。



保湿

敏感肌的姐妹们，一定要注重保湿！敏感肌本身角质层比较薄，容易受到刺激。因此使用保湿霜有助保护角质层之余，还能补充肌肤水份。长期进行保湿的工作会让你的肌肤像鸡蛋一样嫩滑，不仅水份满满还可以有效减少皱纹的形成呢！至于化妆水的部分，建议敏感肌的姐妹们用手将化妆水轻轻按压到脸上，直到完全吸收即可。用力拍打反而会伤害到肌肤，导致皮肤泛红。避免使用化妆棉以减少对肌肤的摩擦。

防晒工作

敏感肌的防晒工作，也是不能做少的部分。因为周围环境的紫外线其实对敏感肌来说是带有很大伤害的，因此平日里的防晒工作一定要做足。选择温和没有刺激性的防晒产品，然后将防晒霜涂抹在手臂内侧或耳朵后侧，如果24-48小时内没有产生敏感反应的话就代表可以安全使用。



敷面膜

敏感肌的姐妹们建议每星期敷1至2次的补水面膜，增加肌肤含水量和舒缓因敏感而造成的干燥问题。而面膜成份的选择上，则应该选择较温和，拥有舒缓、镇定及补水功效的活性成份，以有效改善敏感及减少肌肤泛红情况；避免使用含有酒精，硫酸盐，合成香料和酸性成份的面膜，减少对皮肤的刺激。

足够的睡眠

拥有足够的睡眠对皮肤保养也非常重要。建议每天维持至少7至9小时的睡眠。长期睡眠不足会影响皮肤保护屏障，导致皮肤干燥、刺激和增加皮肤敏感性。

总而言之，敏感肌因其脆弱及不稳定的性质，而造成在保养及照顾上会显得特别难搞及特别脆弱。

因此，在保养和洁净的方面就需要更加多的细心照顾，在产品选购上也需要仔细看好成份，如果使用后有感到任何不适的话需马上停用产品，并以清水洗净即可。

什么发型适合 你的脸型？

Hairstyle

检测脸型的方法

让我们来为你的脸型找出最适合你的发型吧。在你还没找到最让你心动的发型之前，一定要确定自己的脸型。方法很简单，你可以将自己的头发扎成一束，面对相机拍一张照片。然后，在脸部外围根据脸型画一画，看看最接近的形状是什么。

你也可以尝试测量自己的脸部，从额头、脸颊和下巴的宽度以及从前额到下巴的脸部长度，来找到合适的比例。这样就能够看到最匹配的形状。例如，如果你的脸的长度和宽度相同，则可能是正方形或圆形。如果你的脸部从前额到下巴变宽，则可能是三角形。



很多人在剪头发之前都不知道自己适合什么样的发型，直到剪了的那个瞬间才来后悔莫及。但也有一部分的人在动刀前会咨询理发师的意见，选出适合自己的发型。不过，有时候遇到与你缘浅的发型师的话，那你可能将经历一段发型的噩梦…

因此，当我们在选择新发型时，首先必须要考虑自身的脸型。如果你坚持选择一个很漂亮但不适合自己脸型的发型，那么效果肯定会和你想象的有落差，到时反而得不偿失。因此，与其选择最新的流行发型，不如尝试选择适合自己脸型的发型。无论你的脸型如何，选择正确并适合你的脸型的发型可以完美凸显轮廓同时，还可以展现出脸部的最佳特征，为你的外观加分。



Rectangle

长方形脸的发型



脸部呈长方形的人应努力减轻其尖锐的下巴和额头的外观，不要进一步拉长脸部。例如，轻柔的分层切割可以凸显脸颊位置，同时掩盖脸角。另外要注意避免过长的发型，以免有延长外观的效果。



如果选择较长的长度就尝试使用吹发、波浪或卷发为头发定型，这会增加发量并柔化脸部尖锐的角度。如果要把头发绑起来就要选择比较柔的绑法，不要束起来绑成包包头。因为这会增加整体脸部的长度，而一些干净圆滑的款式反而会突出你的下颚。



在刘海方面，选择柔软的圆形刘海和窗帘刘海。



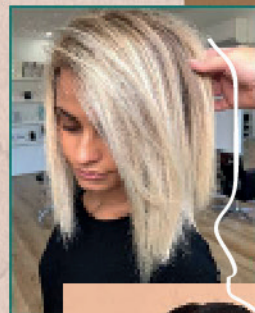
Oval Faces

椭圆形脸的发型



如果你的脸蛋是属于椭圆形的，那就非常恭喜你了！因为椭圆形的脸有着平衡的外观，适合各种各样的发型。但是，如果你要尝试不一样的风格，就要考虑选择长锁或短小可爱的剪裁。对于喜欢短发的椭圆形女生，选择有一点层次的鲍勃发型（Bob Cut）或凸瓣状（Lob Cut）的短发会显得格外别致。

另一方面，如果你喜欢长发可以选择层次较少的发型，或者将头发编成波浪形或卷发，避免头发滑落到脸部。



Square Faces

方形脸的发型



方形脸具有宽额头，宽脸颊和下巴突出的脸部特征。因此，如果你的脸是方形的就应该选择可以使这些特征变得柔和的剪裁方式。除此之外，方形脸的姐妹们也可以考虑采用侧分线的样式，这种样式可以抵消方形脸的轮廓。长而蓬松的层次感也有助于掩盖脸部的锐角。如果你想要剪短，可以考虑使用短而分层的鲍勃发型。但是一定要记得添加一个斜刘海，这样就会发注意力转移到脸颊而不是下颚。

Heart-shape

心形脸的发型



如果你是心形脸，你的面部结构是有宽阔的前额、脸颊、狭窄的下颏和下巴。因此，应该选择能够减少眉毛宽度和增加脸下半部分的宽度来平衡脸部形状的发型。例如，较长的侧扫的剪法会掩盖你的额头，同时将眼睛成为焦点。你还可以将侧扫的剪裁和从耳朵下方开始的波浪或卷发搭配，以使下颏弯曲。或者你也可以尝试精灵短发（pixie cut），这种短发在心形脸上也可以看起来很漂亮，饱满发型或波状也可以看起来很漂亮，可以让下颏看起来更饱满。



Diamond



钻石脸的发型

菱形是棱角分明的脸部形状，其额头和下巴狭窄，脸颊是位于脸部的最宽部位。具有钻石脸形状的女生应着柔化脸部尖锐的位置并平衡脸颊。要让外观看起来比较柔和的话，可以考虑将中等或长层次的剪裁，然后搭配波浪形和很深的侧分发型。另一方面，如果你想让下巴视觉上比较明显的话，那么饱满发型也是最好的选择。





另外，也可以尝试一下向后拉的马尾辫，既可以露出脸颊，又可以扩大额头的外观。



Round-shaped



圆形脸的发型

圆脸形状通常脸颊两侧都有相似的长度和宽度以及突出的圆形。因此，对于圆脸女生来说，最适合的发型是能增加头发厚度和造型的发型。如果选择分层剪裁，就要选择从颞线开始剪裁的层次剪法。你也选择剪一个短的斜刘海，以帮助延长脸部线条。圆形脸的女生应该避免鲍勃发型和单长度的剪法以及短层，短层次反会让你的脸庞看起来肿胀。



Triangular

三角形脸的发型

三角形的脸部形状的特征是有比额头还宽的下巴和方形或扁平的下巴。因此，对于拥有三角形脸的女生，必须选择可以平衡下巴并可以最大程度减少脸部视觉下沉的发型。

这类脸型的女孩可以尝试选择带有层次的剪裁，这将使脸部更加柔和。但是这种剪裁必须要围绕眼睛、脸颊或锁骨完成，因为在下巴末端的头发将会引起别人对下巴的注意。同样的，避免选择直线剪裁，这样的剪裁会突出你的下巴。如果真的喜欢短发，那可以选择精灵发型。至于刘海，短和侧边扫的刘海或比较轻盈细腻的风格通常看起来最好，避免全刘海和长侧刘海。



免疫力低？

我们生活在一个充满了病菌与病毒的环境里，但却从未像如今这般恐惧及束手无策。面对这些肉眼看不见的“敌人”，我们永远不知道谁会成为下一位感染者。至今，世上仍没有任何药物可快速将“敌人”清除，所以除了做好自身安全防护，提高自身免疫力成为了对抗病毒最有效的武器。面对同样的病毒，有人中招，有人幸免，要在这场战“疫”中稳守健康防线，这取决于个人免疫系统的强壮程度。你的免疫系统做好准备了吗？

提高免疫力 远离病毒

人体的免疫战士 - 白血球

人体的血液里具有不同功能的红血球和白血球。红血球负责将氧气运输至身体的各个组织，而白血球作为免疫细胞则像人体的防卫军，无时无刻地在巡逻监督是否有异物入侵。一旦发现敌人（病原体）侵入人体，白血球便会第一时间释放组织胺以通知其他“防卫军”。此时，人体的免疫系统也会即时启动防御机制，发出求救讯号（发炎反应），召唤更多的“防卫军”到战场与敌人展开对抗。

杀灭病毒的武器 - 自由基

当有外来病毒和细菌侵入人体，白血球会锁定受感染细胞，并通过释放自由基来杀灭它。适量的自由基是白血球对付病毒和细菌的最佳武器，然而一旦数量失衡，过剩的自由基便会攻击其他健康细胞，引起严重的炎症反应，导致免疫力下降，进而诱发各种慢性疾病及加速老化。纵观此次受新冠肺炎影响的大部分病逝者或重症者，皆属于抵抗力偏弱或已罹患糖尿病、高血压及心脏病等慢性疾病的长者，因此**自由基对健康带来的负面影响真的不容忽视！**

清除自由基的关键——抗氧化剂

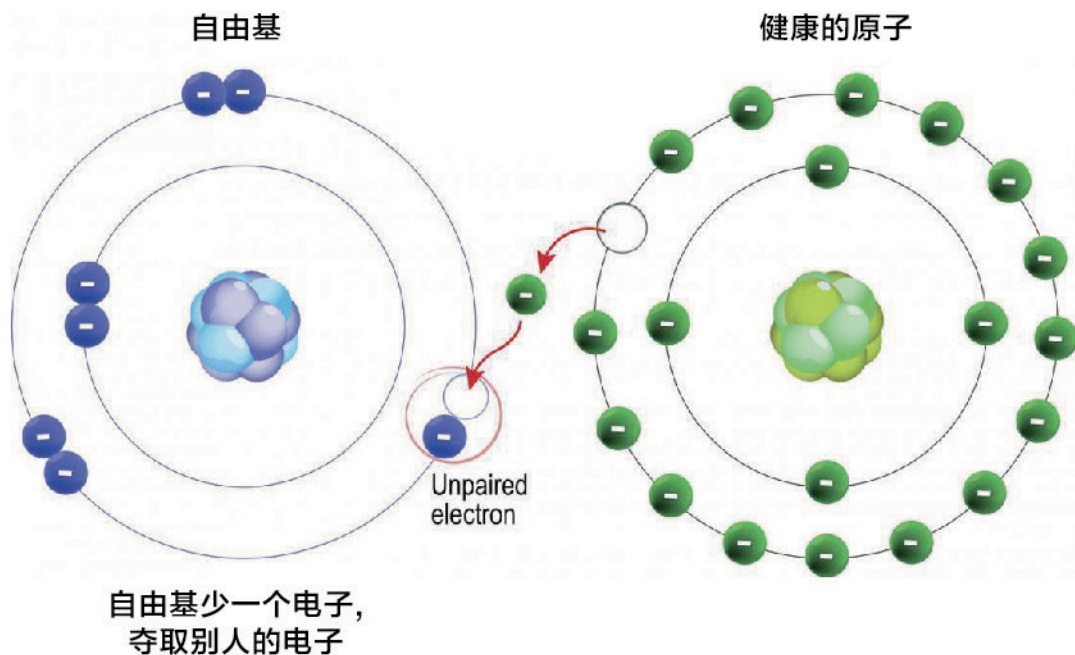
适当补充抗氧化剂有助于消除体内多余的自由基，恢复其平衡状态，使其既能**发挥防御病毒及细菌功能，又不至于对健康造成伤害。**

小心病毒找上你！

自由基是什么

我们常听说自由基是百病之源，那究竟什么是自由基呢？

自由基其实是人体的代谢物，是配有不成对电子的分子或原子。由于其结构极不稳定，所以它会通过抢夺其他健康分子的电子来稳定自身结构，使原本健康的分子因具有不成对的电子而转化为自由基，然后沿用同一手法抢夺别人的电子，形成所谓的自由基连锁反应，像新冠病毒一样迅速传播。



自由基是引发疾病的凶手

人体细胞内存在许多被称为“迷你发电厂”的粒线体，其主要功能为通过呼吸作用，将食物和氧气转化为能量（ATP），并逐步释放为细胞维持各种生命活动提供动力。只不过在发电厂消耗氧气为细胞制造能量时，也会产生大量的副产品——自由基。

在正常情况下，人体的内源性抗氧化剂可有效清除自由基，但自由基数量一旦受外在因素影响剧增时，来不及被清除的自由基就会在体内肆意攻击免疫系统、破坏细胞甚至是DNA，导致肌肤老化和各种慢性疾病如皮肤、呼吸道和鼻子过敏症、类风湿性关节炎、糖尿病和癌症的发生。

导致自由基增生的因素：



辐射



紫外线



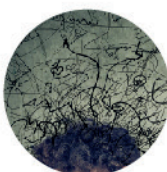
吸烟
吸入二手烟



化学污染物



精神压力



负面情绪



酒精



油炸和
高糖食物

负氢离子 高效清除自由基

由于人体的内源性抗氧化剂不足以清除体内过剩的自由基，所以我们需要为身体补充更多外源性抗氧化剂以增强细胞保护作用，而已知最强大的天然抗氧化剂——负氢离子，便是直击问题根源的最佳解决方案。

带有多余电子的负氢离子，可将多出的一颗电子给予自由基以恢复其平衡，阻止它在体内的一切破坏，同时帮助修复受损细胞，使细胞正常运作，减少因细胞损伤引致的老化和疾病问题。

REOXlife Mediterranean Gold PLUS + POTENT

双重出击

为您抵御病毒、提高免疫力！

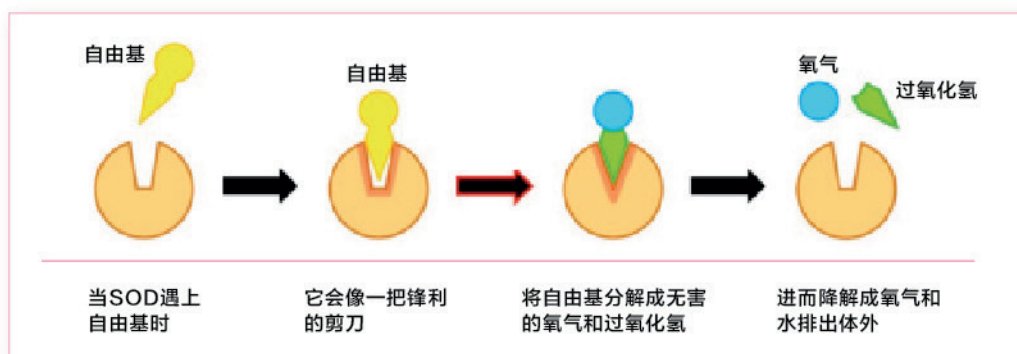
REOXlife

Mediterranean Gold PLUS



健康的身体源自于拥有健康的细胞。为了确保人体拥有足够的抗氧化剂，传承科研团队以突破性的独家先进配方LePheno™ 打造天然营养补充剂 REOXlife Mediterranean Gold PLUS，通过刺激体内抗氧化剂如超氧化物歧化酶(SOD) 的生成来中和自由基，避免氧化应激的产生。

具有超强抗氧化能力的SOD 是一种酶类抗氧化剂，也是自由基的天敌。它可有效抵御自由基的形成，包括阻断自由基对健康分子的诱导及防止分子转化为自由基，全力抑制自由基的潜在破坏力，削弱其活性使其无法在体内诱导更多自由基的产生。当SOD 遇上自由基时，它会像一把锋利的剪刀(如下图)将自由基分解成无害的氧气和过氧化氢，进而降解成氧气和水排出体外。



人体虽然具有酶类抗氧化剂，但SOD含量会随着年龄逐减，而自由基数量却会因为不良生活习惯和环境因素递增。因此适量地为身体补充抗氧化剂有助于降低自由基对细胞的破坏及减少炎症的发生，延缓衰老过程。

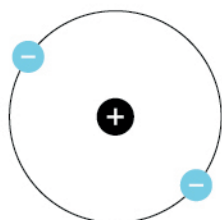
REOXlife

POTENT



我们都知道，自由基过剩是万病之源。为了稳定其结构及维持人体健康，传承科研团队采用了革命性微矿化营养技术（MMNT）及活性成份如甜瓜和小麦萃取物为配方，研发出颠覆性的营养补充剂 REOXlife POTENT。此产品的强效抗氧化作用可保护细胞免受自由基的侵害，同时可迅速修复受损细胞及延缓老化迹象。

主要成分



负氢离子



甜瓜萃取物

- 有效抗炎
- 有效抗氧化



小麦萃取物

- 让身体更容易吸收抗氧化
- 保护甜瓜的抗氧化剂免受胃酸的破坏

REOXlife POTENT所含的非酶类抗氧化剂，可将本身多出的一个电子补给自由基，让它恢复平稳的健康状态，藉此抑制自由基的连锁反应，防止自由基四处攻击健康细胞并预防疾病的发生。除了蕴含丰富的抗氧化剂，REOXlife POTENT所采用的专利 独家技术MMNT还能优化微量元素的分子团，让人体更易于吸收，迅速提高与增强免疫力。

自由基无处不在，其生成主要受体内和体外（环境）因素影响。究竟，我们该如何防止自由基对健康造成危害？

除了蕴含丰富的抗氧化剂，REOXlife POTENT所采用的独家技术MMNT还能优化微量元素的分子团，让人体更易于吸收，迅速提高与增强免疫力。



6 你必需知道的 大减肥迷思

在减肥的道路上，我们身边总会有许多声音在告诉你，“减肥，其实可以不需要这么麻烦，还可以这么减~”。这些未经证实的减肥方法，正是导致我们陷入“减肥迷思”这股黑洞之中的理由！下面小编就为大家整理出了6大最多人“深信不疑”的减肥迷思，和大家探讨这些方法是否有效，赶紧一起看下去！

1 下午6点之后进食会促使体重上升？

不知从何开始许多人的思维里就一致认同下午6点之后进食会导致体重增加的缘由之一。事实就是6点之后进食也导致肥胖！因为减肥期间，影响你体重最大的是你选择的食物种类，并不是进食的时间！

虽然下午6点后进食导致肥胖是迷思，但是也有一些研究显示太迟进食的话会影响身体闹钟，而导致身体和心理的健康。所以，要达到理想的体重，一定要避免吃宵夜和三餐定时摄取健康和平衡的食物和饮料。



2

吃素就能瘦?!

近年来，许多人认为素食不会让你肥胖，因此开始选择通过练习素食的方式减肥。其实这个概念完并非正确！虽然素食饮食的能量摄取较低，而且与非素食者相比，大部分的素食者有比较低的BMI，肥胖的机率也较低。但是，大多数的素食品和零食都经过高度加工并含高脂肪，糖和盐。这些加工素食品摄入过多会导致体重上升和增加血液中的胆固醇。因此，多摄取水果、蔬菜和全谷类，培养均衡的饮食才是减肥最佳的方式。

3

不吃早餐能帮助减肥

许多人认为通过减少进餐次数能有助减轻体重，因此许多人都会选择牺牲早餐来达到减肥的目的。但是事实并非如此，跳过一天之中最重要的第一顿饭，不仅会增加你的饥饿感，让你在午餐时间进食更多，增加你一天摄取的能量！这样的恶性循环下所导致的结果，反而是不减反增。相反地，每天早上吃高蛋白质的健康早餐能帮助更好地管理体重，降低你一天的饥饿感。因此，最重要的是要避免自己处于对健康不利的饥饿状态，应该要确保有吃早餐的习惯！

4

好吃的食物都对身体有害

这句话相信对很多人来说都不会感到陌生，许多网络资料及文章内容中都会告诉你，“好吃的食物都是对身体有害的！”但其实如果我们仔细消化这段话，就会发现到这个观念其实是很主观的，因为每个人对“好吃”的定义本来就会因为个人喜好不同而有不一样。像糙米及白米，两者皆有完全不同的嚼劲和口感，但是有些人会认为糙米其实比白米更美味。因此，请记住，食材的好吃与否在于你能不能发挥属于食材的天然口味，而不是一竿子打翻整艘船地认定，好吃的食物都对身体有害。



5

减肥不二法则：避免进食碳水化合物

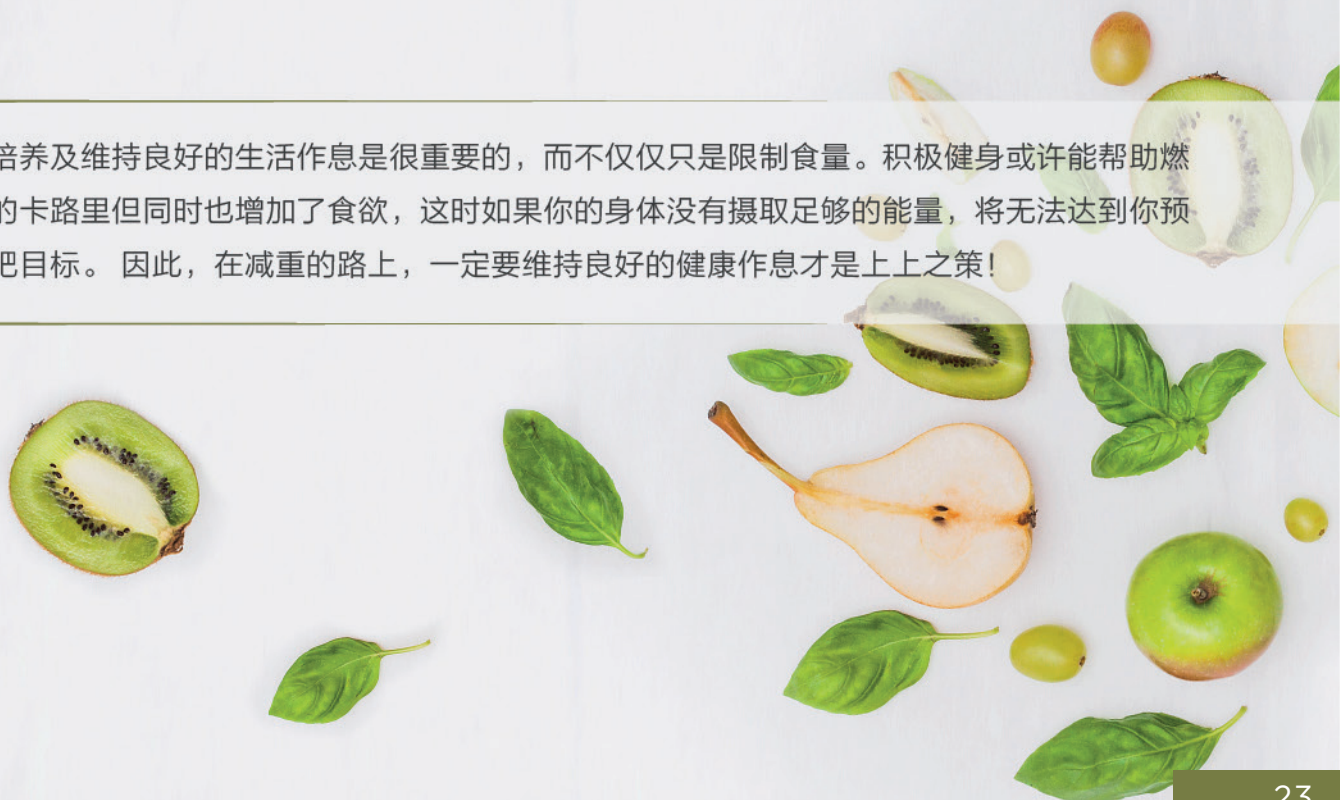
许多人会通过阻断碳水化合物的方式来减肥，但其实这并不是理想的减肥方式，因为碳水化合物是人体提供能量的来源。富含碳水化合物的健康食物如蔬菜、水果和豆类是提供人体重要的营养素，例如钙质、铁和维生素B。当碳水化合物被高脂肪的蛋白质食物取代时，人体摄取的饱和脂肪会增加而导致血液中胆固醇的含量提高，并增加患心脏病的风险。虽然低碳水化合物饮食能在短期内达到减肥效果，原因不是因为限制碳水化合物的份量，而是摄取的热量受到控制。因此，减肥的最佳方法是取代高精制糖的食物，和多摄取健康的碳水化合物。

6

少吃多动

影响体重的因素有很多种，像是日常生活作息，环境因素，所吃的食物类型和遗传因素等。只要减少饮食多运动就一定能瘦这种说法并不完全正确。有些人明明就吃很少和运动多，但他们的体重可能有家庭遗传问题，因此依然保持不变。

因此，培养及维持良好的生活作息是很重要的，而不仅仅是限制食量。积极健身或许能帮助燃烧更多的卡路里但同时也增加了食欲，这时如果你的身体没有摄取足够的能量，将无法达到你预期的减肥目标。因此，在减重的路上，一定要维持良好的健康作息才是上上之策！



原来减肥可以如此简单!

减肥是许多女生的平生追求，“管住嘴，迈开腿”这句话对每位正在努力瘦身，或是瘦身成功的人来说都是亘古不变的定律。可是说得容易，做的难。减肥的过程，最辛苦的就是在坚持。如果选择错误的方式瘦身，可能还会导致体重反弹、免疫力下降等各种反效果。不过，如果你已经充分了解减肥周期的话，那其实要瘦下来一点也不难!



体质过渡期 — 调整饮食和适量运动

在瘦身初期，我们必须先从饮食习惯开始进行调整，减少油腻和重口味的食品是肯定的，同时也要多元化的摄取不同食物像是蔬菜、水果、肉等，以确保饮食均衡。但是在这期间不要刻意 过度减少进食量以确保自己还有体力进行运动。

最佳体重? ◆ ◆

所谓的“最佳体重”其实也不过只是一种强人所难的指标。而所谓的胖或瘦都是通过BMI计算法的指标为准。与我们一般测量体重不同，BMI又称为身体质量指数，是通过体重公斤数除以身高米数平方得出的数字，这是国际上常用的衡量人体胖瘦程度以及是否健康的一个标准。而根据亚洲人的身体质量指数，正常人的体质指数为18.5-22.9之间，小于18.5为体重过低，超重的体质指数为23-24.9之间，而肥胖的体质指数为大于或等于25。

$$\text{BMI} = \frac{\text{体重千克}}{\text{身高米数的平方}}$$

1 良好的睡眠更容易瘦

皮质醇是一种激素，主要帮助控制血糖及调节新陈代谢。一般皮质醇水平最高的时间是在早晨（约9点），之后全天都会持续一个缓慢的下降趋势。这种模式称为昼夜节律。睡眠时间不固定或不足则会打破此规律，导致身体不断分泌皮质醇，让皮质醇水平在本该下降的时候上升。长期的皮质醇上升会带来负面的影响，像是促进脂肪储存、体重上升、血压飙升等等。此外，睡眠不足也会导致身体分泌更多的生长素释放肽及更少的瘦素，从而导致饥饿及增加食欲。

而曾经风靡一时的睡觉减肥法，主要是通过睡眠时间和睡眠的质量来影响荷尔蒙分泌，如皮质醇、瘦素和生长素释放肽等，达到瘦身效果。不过，这并不是倡导将睡眠时间拉长，过长的睡眠反而会增加肥胖、头痛及心脏疾病的风险。因此，保持合理的睡眠时间，约一天7至9小时及培养良好的生活习惯才是有助于减肥的方法。

2 选用对的体重管理保健品

除了控制我们的饮食和增加运动量之外，我们还需要通过一些外在的辅助以达到健康体重管理。Return Legacy 的 NUREOX Protein Promix 的独特配方可帮助您轻松达到控制饮食，维持体重的多重效果。它结合了豌豆蛋白，大豆蛋白粉，大豆分离蛋白和其他营养价值丰富的成份，是日常蛋白质摄取量和健康代餐饮料的完美选择。高蛋白质配方可控制饥饿感的同时，还能提供氨基酸以保持健康体魄。此外，它，能帮助增强免疫系统和能量水平。NUREOX Protein ProMix 还有助于肌肉的形成和增强体力，同时防止在节食过程中所造成的肌肉流失。

简单来说，NUREOX Protein ProMix 能帮助我们保持均衡饮食、通过适当营养管理体重、满足饥饿感、增肌和促进新陈代谢的一款美味代餐饮料。NUREOX Protein ProMix 有2种口味供你选择——巧克力和香草选择！NUREOX Protein ProMix，您健康减肥的最佳营养代餐，就让它在你进行减肥这项终身事业时，为你助力吧！



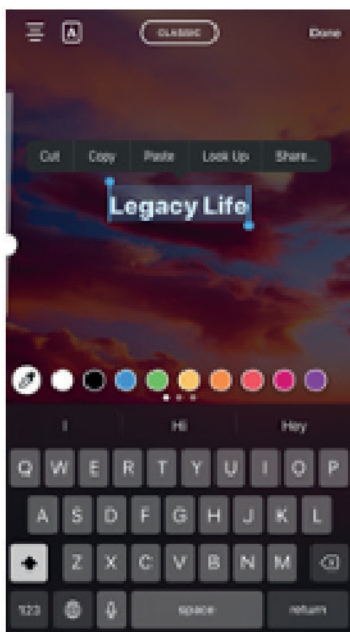
让你的IG Story更吸引眼球的5大技巧

Instagram作为一个主张分享生活的图片社交软件，最早是一个以分享图片为主，使用门槛很低的社交工具。用户可以在平台上发布自己的照片，以此来吸引其他用户的关注，但是近年来Instagram也在不断加入新的功能例如：拍短视频，直播，限时动态等。尤其是Instagram Story限时动态更是改变了许多用户的浏览习惯。今天小编想要分享的就是如何将限时动态在不用下载任何第三方软件下还能与众不同的技巧！

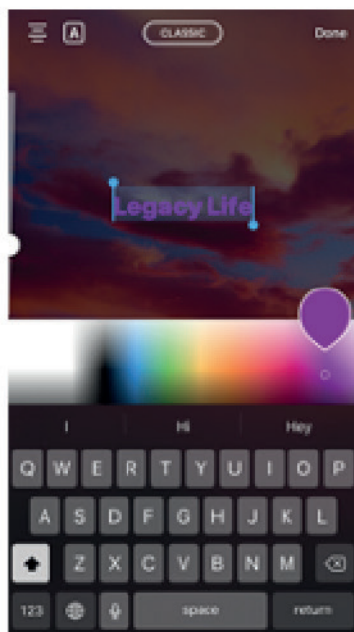


1

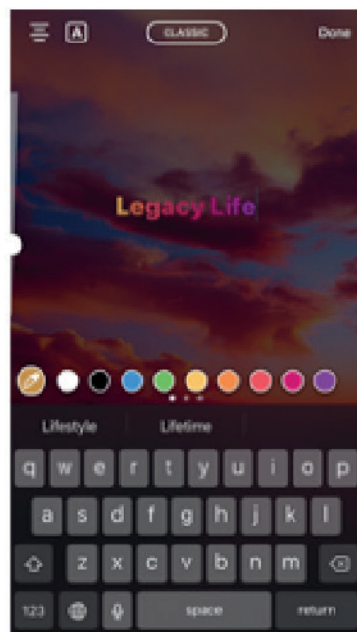
将字体颜色变成彩虹渐变色



首先，在限时动态中输入你的文字。长按文字，并全选字体。



在颜色选择上选上你要的颜色，并久按那个颜色；这时候会出现颜色盘哦！之后，用两只手指让颜色盘的颜色和字体*同时向左滑*就行啦！



完成！渐变色就出现啦！就这么简单！只要多加练习就可以跳出更自然的渐变色了！

2

在限时动态中加上特别的“贴纸”

限时动态中加上一些和原厂设定不一样的贴纸，更能吸引眼球。这边小编分享几个最爱用的小清新风格的动态贴纸，收好不谢！

Vipapier



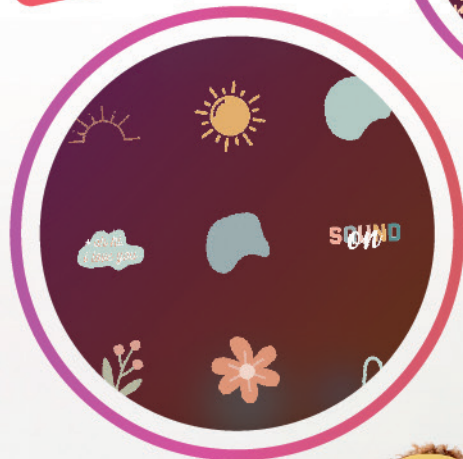
Boho



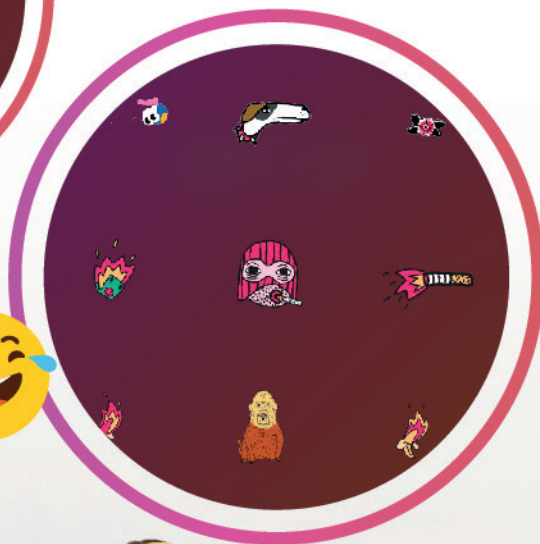
Lidiaontheroad



Mikyla

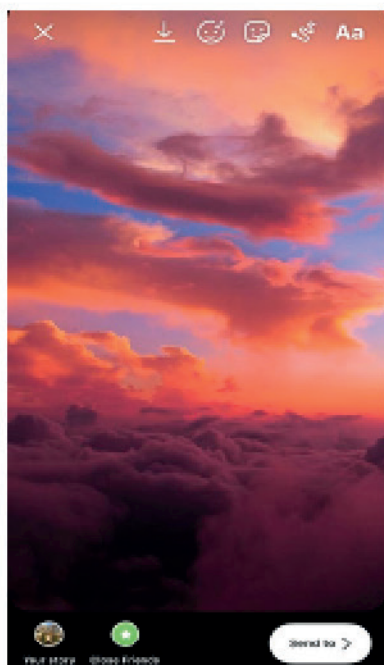


Illustralle

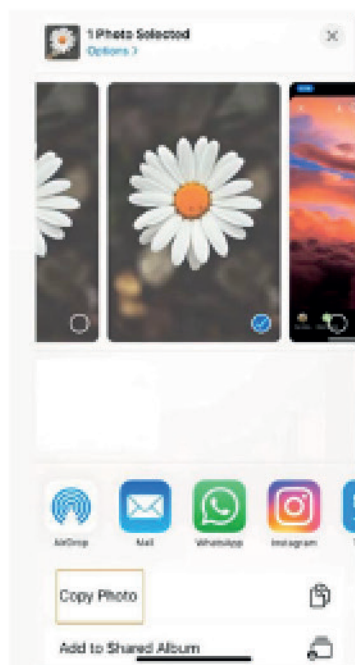


3 在一个动态中放多图

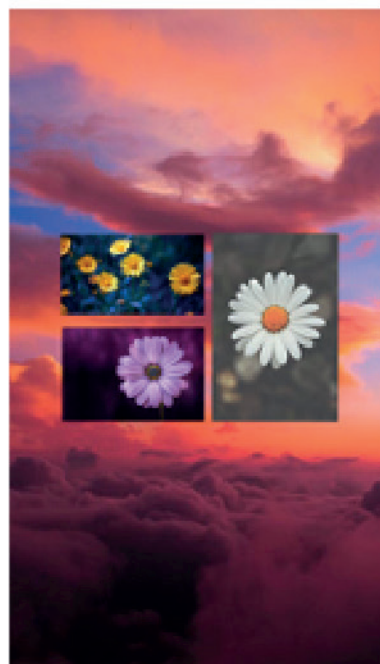
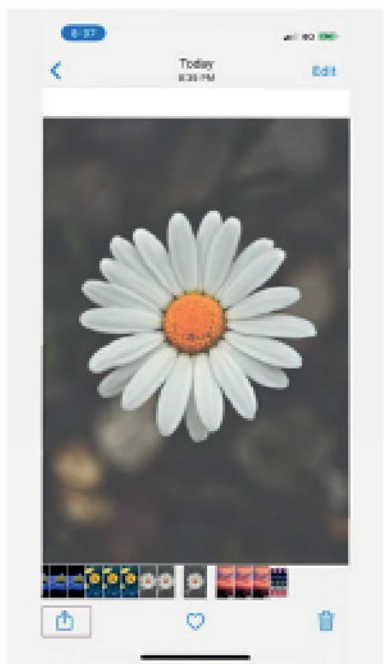
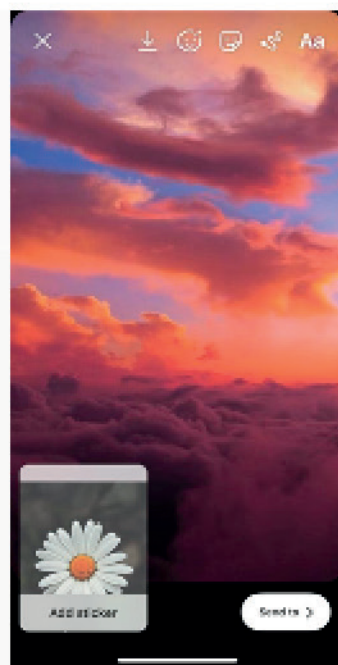
在Instagram的限时动态中，你是不是以为只能从左下角的相簿中选择其中一张自己想要分享的图片呢？其实有一个小撇步，就能让你一次过不需要依靠第三方软件就能将多张图片放在一个动态中！



1 3



2 4



1. 选好底图，就是像往常一样的从动态左下角点选相簿中的一张图片或是影片。
2. 接下来将页面切换到相簿，选择你想要叠放在动态的第二张图片，（切记：第二个素材只可以是图片！）然后点选复制。
3. 之后回到Instagram的限时动态，点击右上角的Aa标志，长按一下就会出现“粘贴（Paste）”，刚刚复制的照片就会会出现啦！这时候只需调整在限时动态界面内的图片的大小以及位置就OK了。
4. 如果还想要放更多的图片，只需重复以上动作即可。

4 将Live Photo 变成有趣的 Boomerang

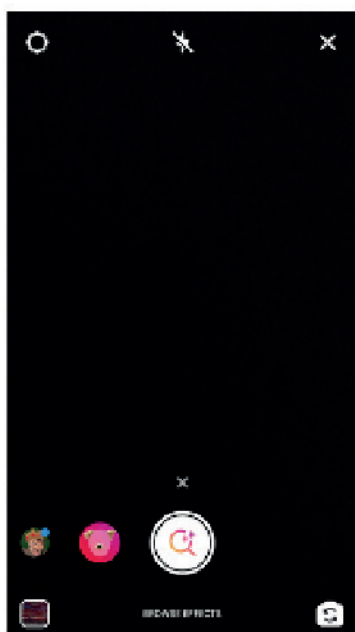
iPhone用户拍照时可以打开Live模式，让你的照片更生动！在IG Story上，你也可以把Live照片变成Boomerang哦！只需要选一个Live照片，然后长按几秒直到Boomerang的字出现就可以了！



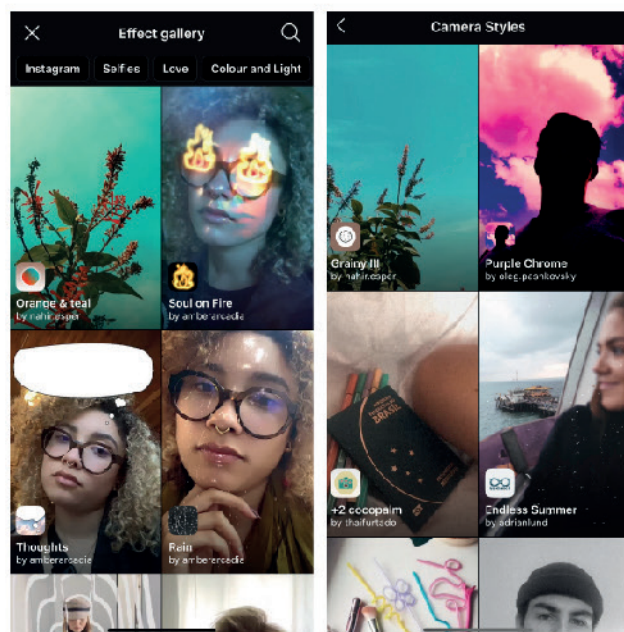
5 创作者自制滤镜

一般我们在选择限时动态的滤镜时，往往都会选择基本的向左划或是向右划的原生滤镜。但是现在Instagram为了扩展业务，开放用户可以自制滤镜效果，增加用户乐趣。鼓励创作者多分享素材，因此如今越来越多创作者已经在Instagram上分享了许多自己制作的滤镜素材。关键是，这些滤镜都是在系统内建的，因此无需下载第三方软件。

1. 用户现在可以在Instagram相机的效果栏的最后，找到一个新的“Browse Effects”选项



2. 点击它，它会把你引导至视觉工具库，就可以点击自己喜欢的效果然后开始使用啦！非常简单且独具一格的发圈方式呢！



赶紧拿起手机开启Instagram，玩转你的限时动态惊艳你的朋友圈吧！！

生活小妙招 你不得不学的



在我们的日常生活之中，一些生活贴士或小妙招都是必不可少的。这些小妙招大多都是可以在很短时间内学会并且减少许多可避免的开销。除此之外，你也会发现到，原来家里已经有的东西，还可以有其他神奇的功效呢！

#1 使用茶袋消除鞋子的异味

红茶中含有单宁酸，可以杀死鞋子中积聚的细菌，并有助于消除异味。首先将茶袋放在沸水中煮2-3分钟，取出茶袋后放置冷却。然后将茶袋放在鞋中大约一个小时，就可以让鞋子自然除臭。



#2 防止纽扣脱落

在纽扣周围的螺纹上涂上一层指甲油，等待指甲油干后，纽扣就会更加稳固不容易脱落。

你不得不学的 生活小妙招!



#3 手机放入杯子当扬声器

将手机放入杯子中，可以放大手机的扬声器，让你享受更响亮的音乐。如果想要听到音量更大的音乐，就可以尝试将扬声器或智能手机放入杯子、碗或垃圾桶中，这样就可以放大你的音乐。

#4 将盐加入需要冷冻的水中

冷冻前在水中加盐会降低水的冷冻温度，使冰块可以停留更长的时间不会融化。这意味着冰实际上会比冷冻的淡水还要冷。另外，如果使用海水盐添加到水中会比食用盐有更好的耐冰性。



#5 吃一颗苹果可以帮助保持口腔清新

咀嚼苹果的纤维质可以刺激牙龈，进一步减少引起蛀牙的细菌并增加唾液流量。而且更多的唾液是有益的，因为它会降低口腔中的酸度并冲走导致腐烂的食物颗粒。



#6 利用白醋清洗淋浴头

使用醋清洗传统的淋浴喷头，首先将醋倒入塑料袋中，然后将袋子绑到淋浴喷头上，然后用细绳固定。让淋浴喷头浸泡在白醋中至少30分钟，然后取出袋子，就OK了！

学会了一些这种生活上的小妙招对可以让你的家居生活更加美好及方便，分享这些妙招给家人朋友知道吧！



#7 快速晾干衣服



如果家里没有干衣机但又需要快速晾干衣服就可以这么做，首先将湿衣服放在干毛巾上。将毛巾和里面的湿衣服一起卷起来。然后尽可能拧出多余的水分，拧干多余的水后，再将衣服挂在衣架上晾干，会加快衣服变干的速度哦。

如何巧用 颜色搭配服装

色彩为我们眼睛看到的事物，添加了一份独特的美感，尤其是服装。我们都非常喜欢看网红及博主们的时尚搭配，但是我们总会潜意识地认为，要打扮的像他们一样根本就是难过登天。不过，当你把这篇文章看完时，相信你会对服装搭配有一个全新的认识，并且对于服装搭配不再迷茫。今天小编整理出来的方式就是——“色环定律”，这是你必须明白的色彩定律，一旦了解就能为自己找出适合且不突兀的色彩搭配。



目前我们已知的色环定律其实是牛顿在18世纪时的发现。根据他的学说，色环中一共有**12种颜色**，从**黄色开始，再到绿色结束**。通过色环排列出的颜色，你可以**选择搭配对面色**，像是橙色和蓝色的撞色；或是经典圣诞的青色及红色之间的搭配。那么关于色彩的搭配，在你还没放飞大玩创意之前，还是有必要先了解这些基础规律。那就一起看下去吧！

单一颜色 - 选择单色或同色调的色阶

让我们从最简单的单一颜色开始。对初学者来说，首先你必须得记得千万别往自己身上放太多的颜色。使用同色的规律能营造出层次感及减少色彩搭配出错的可能。此外，你也可以选择两种不同色阶的同色搭配，来营造简单又美观的视觉感。



释放你的自信， 大玩流行色彩

想要尝试流行，那就一定不能错过互补色的规律了。互补色就是在色环上相对应的颜色。这样的组合会产生巨大的色彩视觉对比。例如，如果你的首选颜色是红色，那么在色环上对应的颜色就是绿色。我们都知道当这两个颜色同时出现的时候，就代表着圣诞节已近了！互补色的搭配能为服装增添色彩，并且营造服装的亮点。



还是对颜色犹豫不决？ 那就试试中性色吧！

“极简不是你放弃或失去了什么，而是你获得、经营及吸取的养分。”
(Simplicity isn't about what you give up, or lose, it's about what you gain, develop and nurture)

选择简单的中色调，像是米色、棕色及灰色调的衣服能营造出休闲及暖暖的感觉。而且，这些颜色即使是大玩撞色，也绝对不会产生突兀感哦！



经典的黑白色

如上所述，虽然黑色和白色并没有出现在色环中，但是这两种颜色的经典依旧是无可取代，从奥黛丽·赫本的经典“小黑裙”到卡尔·拉格斐的经典黑白西装，时尚圈对黑白色的喜爱从未被时代的洪流洗去。黑白服装的穿搭能穿出不同的感觉和氛围，像是炫酷、经典、华丽、优雅、可爱等等的风格，黑色和白色都能轻易的驾驭。



甜美粉色系

粉色系一直都是在少女心中永不变的流行，尤其是在青少年中更为广泛。粉色系给人的感觉就是一种甜美的颜色，会使人感觉心情很好，并且看起来更年轻。很而粉色系里不只有粉红色和粉蓝色，还包含其他的颜色像是橙色、紫色等等。当你对比色环搭配的规律越来越上手时，就能轻易地驾驭粉色系的服装了！



“

所有关于色环搭配的要诀都已经在你手里了，赶快往你的衣橱看看可以如何营造属于你个人风格的时尚搭配吧！练习几次后，你就会发现，要穿着时尚其实一点都不难！

”



你相信心想事成吗？

如果告诉你这是真的，那你愿意付诸行动去实现吗？

你相信你生命中发生的一切，都是你自身吸引来的吗？

了解了这个“秘密”，可以让你得到你想要的一切，包括健康、快乐、财富；你可以达到你想要的目标，成为你想要成为的人。这就是——吸引力法则 (law of attraction)

吸引力法则

什么是吸引力法则？

这来自远古时代的智慧，可简单定义为——“当你在关注什么，就会吸引什么”。这个意思就是说，你所关注的事情往往最有可能出现在你的生活当中，也就是你的意识和想法会吸引那些你所主动关注的事物。

比如，你想要有健康的体魄，你就会去搜寻有关运动、饮食健康相关的资讯，而且会发现到身边许多人同时会给予你有关健康的信息。这就是因为你在专注有关健康的事物时，这些事物就会被你吸引。

如何启动吸引力法则？

首先，你必须从了解，从这一刻开始要有意识的控制你的思想，借由思想转换频率，发自内心相信「吸引力法则」会帮助到你，进而改变你的生命。思维是有频率的，而这个频率就是能够与宇宙沟通的方式，当你发自内心的相信吸引力能帮到你，那么你心里所想要的一切就会在现实生活中发生。

步骤一：下订单

首先你要对宇宙发出指令，让宇宙了解你要什么。将你想要的东西，以现在式写在纸上，开头可以写：“我很快乐，也很感激..”再将你接下来的每个诉求都以这样的方式写下来：

“如果这符合我的最高利益，请让我经历/拥有/得到/能够.....”

宇宙知道怎样会是你的最高利益。所以在一些情况下，我们的要求并不需要太细致，比方说想要一段姻缘，我们不要请求宇宙给我那个人；我们只要请求宇宙“请让我拥有美满的姻缘”，这就足够了。其它情况也是如此，不要给宇宙限定“我就是要那样的”，因为这样的话，就限制了宇宙不能给你更好的。然而只有宇宙才知道，怎样会是你的最高利益——可能会是你想要的那一样，但也可能是更好的另一样。

步骤二：相信

你要相信你已拥有你想要的东西了，而且是毫不动摇地那一种，这样宇宙就会开始运作安排，从而满足你的愿望。

感受了之后，就要放下，不要抱有任何期待。因为期待的心态正是缺乏的心态。期待的频率只会继续吸引来期待的状况。“怀疑”也是同样的道理。因此，如果你是抱着期待的心态向宇宙下单，那么你所吸引来的结果都会有所缺失。

步骤三：行动

宇宙会给予你所需要的灵感和机遇，因此你需要去做一切能让你兴奋的和让你感觉很好的事。无论你能做什么，只要去做，就有助于把你想要的东西吸引过来。只要你行动，灵感和机遇就会把你带向你所想要达成的结果。

如果你选择做的事是基于“爱”和“合一”这个前提，跟宇宙实现这个愿望的方向是一致的，你就会感觉很快乐。宇宙喜欢快速行动，不要拖延、不要恐惧。当机会、直觉、灵感、机会来临的时候，你必须要马上行动。

注意事项

03 注意你使用的词汇

大多数人总是在想着不想要的东西，比如你总想着“我不想迟到，我不想迟到……”这时其实你是在向宇宙呼喊让这件事发生。相反，如果你观想的是“我能够准时到达。我很高兴我准时到达了！”。那么，“准时到达”这个结果就会被吸引进来。因为宇宙它无法分辨能量的好坏，它只会根据接所收到的信息，对你给予回馈。

03 要相信，不能有怀疑

要实现吸引力法则，你必须要相信“相信的力量”并且付诸行动实现。吸引力法则并不是许愿池，它不是“魔法”。不能仅仅通过幻想，没有付出就想得到物质财富、实现个人理想，你还需要付出实际的行动。在付出努力的情况下，如果你善于运用吸引力法则，那么实现你理想的未来的可能性就会增大。

03 保持正面思考

量子物理学已经发现没有思想存在的地方就不可能构造出宇宙。事实上思想构造了我们接触到的一切事物。科学界已经证实，正面思考的作用比负面思考的作用大出好几百倍。而我们的心情其实是一个很好的回馈机制，它可以让我们知道自己的状况是好还是不好，是否偏离方向。情绪是我们拥有的一个不可思议的天赋，它让我们知道自己会吸引来什么。你要是心情好，那么你正在为自己创造一个理想的人生；如果你心情不好，那你创造出的未来会和你的理想背道而驰。

相信吸引力法则的成功例子

据说了解吸引力法则的人们都是人类历史上重要的人们，例如：莎士比亚、牛顿、雨果、贝多芬、林肯、爱迪生等等。还有掌握着全世界90%财富的10%人们。而吸引力法则不仅只是运用在财富的方面，也可以运用在人际关系、快乐、健康、找寻自我价值等等。

因此，请不要再小看思维的力量，因为你的思维是改变你的最佳途径。从现在开始，相信思维的力量，利用想法再付诸行动，把生活慢慢变成你想要的样子，你会事半功倍。

网路营销方向

以人为本自我品牌



1 检查您的Facebook & Wechat Profile:

A. 人头像

- 您自己 (真实的您)
- 干净
- 舒服

B. 名字

- 您的姓名 (英文名, 中文名)
- 不需要放图标 (Icon)

2 过滤您的Timeline (FB) & Moment (WeChat)

- 删除 让大部分读者感觉 负面情绪 (感觉不良好) 的贴文

3 贴文: 生活故事 (生活故事 & 产品宣传)

- 不要一直分享产品, 要更注重生活故事的分享
- 分享自己的正面的生活故事 (是让读者感觉正面)
- 生活故事包含: 家庭故事, 旅游收获, 活动心得
- 分享内容尽可能都图文并茂 (图片 + 文字解说)



4 招商宣传

- 可以自身的收入作为事业宣传, 招揽一些经营者询问
- 除了发布收入, 公司制定的额外奖励如: 旅游奖励也可发布
- 和自身购入的货自拍, 自己务必入镜头

注意事项

- 切勿本末倒置, 只宣传收入, 不分享产品, 会招来不适合人选
- 不必一直分享收入, 可以事隔一段时间, 视情况而定发布时机

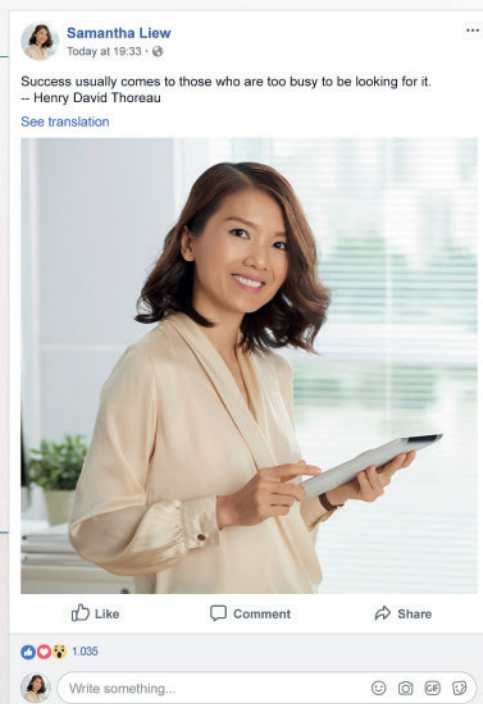


5 贴文注意事项

- 贴文只在最适当的时间发布，增加观众的读阅率
- 一次发布一个贴文就好，切勿连续发布贴文，易造成读者反感
- 专业化，无发布存有其他相关产品或非法活动

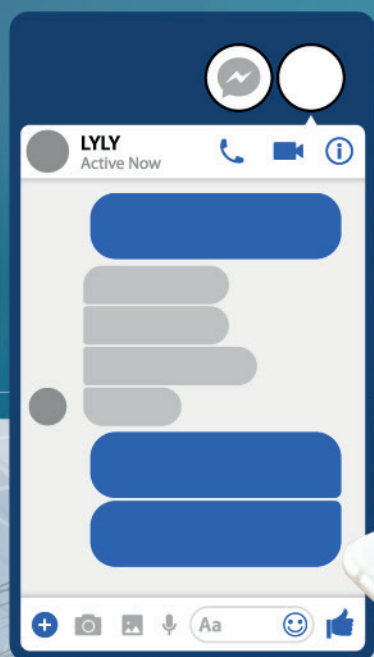
6 增加朋友群

- 面子书及微信最高朋友人数：**5000**名朋友
- 确保是 真实户口 及 目标族群
- 加**Facebook**建议的朋友群
- 拥有超过**15**位**Mutual Friend**
- 每天习惯加 **10~15**位新朋友
- 把微信当日常生活中的名单收集器



7 如何处理反应(PM)?

- 若多日未回复，**Print screen**并询问：这是您寄的吗？
- 有反应后，有什么可以帮到您吗？（对症下药）
- 一个图片，一段注解，然后问他明白吗？
- 专攻产品
- 不要急于见面，先有第一层的交易，跟进服用后感想



在家办公

真的好吗？



在家办公，真的好吗？

“在家办公”这一词，在2020年的初始就已经成为了世人的工作常态。因为新型冠状病毒疫情，全球人类都在毫无预警或演习下，走向了在家办公这条路。而在家办公，意味着更多的时候的工作效率需靠自律完成，你需要通过自主性的自律来达到工作和生活之间的平衡。

我们在因疫情而发家的著名企业一篇中了解到，在家办公的自律性对团队及企业的影响有多大。因此，在家办公显然比起在办公室里的集体生活显得更具挑战性。但是，许多人经历了在家办公之后，却渐渐发现日子变得空虚，幸福感骤减。这究竟是因为什么？

在《人性与个性的逻辑》一书中，作者曾提及，人类是除了基本生活必须，还需要社交的动物。人类的群体协作需求，是一种底层心理诉求。社会性被剥夺的人类，将会导致人类逐渐走向封闭。

也因此，尽管如今吹捧在家办公的声音此起彼落，但在办公室的实体工作依旧无法被取代的原因，也是值得我们去探讨的部分。

实体工作无法被取代的理由：

① 工作模式变得模糊，时间变长

联合国劳工组织高级研究员乔恩·梅辛杰在一份报告中还称，远程办公容易导致精神高度紧张和失眠，在那些在家办公的人中，42%的人有失眠症状，而这个比例在办公室职员中为29%。

② 办公桌距离越远，交流越少

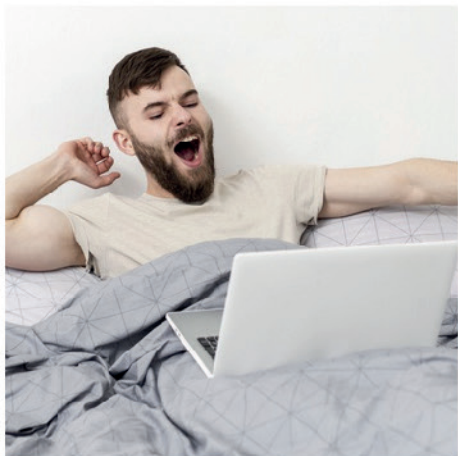
“艾伦曲线”- 1977年，麻省理工教授托马斯·艾伦在观察科学家和工程师的交流模式时发现，两张办公桌距离越远，他们就越不可能交流，若两张办公桌距离超过30米，他们定期交流的可能性接近于零。因此解释在家办公所需面对的沟通距离难题。尽管如今有许多可以达到线上会议的网络程序，但是我们都知，线上会议远远不比面对面沟通来的更有温度。

③ 很难达成共识，效率变慢

波音727逼仄的驾驶舱只够容纳三名成员，但成员之间无需说太多话就能对很多动作瞬间达成共识。“工程师指一下燃油量表，燃料很低的讯息就能传达给其他两人；下面所需采取的步骤也只需通过仪表板上的各种手势来传达，且只要用几个很短的词就能表达出来。整个过程只需 24 秒，但这些讯息如果是要通过电子邮件沟通，那么或许至少也得需要几十条信息才能搞定。

LET'S
STAY
HOME

不管在家办公，还是办公室办公也好；只要每个人能各司其职，在家办公的空虚感自然也会稍纵即逝。工作上的责任，并不会因为办公地的转移而有所改变。将心态调整好，即便是呆在家也可以将工作效率发挥到最大！





线上转账转错户口怎么办？ 看这里，教你怎么做！


对于现代人来说，线上转账已经变成是再正常不过的日常习惯了。因此在进行手续的时候，你一贯娴熟的进行你认为自己已经习以为常的动作，点击完成。直到，当你一眼看到支付收据的时候，发现自己转错户口账号...虽说钱财乃身外物，但是这不明不白的“捐款”方式相信你也接受不到吧～那么，这时候的你，该怎么办才能拿回这笔钱呢？

首先，有几项事情是你必须要面对的，那就是你无法取消这笔交易，原因如下：

你和收款账户者之间并
没有任何的合约关系；

你在最终确定转账的时
候，已经点击确定正确

这些理由非常简单直白，但是并无法消除我们的无奈。因为当你点击转移的时候，这笔钱就已经不再属于你，因此在法律的角度上你已经失去了对这笔钱的控制权。



因此，在这个时候，你可以有两种选择。

寻求银行协助，联系收款户口拥有者将这笔钱转回给你

相信没有人会发自内心愿意因为一个愚蠢的错误而输了钱，例如键入错误的帐号。虽说银行户口号码不会按顺序给出，因此，如果只是输错了一个号码，是不会有这个可能得到别人的帐号的。但是，如果确实发生了这种情况，请立刻与您的银行联系，并获得他们与帐户持有人联系的帮助。

但是，你需要得到该帐户持有人的同意才能撤消交易。因为从技术上来讲，现在得到交易的是他们的名字；如果资金已到帐，那么银行就不能轻易强制将其转回。虽然现在，在某种程度上你还是这笔钱的拥有者，但是由于法律原因，银行没有权力单方面为您执行这项权利。由于各家银行的程序可能会有所不同，并且您可能需要也提交一份警方报告。

寻求律师协助

如果第一个方法不行，那么你就需要寻求律师通过“信托法令”的领域来索回这笔钱。通过“建设性信任”（Constructive trust）的权益保护，在这个法律条规下，即便在法律上这笔钱的拥有人已经转至该错误户口者，但是这笔钱的受益所有权依然在你。

这种受益的所有权就是你有权收回钱的原因。因此，当收回资金时，另一位帐户持有人将自动视为同意，您仍然有权在建设性信任下起诉该人以取回您的钱。

但问题是起诉某人很昂贵。因此如果在索回钱时遇到困难，才考虑聘请律师；其次，在考虑升级为全面的诉讼之前，你也会希望你的律师能说服对方私下解决。

因此，在转账之前，一定要再三确认户口账号是否正确！事实上，如果能做好预防的工作，这一切额外的麻烦便不会发生。因此在进行汇款动作时请格外注意加小心。如果需要，请使用大多数银行平台提供的验证方法，然后再确认转帐，将风险调至最低。



CREATION PLAN

6月

特别优惠

1ST JUNE 2020 (12AM, MYT) – 30TH JUNE 2020 (11.59PM, MYT)

ELITE

1 x 产品 (经销商价格) +
1 x PWP 40%折扣

PREMIUM

6 x 产品 (经销商价格) +
6 x PWP 45%折扣

LP *(Legacy Partner)*

16 x 产品 (经销商价格) +
16 x PWP 45%折扣

公开于所有晋级以及60天前和60天后晋升

*需符合条规 *只限马来西亚经销商

由于有条件行动管制令 (CMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。折扣产品不包含WP

*欲知更多详情, 请参考促销活动备忘录。直到售完为止。



6
YEARS
ANNIVERSARY

RETURNLEGACY®

LEGACY PLAN

THE CLEANSING CRAZE

双重净肤

1ST JUNE 2020 (12PM, MYT) - 30TH JUNE 2020 (11.59PM, MYT)

RM319.80(西马) RM338(东马) | 30WP



+

折扣 40%

2 x Fresh (99ml) + 1 x Fresh (99ml)

折扣 40%

免费



2 x Hydro (20ml) + 1 x Fresh (50ml)

Exp: DEC 2020

Exp: DEC 2020

RM213.20(西马) RM239.20(东马) | 24WP



+

折扣 40%

2 x Cleansing Water (150ml) +
1 x Cleansing Water (150ml)

折扣 40%

免费



3 x Cleansing Water (50ml)

Exp: JAN 2021

*需符合条规 *只限马来西亚经销商 *由于有条件行动管制令 (CMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。

*折扣产品(经销商价格)不包含WP *欲知更多详情,请参考促销活动备忘录。直到售完为止。



增强免疫系统 从这里开始!

1ST JUNE 2020 (12PM, MYT) - 30TH JUNE 2020 (11.59PM, MYT)

LEGACY PLAN

4x



免费



Potent

1 x Potent + 1 x Hand Sanitizer

RM776(西马) RM804(东马) | 120WP

4x



免费

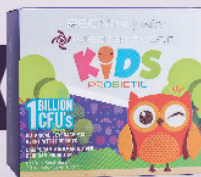


Mediterranean Gold Plus

1 x Mediterranean Gold Plus + 1 x Hand Sanitizer

RM796(西马) RM828(东马) | 140WP

2x



+



Junior Mediterranean Kids

1 x Junior Mediterranean Kids Discount 40%

RM299(西马) RM325(东马) | 26WP

*需符合条规 *只限马来西亚经销商 *由于有条件行动管制令 (CMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。

*折扣产品(经销商价格)不包含WP *欲知更多详情,请参考促销活动备忘录。直到售完为止。



PROMOTION

低门槛 成为 CLASSIC会员!

1ST JUNE 2020 @ 12PM(MYT) - 30TH JUNE 2020 @ 11.59PM(MYT)



RM88(西马) RM95(东马) / 8WP

购买

免费

CLASSIC会员
(价值 RM48)

可获得
1x RL WELCOME
HANDBOOK

*需符合条规 *只限马来西亚经销商 *由于有条件行动管制令 (CMCO)/繁忙/促销期间,
您的订单发货可能会比平常花较长的时间。 *欲知更多详情, 请参考促销活动备忘录。直到售完为止。



LEGACY PLAN

FREE

Hand Sanitizer & Disinfectant

*WITH PURCHASE OF RM200 AND ABOVE (IN A SINGLE RECEIPT)

*WHILE STOCKS LAST



FROM 1st June 2020 (12pm MYT) ONWARDS

RL HAND SANITIZER 功效:

舒缓 · 保湿 · 镇静



芦荟萃取物

保湿 · 护肤



VITAMIN E

杀菌

70%

70% v/v
ALCOHOL DENAT

*需符合条规 *只限马来西亚经销商 *由于有条件行动管制令 (CMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。

*折扣产品(经销商价格)不包含WP *欲知更多详情,请参考促销活动备忘录。直到售完为止。



EXTENDED

ITALY

TRAVEL INCENTIVE TRIP 2020

EXTENDED TO 28th February 2021 (11:59pm, MYT)



Qualification :

A For rank Classic membership to Crown Ambassador

Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
		Min. Required Group	WP per Group	
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

* Only one (1) criteria to be fulfilled.

B For rank Royal Ambassador to Royal Prime

Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

* Only one (1) criteria to be fulfilled.

** Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the campaign period.

*Terms and Conditions apply.
*For further information, please refer to our campaign details.
*For Malaysia and Singapore distributors only.



RETURN LEGACY SDN BHD

201401004515 (1080589-X) (AJL932074)

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