

LEGACY LIFE

传 承 生 活



RETURNLEGACY® | 2020 SEP

LIVE STREAMING:

**THE NEW
BUSINESS TOOL FOR
GREATER SUCCESS**

**MESSAGE FROM
PRINCIPAL OF RLEA**

EXPAND THE ONLINE FIELD
OF VISION, START A NEW
LEGACY MODEL



**WHAT IS SO UNIQUE ABOUT
NEW UPGRADED H+**

IS YOUR SKIN AGING?

SEP
2020

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EXPAND THE ONLINE FIELD OF VISION START A NEW LEGACY MODEL

I believe everyone has felt many changes in their day-to-day lives in the past few months. The new normal has shifted our daily lives from offline to online. From working, to meeting, chatting, learning, groceries shopping and even exercising, everything has turned to online platforms. In addition to having to adapt to the new mode of working and learning, it has become a new habit to wear masks and maintain social distance when we are outdoors.

Facing a world that we are no longer familiar with, both consumers and businesses are not able to use the past models for various business activities. For companies to survive in adversity, the only way is to change oneself and modify business models to cater to the advent of the new consumer era.

THE PRINCIPAL OF RLEA
ALVIN HONG



It is a fact that the epidemic has caused a global economic recession, but as long as online platforms are properly utilised to integrate offline and online business, companies can definitely turn a crisis into an opportunity, and allow the growth of the business performance. Furthermore, all Legacians who never give in to challenges, must keep up with the development of e-commerce and exhibit their strength on these online platforms.

Firstly, we must have a breakthrough on the offline limitations and shift the focus online. On personal social platforms such as Facebook, Instagram, TikTok and so on, interesting and creative contents are shared to attract attention. We can make reference to other people's posts, photos or videos for inspiration. From these we can analyse what makes the content attractive and take a look at which is more suitable to be used on personal social platforms. For example, if you are a full-time mother, most of your friends would be mothers, then you can share knowledge and interesting things about parenting on personal social platforms.

As long as it is shared with sincerity, consistent content and a maintenance of the frequency of activity, it will attract the long-term attention of the targeted group. Once the basic trust and favourable impression are established, fans will then be willing to buy the products that you recommend.

Besides operating personal social platforms, we should make good use of Return Legacy e-commerce platform, allowing customers to experience the joy of seamless shopping between online stores and offline physical stores in the era of the comfort from their own home - a flexible business operation to meet customers' individual requirements. Moreover, Return Legacy e-commerce platform contain a large number of videos, photos and other information that you can easily access. If there is any queries from the customers, you can answer them immediately, and at the same time, build your professional image.

The integration of offline and online development is currently the general trend. The e-commerce industry contains tremendous market potential. As long as we are willing to expand on the online vision, utilising the power of networking to manage your Return Legacy business will contribute to a brighter prospect for your business development.

LIVE STREAMING

The New Business Tool for Greater Success

“Two hours was all it took for Fengju Qin to sell over 100 tons of Baishui apples via livestream on the JD.com app!”

If people don't know about your product, it's hard for them to fall in love with it.

Live streaming is THE must-have business tool this 2020 to bring your product into people's awareness, hearts and homes.

The pandemic has driven most of the world into the comforts of their own home. For sellers, this means that they have to change their way of selling to stay relevant and competitive. For many, especially brick and mortar stores, the pandemic is devastating. But for others who have a foothold in e-commerce already, the pandemic presented an opportunity to grasp greater success.

And live streaming is one of the most effective tools driving the success of online businesses.



LIVE

LIVE STREAMING AT A GLANCE

What is live streaming exactly?

It's when video streams are shared online in real time, without being first recorded or edited. It's a live show, but online. It can be on websites like Taobao JD or social media platforms like Instagram, Facebook or Twitter.



Unlike regular video content where videos are shot and edited before release, live streaming creates a sense of spontaneity and one-to-one connection. This helps foster trust and camaraderie. Users can offer comments and reactions in real time and of course purchase in real time as well. Of course, the greatest advantage is that sellers can achieve a one-to-one connection with multiple users at the same time.

THE MANY BENEFITS OF LIVE STREAMING

● It's so convenient

Live streaming is convenient for both sellers and buyers. From sellers, live streaming is convenient because they can promote their product to a large audience all at the same time. Unlike the traditional business model where sellers contact and woo customers one-by-one, live streaming allows sellers to achieve that personal touch with many at the same time, thus gaining more sales.

For buyers, it's definitely more convenient because they can buy without leaving the house. They can join the live stream anywhere they have an internet connection, place an order, and just wait at home for the item to be delivered. In terms of convenience, live stream buying beats in-person sales anytime.

● Improved communication between buyer and seller

In live streaming, the seller is a salesman and a host. The live stream format enables them to answer questions in real time, while also entertaining the audience with their showmanship and information. The Q&A format enables buyers to get answers and clarification straightaway. The biggest plus is, by providing the answer once to many, the seller does not need to respond to the same question again and again.

For the audience, clearly the advantage is that they receive a prompt reply. The traditional business model, even online, only allows buyers to ask questions via direct message, email or contact form. The response is not as immediate as through live streaming. And sometimes, an immediate response may just be the push a buyer needs to close the sales.

● It's really cost-effective

In the traditional model, a seller has to bear the cost of logistics, booth or store rental, employee fees, licensing and so on. With live streaming, there is none of this cost! Most sellers do not even use a fancy location - they are selling in their warehouses or their stores or studios. Basically all they need is a camera, some lights, wardrobe and makeup and an internet connection.

SIMPLE TIPS TO ELEVATE YOUR LIVE STREAMING



UTILIZE A CELEBRITY OR KEY OPINION LEADER

To stand out from the crowd, use a famous face or personality. A celebrity or a key opinion leader is a great way to attract more views because you can leverage on their followers as well.



GIFTS!

Everyone loves receiving presents. A time-honoured tactic, giveaways attract viewers, create excitement and inspires goodwill. The promise of a giveaway at the end of the program also encourages viewers to keep watching till the end.



SPECIAL OFFERS OR DISCOUNTS

Create urgency by offering special prices or discounts that are only available during the live streaming. This tactic works most of the time since buyers love offers and the idea of saving.



FRESH CONTENT

Don't stay in a rut with your content- new, unique and interesting content will keep people tuning in. Sellers must remember they have to sell not just their products but their personality so keep your eye on the current trends and make your stream fun for people to watch.

LIVE STREAMING SUCCESS STORIES

SHOUGUANG VEGETABLES

Weng Wang, the boss of Shouguang vegetables, did not achieve success with her first live streaming video. However, after a special session with JD, her business managed to attract many influencers. Weng Wang saw her sales increase from RMB200,000 yuan in February to RMB1million yuan in March. 90% of her sales during the pandemic were brought in through live streaming!

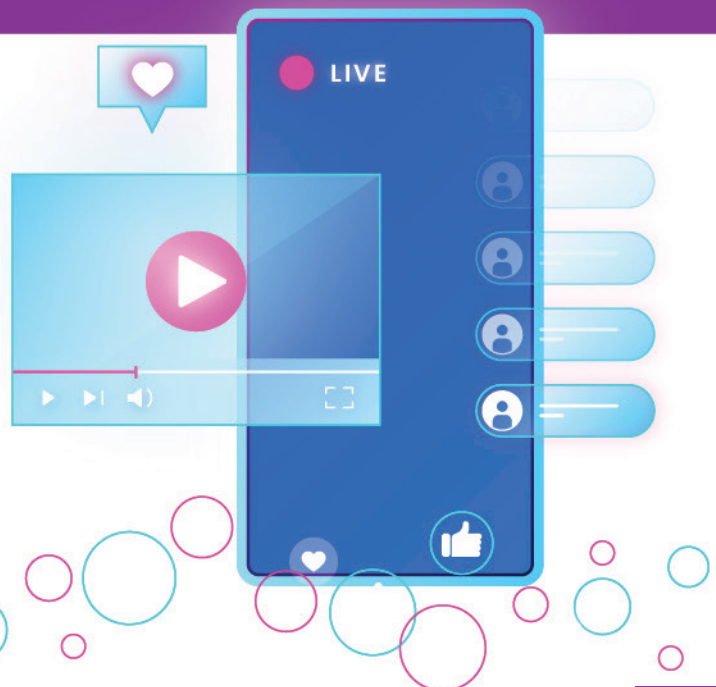


'LIPSTICK BROTHER NO. 1'

With 40 million followers on Douyin, 27-year-old Li Jiaqi managed to sell 15,000 lipstick within five minutes in one of his live streaming videos. How did he do this? To stand out from other beauty bloggers who would do swatches on their arms, Li Jiaqi applied the lipstick straight on his lips. This live demo showed viewers very clearly what the lipstick would look like on them. Because of his success, he is now known as 'Lipstick Brother No 1' among his fans and followers.

CONCLUSION

It's true that the pandemic has impacted various industries and businesses. But savvy businesses who are working to adapt to this change have started using live stream to attract and engage with customers, with great success. Live streaming has so far shown satisfying results despite the pandemic, so if you're hoping to increase sales and gain more followers, live streaming may just be the tool you've been looking for!



WHAT IS SO UNIQUE ABOUT NEW UPGRADED

REOX series **H+**



HYGIENE

REOX Series H+ is contained with an ingenious packaging that combines an aluminium bottle with a completely sealed aluminium pouch which keeps the powerful H+ safer and more hygienic. The air-pressurised pouch is designed to hold the concentrated ingredients fresh, allowing for next-to-zero exposure to sunlight, humidity, oxygen, contaminants and other extrinsic factors.

ULTRA-FINE MIST

The exclusive design of nozzle gives users a convenient and upgraded dispensing experience. All it takes is a press at any angle to release the ultra-fine mist, diffusing evenly over your skin to soothe your complexion all day long without wasted any single drops.

TECHNOLOGY

Bag-On-Valve (BoV) Technology for Long Lasting Efficiency. The state-of-the-art design is developed to the high-end dispensing system to reflect the superior and functionality of REOX Series H+, giving users a convenient and upgraded skincare experience.

VOLUME

120ml to 135ml
(increased 15ml)

60ml to 70ml
(Increased 10ml)



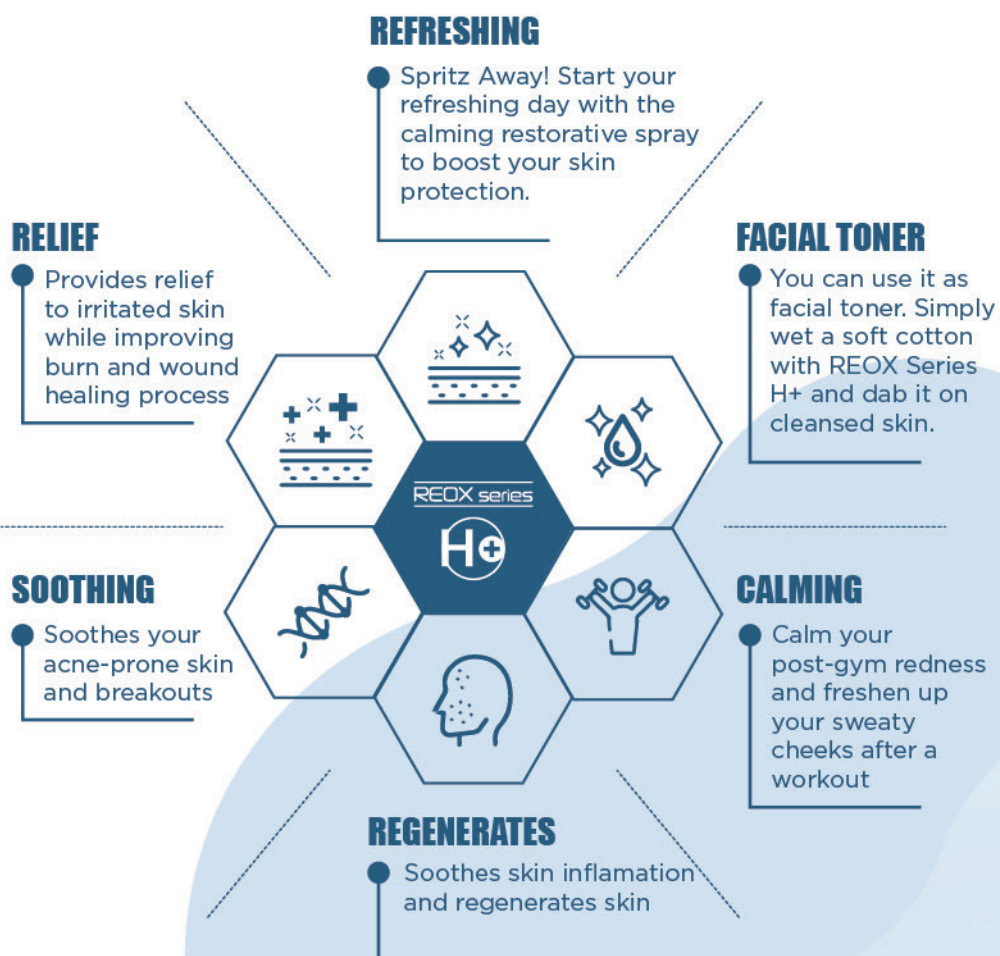
THE EFFECTIVENESS OF REOX SERIES H+

Acts as a soothing and strong anti-inflammatory agent

Calms irritated skin and keeps underlying redness at bay

Cools skin for a nice relaxed feeling

Instantly soothes and relieves burns



Dermatologically tested, with a unique balance of antioxidant, minerals and nutrients, REOX Series H+ is your ideal partner for all skin types, even for sensitive skin.

IS YOUR SKIN AGING?



Most women start to notice signs of aging such as wrinkles and fine lines around the age of 25. However, some women experience premature aging due to several factors such as unhealthy lifestyle, diet, emotion, UV rays and smoking. Even if you're under the age of 25, it's doesn't mean you can escape from ravages of aging as aging of skin is not solely dependent on 'age'. So let's check it out now! If your current skin condition ticks the following boxes, it's time to introduce an anti-aging routine to your skin!

ARE YOU READY TO SPOT IF YOUR SKIN HAS STARTED AGING?

- ▶ Pillow marks that form on your skin take a while to fade
- ▶ The appearance of fine lines, crow's feet and smile line
- ▶ The appearance of heavy dark circles, even with a good night's rest
- ▶ Dull complexion and skin pigmentation
- ▶ Lack of skin elasticity in the cheeks
- ▶ Emerging dark spots
- ▶ Large pores on both sides of your nostrils
- ▶ Cakey makeup
- ▶ Worsening symptoms of dry skin
- ▶ Obvious wrinkles on the neck and forehead

Time, every minute and second of it, is permanently etched onto our skin in the form of emerging fine lines and wrinkles- a horrific thought for most! While there's no way to totally resist the process of aging, we're able to enlist the help of anti-aging products to slow the process and prolong our skin's youthfulness. Distinctly different from the other anti-aging and antioxidant products out in the market, Return Legacy has utilized its breakthrough Micro-Mineralised Nutrient Technology (MMNT) from Japan and combined it with high quality anti-aging ingredients to successfully develop the

2° Redoxy essence.

2° Redoxy essence consist of Acetyl Hexapeptide-8 and other active ingredients, helps to reduce the appearance of wrinkles and improve skin elasticity to its former youthful vitality.



KEY INGREDIENTS:



ACETYL HEXAPEPTIDE-8

Reduces wrinkles, fine lines and expression lines

Acetyl Hexapeptide-8 is known for its wonderful anti-aging property just like what botox could do. It works to reduce the contraction of facial expression muscles every time a facial expression is made. As a result, the aforementioned aging signs such as wrinkles, fine lines and expression lines are greatly reduced.

*Study shows an improvement of 20.6 % on signs of aging after applying Acetyl Hexapeptide - 8 for a week.



SODIUM HYALURONATE

Hydrates and lifts

Sodium hyaluronate's high absorbency properties help hydrate the skin by retaining moisture, creating a plumping and lifting effect on the skin.



WHEY PROTEIN

Skin Renewal and Improve skin elasticity

Whey protein encourages skin cell renewal leading to improved skin elasticity and firmer skin.

- **Lightweight and non-greasy**
- **Self-loading dropper for ideal product dosage**
- **FREE from Parabens.**

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

NO MORE BLACKHEADS, WITHOUT NOSE STRIPS!

Blackheads are formed when pores become clogged with dead skin cells and excess oil. When this mixture is exposed to air, it oxidizes and turns black, forming a blackhead.

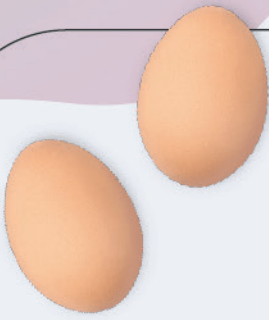
Although they often form on the face, take note that they can also appear on other parts of your body: chest, neck, arms, back and shoulders.

While blackheads are definitely annoying, they are not painful or threatening to your health. And blackheads don't mean that you're dirty or insufficiently hygienic. Rather, they are very normal!

You might find that there are more blackheads on your nose. This is also normal because there are more oil glands on the nose. And skin's sebum production increases as we age, which is why blackheads can occur at any age.

You might have tried those popular nose strips to get rid of the blackheads on your nose; however, they rarely work that well and can even be painful because they work by literally stripping your skin.

Here are some remedies you can try that might give you better results!



EGG WHITE FACE MASKS

All you need is one egg. Separate the yolk from the white and apply the white to your face. Egg white masks can absorb excess oil from your skin. It can also help tighten your skin and make you look younger and more refreshed. Wash your face with water before applying it. Wash off the egg white once it's dry and carry on with your normal routine.

CHARCOAL

Activated charcoal helps to absorb dirt and excess oils from your pores. This is because charcoal has the natural ability to remove oil and impurities from the skin. That's why it is often used in beauty products like scrubs, facial masks and soaps. You can find activated charcoal powder in pharmacies. Simply mix up a teaspoonful into a paste with a bit of water. Cleanse your face first before applying. Let it dry on your skin for about 15 minutes and then rinse off with warm water. Gently dry your face and then apply a facial moisturiser.



TURMERIC

Turmeric powder can remove excess oil and kill bacteria with its antimicrobial properties. Simply mix a teaspoon with one tablespoon of water or coconut oil and apply the paste onto the affected area. Rinse off with lukewarm water after 15 minutes.

TEA TREE OIL

Tea tree oil has antibacterial and anti-inflammatory properties that can help to disinfect pores and dry out blackheads. You can apply a few drops directly to the affected area, or mix it with a natural oil like almond, jojoba or olive oil.





CLAY MASKS

Try mixing bentonite clay with a bit of apple cider vinegar to create a clay mask that is incredibly cleansing and purifying for the skin. The mineral-rich clay absorbs sebum, clearing grease from deep within the pores along with other impurities. Do it once a week to refresh your skin.

And after your clay mask, why not give your skin a treat with Return Legacy's 2°Activator Instant Hydrating Mask?

Blackhead removal might be drying or stripping for the skin.

2°Activator Instant Hydrating Mask delivers deep hydration, leaving complexion energetic and healthy-looking. As it rejuvenates a dull complexion, it also helps prevent water loss, improving skin elasticity and providing long-lasting hydration without sticky feeling.



HOW TO USE?



First, clean and tone the skin.

**Then apply the mask avoiding your eye area.
Leave it on for 10-20 minutes before removing.**



**Gently massage the remaining serum
into your face and neck.**

Enjoy the glow!



WHICH BODY CLEANSER


— IS BETTER FOR YOUR SKIN —

Most of us who live in Malaysia look forward to our showers. It's more than getting clean isn't it? It's a self-care ritual that we look forward to. A shower is more than just getting clean, it's something that has become a ritual we look forward to, especially in this hot and humid country!

Thus, the selection of a body cleanser is somewhat important, especially for those of us with existing skin conditions; choosing the right body cleanser could mean the difference between comfortable skin or whole-day discomfort.

Not all soaps are created equal. Soap was invented by the Babylonians in 2800 BC. We have come a very long way since then. In addition to the traditional bar soap that we've used for so long, we now have so many choices- body washes, shower gels, foams, shower oils and much more.





But have you ever wondered: which body cleanser is actually better for your skin? Let's do a quick comparison based on ingredients, convenience and cost.

INGREDIENTS

Bar soaps are created through the saponification process, which is when fats and oils react with lye or sodium hydroxide to form a new product (known as soap). Bar soap gets a bad rep for being very harsh and drying on their skin because of the high pH level of 8 or 9. If you've ever used conventional bar soap, you'll be familiar with that tight feeling on the skin.

However, if you're a firm fan, there are plenty of bar soaps out there made with different ingredients like glycerin which is actually a humectant that draws moisture to the skin. There are also superfatted soaps which are formulated with a higher level of fat. This kind of soap forms a protective film over your skin.

When it comes to ingredients, shower gels and body washes definitely win in terms of diversity. Because of their liquid formulas, it's easy to add in different ingredients. A shower gel is generally thicker in consistency while body washes are more moisturising and more hydrating than bar soaps.

What's most important is to consider your skin type and needs. If you have any conditions like eczema, acne or sensitive skin, anything too drying will cause more irritation.

Whether it's bar, body wash or shower gel, it's important to choose something that won't strip your skin even more.

CONVENIENCE

In terms of convenience, bar soap is quite convenient if you are using it at home. After all, you only need to get the wrapper off, rub on your body and rinse. However, if you're travelling then bar soap becomes a hassle. Once it's wet, it's hard to move.

Shower gels and body washes are usually just a pump or squeeze and go. It's not just easy to use, but much more portable because it can be decanted into other containers.

In terms of convenience, shower gels and body washes are much more convenient.

COST EFFECTIVENESS

Bar soap is usually sold at an affordable price, depending on the type of ingredients used. The problem with bar soap is that it can easily diminish whether you're using it or not. This is because bar soap is placed in an open area. If it's continuously exposed to water splashes, it can become a runny mess quite quickly.

Prices for shower gels vary widely depending on the ingredients and brand. They are definitely more expensive than bar soaps, but can last much longer depending on how you use it.

Being sealed in a bottle means that the shower gel can remain in good condition even if it is continuously exposed to water splashes.

So in this case, shower gel is more cost effective especially if you're purchasing more affordable options.

In conclusion, we find that shower gel is more practical. But when selecting a shower gel, it's also important to find a product that cleanses the skin in a beneficial way.

A'maze

SUMMER BLISS



Introducing Return legacy A'maze Summer Bliss Shower Gel.

Suitable for all skin types, it's made with several actives ingredients to ensure that you enjoy the best shower experience. It contains Magnolia Flower extract that can help to soothe, relax and de-stress your skin. Besides that, mandarin and orange extract moisturizes while peach extract helps to preserve water on the outermost layer of skin.

This shower gel is formulated to cleanse your skin delicately while leaving a fresh scent that lingers on your skin all day. Unleash the best shower experience that keeps your skin healthy with the combination of A'maze Summer Bliss Shower Gel with A'maze Summer Bliss Body Cream.

A'maze Summer Bliss Body Cream is made of shea butter and cocoa seed butter that glides on your skin luxuriously. This non-greasy body cream provides long hours of moisturization leaving it silky smooth to the touch. Besides, it is suitable for all skin types which means no one is left behind.

SUGAR DETOX: THE SIMPLEST WAY TO LOSE WEIGHT

We are no strangers to sugar, and the results of sugar addiction. The United States isn't the only nation that is burdened with the issue of obesity due to the high sugar content in food, drinks and snacks. Here in Malaysia, we are the fattest nation in South-East Asia with rising rates of obesity and Type 2 diabetes.



**EVEN IF WE ARE OUTWARDLY QUITE HEALTHY,
A TOO-HIGH INTAKE OF SUGAR IS DETRIMENTAL TO OUR HEALTH.**

IMAGINE THIS :

Our hormones, mood, energy, and blood sugar are unbalanced due to our high sugar intake, leaving us vulnerable to all kinds of diseases. For those of you who are unaware, all cells feed on sugar, including bad bacteria.

If we keep up a high sugar intake, it's not a matter of "if" we get sick, just a matter of "when". However, sugar is hard to quit.

The main reason why many people fail in their attempts to sugar detox, is they decide to go cold turkey. It's true that sugar is addictive; in fact, studies show that it may be as addictive as cocaine!

Here are some tips on how to get started and complete a sugar detox, sans withdrawal symptoms and sudden urges to reach for that chocolate bar. Feeding the body properly along with proper hydration is the key to detoxing the body from sugar.



1. TREAT PROTEIN & FAT AS YOUR FRIENDS

A cycle of low blood sugar and intense "hanger" (hungry + angry) is caused by consuming excess sugar. Changing your diet to include lots of good protein and fat like nuts, seeds, legumes, beans, lean cuts of meat, poultry and fish, and eggs, is one effective way to break the sweet cycle, rather than going cold turkey on sugar.

Protein and fat make you feel full for longer periods of time as they break down slowly in your stomach. This will also help you avoid temptation to reach out for a sweet snack in between meals.

2. FRUITS AND VEGETABLES

Now would be an excellent time to re-discover a love for fruits and vegetables, which do contain sugar in its natural form.

Make your meals colourful with an assortment of fruits and vegetables. A whole array of antioxidants and phytonutrients are obtained from a variety of fruits and vegetables, which come with the additional benefits of keeping the body healthy, skin vibrant and eyes strong. The meal will also not look boring to the eye.





3. DRAW UP A MEAL PLAN OR FOOD PREP IN ADVANCE

Preparation is the key to any good detox. Before you begin detoxing, make sure you have the sufficient ingredients for your meals and double check your meal recipes to see where to cut off excess sugar.

It is always sensible to prepare food for the week, as you then won't have to stress about what to eat and what not to eat during meal times. It takes a bit of planning but is well worth the effort if you can cut down or cut off added sugar in a sustainable way. This method also helps to plan out your weekly grocery shopping list!

4. AVOID ARTIFICIAL SWEETENERS

Taking artificial sweeteners to replace sugar may seem like a good idea, but it can actually deter you from a successful sugar detox, as you are not teaching your body to avoid the dependence on sugar. Instead of being reduced or eliminated for good, your dependence for that level of "sweetness" is still maintained, or even increased in rare cases, and you will find yourself going back to old sugar habits once you stop taking artificial sweeteners.



5. EXERCISE

To take your mind off that chocolate truffle or candy bar in moments of weaknesses or lethargy, go out for a walk, or with the current RMCO, do some light exercise or yoga in a well-ventilated place indoors. Exercise does increase energy levels and curbs stress-induced cravings for sugary foods. It also increases endorphins, the feel-good hormone! Speak to your doctor on the type of exercises you can perform, before starting off.

6. GET ENOUGH SLEEP

Insufficient sleep has been linked to increased sugar cravings and increased snacking on other foods, which invariably leads to weight gain.

Getting the appropriate hours of sleep has been linked to improved focus (making better food choices), higher energy levels, and lower stress levels. Do avoid day time napping and set a fixed nightly bedtime routine.



REMEMBER,

saying goodbye to sugar is **NOT** an easy task. You may experience hiccups along the way, but the important thing is that you learn from where you went wrong, correct it in your next attempt and **START AGAIN**.

To detox yourself from excessive sugar, it is important not deprive yourself of food or starve yourself, but to an achievable program for yourself to gradually decrease your sugar intake.

It's also best to get the support and encouragement from your loved ones and family members. We wish you all the best!

DID YOU KNOW?

8 SIMPLE FACTS ABOUT GREEN TEA



Green tea has received much exposure in recent years, and many health experts have deemed it as one of the healthiest drinks on earth. The market has responded, and you can find green tea products everywhere now, from trendy matcha lattes to green tea-flavoured desserts.

There is much to be said about green tea and its history. We have picked out some of the key benefits of Chinese green tea in this article.

The production of Chinese green tea goes back to the first Emperor of Ancient China, Emperor Shennong Yan who lived about 5,000 years ago.

The far-sighted Emperor Shennong ruled that all drinking water be boiled as a hygienic precaution.

A story goes that, one summer day, while visiting a distant part of his realm, he and the court stopped to rest. In accordance with his ruling, the servants began to boil water for the court to drink. Dried leaves from a nearby bush fell into the boiling water, and a brown substance was infused into the water. As a scientist, the Emperor was interested in the new liquid, drank some, and found it very refreshing. And so, tea was created in 2737 BC.'

Green tea was originally meant for royalty and high-ranking officials in ancient China, as it was very expensive to purchase. It was not until the 14th century that green tea was made available to the general public for their enjoyment.

HERE IS A RUNDOWN OF THE 8 MOST POPULAR CHINESE GREEN TEAS:



WEST LAKE DRAGON WELL TEA (HANGZHOU)

This brand of green tea, also known as Longjing tea, is the most famous green tea in China and is also well known around the world, with a gentle flavour and pleasing aroma.



BILUOCHUN (SUZHOU)

This tea is harvested during the spring equinox and the leaves come curled resembling the shape of snails. It has a strong aroma and fruity taste.



HUANGSHAN MAOFENG TEA (HUIZHOU CITY, ANHUI)

Also known literally as “Yellow Mountain Fur Peak” tea, it has peak shaped leaves and ivory tinted hairs. This golden tea is slightly sweet and fragrant.



TAIPING HOUKUI TEA (YELLOW MOUNTAIN, ANHUI)

Another tea from Anhui, literally known as “monkey leader”, it’s a rare tea shaped like bamboo leaves.



LU'AN MELON SEED TEA (LU'AN CITY ANHUI)

A highly nutritious tea and widely used to prevent sunstroke during the Ming Dynasty.



XINYANG MAOJIAN TEA (HENAN PROVINCE)

This “hairy” tea is a special variety. The young leaves have sharp tips that leave tiny fuzz in the cup when brewed.



LUSHAN YUNWU TEA (JIANGXI PROVINCE)

This “cloud mist” tea is grown on the Lushan Mountain and is characterized by its tender leaves, clear jade green luster and sweet flavour.



NANJING RAIN FLOWER TEA (NANJING, JIANGSU PROVINCE)

A special green tea with a delicate pine needle appearance. This particular tea is processed with great care and has a light, smooth, flowery taste.



MODERN DAY RESEARCHERS HAVE FOUND CHINESE GREEN TEA TO HAVE MANY BENEFITS, LIKE:

HEALTHY BIOACTIVE COMPOUNDS

Most of the beneficial effects of green tea are attributed to its polyphenolic flavanoids known as catechins. These compounds exhibit anti-inflammatory and antioxidant properties which help to scavenge free radicals in the body, protecting cells from oxidative damage, therefore reducing the risk of various degenerative diseases associated with oxidative stress.

Small amounts of minerals beneficial to health have also been found in green tea.

IMPROVE BRAIN FUNCTIONS



Green tea has caffeine which is a stimulant. Caffeine can improve various brain functions such as reaction time, memory and mood.

Although green tea contains less caffeine than coffee, it can give you a much milder buzz than coffee. Green tea contains the amino acid L-theanine which provides beneficial effects on the mental state including sleep quality. L-theanine has been shown to actually improve the function of the brain.

Several studies also show that catechin compounds in green tea exert a neuroprotective effect which may lower the risk of dementia.

FAT BURNING

Many fat burning supplements have green tea listed as one of the ingredients. Research has shown that green tea can positively boost the metabolism and increase the burning of fat.

The caffeine in green tea may also improve physical performance by enhancing fatty acid mobilization, helping you use fat as the major energy source during exercise.

LOWERS CANCER RISK


As green tea is a fantastic source of powerful antioxidants, research has linked consumption to a reduced risk of lung cancer, prostate cancer and colorectal cancer. More research is being carried out to confirm these initial studies.

For overall health benefits, you may want to seriously consider drinking green tea on a daily basis. Do buy a reputable brand of green tea to ensure you reap the most benefits.



DISCLAIMER:

This article is our summary based on some general research on green tea, its origins, types of green tea and health benefits. Always consult your doctor before consuming green tea, to prevent any negative issues that may arise from the combination of green tea with medication you might be currently taking.



TAKE CARE AGAINST THE RISE OF DENGUE FEVER!

While all eyes are focused on the Covid-19 virus, did you know that dengue, a common threat in South-East Asia, has never really gone away?

IN FACT, DENGUE CASES ARE ON THE RISE IN MALAYSIA RIGHT NOW.

Although the fatality rate for dengue is lower than that of Covid-19, it should definitely not be taken lightly.

Malaysian health officials have reported 38,240 dengue fever cases in total with 63 deaths in April 2020. Selangor accounts for more than 23,000 cases, followed by Johor and Kuala Lumpur.

There has been a rising trend of an average 8% increase for eight consecutive weeks. The government said that dengue fever cases are expected to rise in a second wave across Malaysia, starting in early June and running until September.

The incidence rates of dengue fever and dengue hemorrhagic fever in Malaysia are 118.3 and 5.1 respectively per 100,000 people.

The mortality rate of dengue fever and dengue hemorrhagic fever in 1998 was 0.22 and 0.23 respectively per 100,000 people.

The global incidence of dengue has increased dramatically in recent decades. Dengue is now endemic in more than 100 countries in the Africa, America, Eastern Mediterranean, Southeast Asian and Western Pacific regions. According to WHO, the global incidence of dengue has grown dramatically in recent decades. About half of the world's population is now at risk. There are an estimated 100-400 million infections each year.

Without appropriate treatment, the mortality rate from dengue hemorrhagic fever can reach 20% or more.



WHAT IS DENGUE?

Dengue fever is a mosquito-borne viral disease that has become a major international public health problem in recent years. Dengue virus rarely causes death. However, the infection can progress into a more serious condition known as severe dengue or dengue hemorrhagic fever. It is a leading cause of death in children in many countries today. Dengue fever is carried by the Aedes mosquitoes and infects humans through bites.

Dengue fever is found in urban and surrounding areas in tropical countries. Dengue fever resembles the common cold and its clinical features vary according to the age of the patient.

HOW IS THE VIRUS TRANSMITTED?

The dengue virus is transmitted to humans through the bite of an Aedes mosquito that carries the dengue virus. Female mosquitoes infected with the dengue virus can transmit the virus to the next generation of mosquitos through transovarial transmission (through the ovaries).

Humans are still the main hosts of the dengue virus although studies have shown that in certain parts of the world, monkeys can be infected and become a source of the virus for uninfected mosquitoes.

WHAT TREATMENT IS AVAILABLE FOR DENGUE PATIENTS?

Dengue fever generally causes high fever, headache, joint pain, fatigue, nausea, rashes in some cases. There is no specific treatment for dengue other than supportive measures and fluid replacement therapy to compensate the loss of body fluid due to vomit and high fever.

Antipyretic treatment with paracetamol may be given during febrile phase. Other nonsteroidal anti-inflammatory drugs should be avoided as they can increase the risk of bleeding. Patients must be closely monitored to detect early signs of shock.

Dengue hemorrhagic fever is more severe, characterised by high fever, damage to lymph and blood vessels, bleeding from the nose and gums and failure of the circulatory system. This may result in death. These patients must receive prompt medical attention.

PREVENTION IS BETTER THAN TREATMENT.

It's a good idea to prevent ever getting dengue in the first place. This is particularly pertinent to those living in tropical climates like Malaysia. We should always be vigilant in preventing mosquito bites, using insect repellants even indoors if necessary. When outdoors, cover as much of the body as possible. When indoors, make sure windows and screens are secure and free of holes. Use mosquito nets if you are sleeping outdoors. Get rid of places where mosquitoes can breed- these are usually areas wherein water can collect. Clear any stagnant water regularly or utilize covers.

10 EXERCISES

TO IMPROVE YOUR BODY POSTURE



First impressions are important, and one thing that we often overlook that plays a big role in how people perceive us is our body posture. An individual with good posture inevitably conveys a more confident, vital outlook.

And not only does a good posture help you look good, but it helps maintain overall health. If you stand up straight, you breathe better and avoid back and shoulder pain. The best thing about posture is that even if you don't have good posture now, there are exercises you can perform to help you gradually improve your posture.

Here are 10 easy exercises and poses you can do individually or in a sequence. :

1 CHILD'S POSE

This exercise helps to release tension in your lower back and neck.

HOW:

Start by kneeling on the floor with your toes together and your knees hip-width apart. After that, fold your body forward, walking your hands out in front of you. Now, you can gently place your forehead on the floor and relax your shoulders towards the ground. Breathe and stay in this pose as long as you like.



2 FORWARD FOLD

This pose is amazing for helping to release tension in your spine, hamstrings and glutes. After doing it, you can actually feel that the entire backside of your body is opened up and lengthened.

HOW:

Start by standing with your big toes touching and your heels slightly apart. Next, bring your hands to your hips and fold forwards at your hips. Slowly release your hands toward the floor and bend your knees slightly. Try to loosen up your body by tucking your chin towards your chest and allow the crown of your head to drop down towards the floor. Breathe and stay in this pose for up to a minute. If you have low blood pressure, come up gradually, not suddenly.



3 CAT COW

This exercise is good for blood circulation and helping to relieve tension in your torso, shoulders, and neck.

HOW:

Kneel on the floor on all fours with your knees hip-width apart and your hands directly under your shoulders. Adjust your position as suits your comfort level. Go into the cat position by exhaling and pushing your spine up towards the ceiling. You should feel a stretch in your shoulder blades. For the cow position, go the opposite way by dropping your stomach towards the floor and allowing the shoulder blades to come together. Do these two movements a few times.



4 SEATED FIGURE OF 4

This is a good posture to help open your hips, particularly if you have a job that involves sitting at a desk for extended periods of time.

HOW:

Start by sitting upright on a chair. Place your right leg over your left knee and make sure the weight is on your left leg. Keep your right foot flexed. You should feel the stretch on your right leg. Try to keep your back as straight as possible. Breathe deeply throughout the exercise and repeat with the other leg.



5 HIGH PLANK

To have good posture, you need to develop strength in your back as well as your abdominal muscles. This pose helps with both.

HOW:

Kneel on all fours. Then placing your palms flat on the ground shoulders-width apart, extend your legs straight back with feet hip's-width apart. Tuck your tailbone down, engage your abdominal muscles and butt for 1 minute. Start slow if you're not experienced. Try holding for a few seconds first before going for the full minute.



6 SIDE PLANK

This helps improve your back and posture by strengthening your side muscles.

HOW:

Start by lying on your right side with your feet stacked together and your right hand directly below your shoulder. Push down with your hand and raise your hips, ensuring that the body is aligned in a straight line from head to toe. Try 30 seconds and repeat on the other side. Make it easier by putting one foot flat on the floor in front of you.



7 DOWNWARD-FACING DOG

This exercise helps to relieve back pain and strengthen your back, helping to realign the body.

HOW:

Start in a forward fold. With your hands flat on the floor, walk back until your body is in a V shape. To start with, your heels may not reach the ground. Keep reaching your heels to the ground. Take care that your head stays somewhat level with your arms; don't push your back too far back. You should feel a nice stretch down your back and ribs.

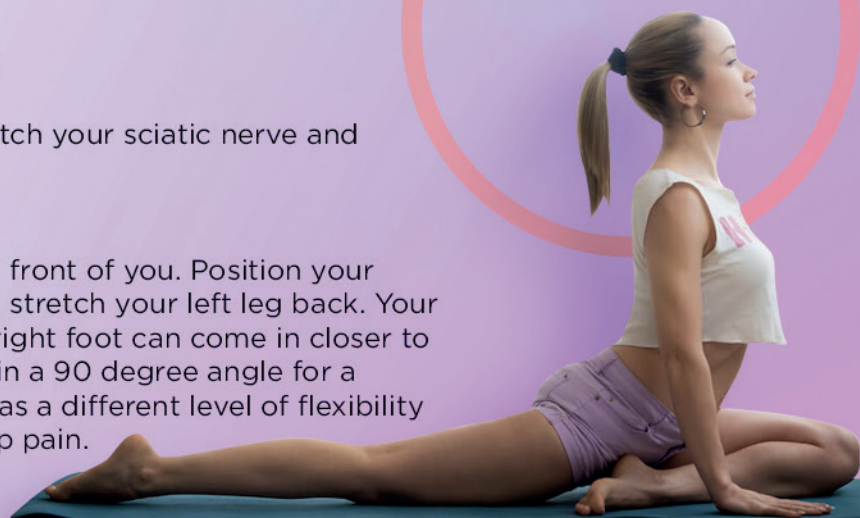


8 PIGEON POSE

A lovely soothing pose that helps stretch your sciatic nerve and quadriceps.

HOW:

Sit on the floor with your hands out in front of you. Position your right knee behind your right wrist and stretch your left leg back. Your hands support you on the floor. Your right foot can come in closer to the groin to make this pose easier, or in a 90 degree angle for a greater stretch. Take note: everyone has a different level of flexibility and no pose should ever cause a sharp pain.



9 SQUAT

Squats are a great exercise that can help strengthen your back and glutes.

HOW:

Start by standing with your feet hip's-width apart. Start bending your knees, imagining you're trying to sit on a chair behind you. Remain in this posture for awhile and return to standing. Repeat this movement a few times.

10 REACH UP TO CACTUS ARMS

Relieve tension in the neck and shoulders with this exercise.

HOW:

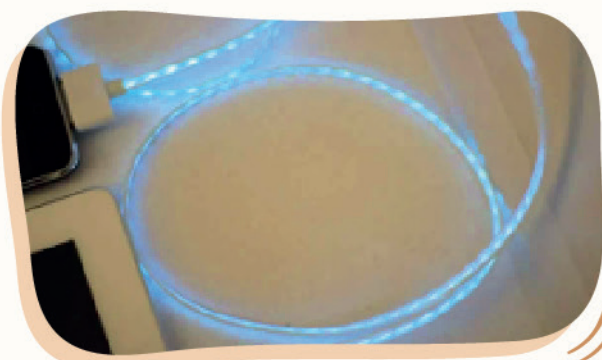
Stand with your feet apart for stability. As you inhale, reach your hands up to the sky. As you exhale, bend your elbows down into a cactus shape. Feel the stretch between your shoulder blades. Repeat this movement a few times.





5 Gadgets That Make Your Life Easier

We are now living in an era where everything can be done in an easier way and time can be saved effortlessly. In the market today there are a lot of interesting gadgets and tools that might come in handy for you to live smarter!



1. Light up charging cables

The light up charging cables let you know that your cable is working to charge your phone. It lights up when you plug it in and when your phone has finished charging. You can check these out on Lazada.

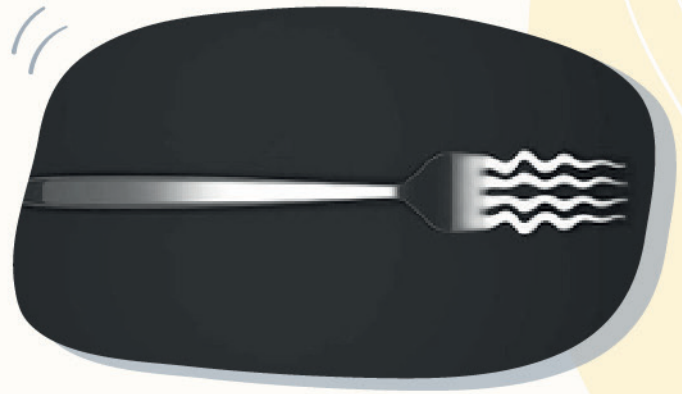


2. Bottle Ice Cubes

Imagine ice that fits into your plastic bottles. Typical cube-shaped ice won't fit, but not you make your ice in these trays. Now you can bring cold water out no matter where you go! Find it on Lazada.

3. Twister fork

For pasta or spaghetti lovers, this fork is designed to ensure you can eat without making a mess. It can help you to hold as much pasta as possible without dropping any on your lap. Yum! Find it on Amazon.



4. Compartment Pan

A truly innovative pan, this is perfectly designed for those who do not have much time but still want to cook a full meal for the family. It has several compartments that allow you to cook multiple items on a single pan in one go! It is easy to clean too after you finish using it.



5. Multiple Blade Scissors

Another useful tool that is perfect for cooking Malaysian food is this multi-blade scissors that will help you mince herbs evenly in a jiffy. Get this helpful tool on Shopee.



COVID-19

CONFUSION OVER UNCLEAR GUIDELINES

Malaysia has done very well to control the spread of the Covid-19 virus, but unclear guidelines could waste all our efforts.

As far as we know, there are the standard operating procedures all Malaysians must adhere to like:



- 1** A new Malaysian SOP makes it mandatory to wear a 3-ply mask in public starting August 1st, to prevent airborne transmission of the virus.
- 2** Social distancing is equally important as research has shown the Covid-19 virus can travel distances of nearly one-metre in the air when a person coughs or sneezes.
- 3** Recording of personal particulars when frequenting outlets (stalls, hairdressers, food eateries, shopping malls, supermarkets, etc.) is important for contact tracing should an outbreak be detected.
- 4** All Malaysians are encouraged to use the MySejahtera app developed by the government as one way to manage Covid-19 outbreaks in the country.

Failure to comply with any of the SOPs will result in the offender being issued a RM1,000 fine.

On August 4th Dr Noor Hisham said, *"It has been a month since the country recorded one Covid-19 daily case, which was on July 1. Once again, we have seen a reduction in daily cases to just one,"*

"The Health Ministry hopes that the public will continue to abide by the new normal in their daily lives and follow the standard operating procedures (SOP) in place."

Dr Noor Hisham continued by saying, *"It is important that the community continues to take preventive measures at all times to ensure that we emerge victorious in this fight against Covid-19."*

QUESTIONABLE INCIDENTS DURING THE RMCO PERIOD



As far as we know, no-one was fined.

The Bossku cluster; also known as the Najib cluster refers to an incident where a large number of people gathered at the KL court in support of the ex-prime minister, undergoing trial. Many were photographed with their masks down. This is in clear defiance to the stated SOP. As far as we know, no fines were issued either.

Bias was crystal clear when elected representatives were allowed to gather together and dine together without wearing a mask.

Defence Minister Ismail Sabri Yaakob on the other hand, says that elected representatives are allowed to conduct programmes at their constituencies during the movement control order (MCO) period.



However, he also says that SOPs must still be followed although no fines were issued.

Perak state executive councillor Razman Zakaria and Deputy Health Minister Dr Noor Azmi Ghazali were also with a group of people while not following the SOP.



However, we do know that a student was fined RM1,000 for improperly wearing a mask. Take note that he was in fact wearing the mask, just pulled down over his nose.

This uneven enforcement incites ire in the authorities, making it seem as if the rules are mere tokens. These unclear guidelines could waste our efforts so far, but we hope that the people will stay the course no matter how they feel.

WHY WE SHOULD FOLLOW SOP EITHER WAY

Even though some of those in power do not follow the SOP, that doesn't give us a golden ticket to disobey and start a second wave.

After all, we can ill-afford another MCO.

Malaysians are cautioned against adopting a complacent attitude just because there has recently been a drop in new cases.

By practicing social distancing of at least one-metre apart from each other, maintaining personal hygiene, avoiding crowded and closed areas and avoiding close-quarters conversation, we can keep ourselves safe from this disease.

Washing hands with soap for at least 20 seconds kills most viruses and greatly reduces chances of getting or transmitting the Covid-19 virus. Alcohol based hand sanitizers also help kill viruses, but they must contain at least 60% alcohol.



CONCLUSION

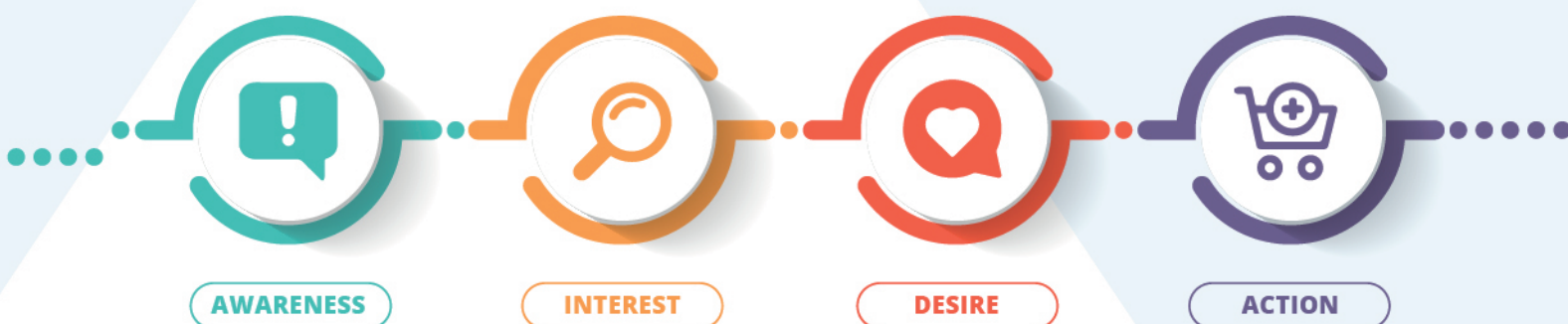
Three quarters of 2020 have been spent on such an enormous head-on battle with an unprecedented situation, but if all Malaysians combine our efforts and follow through with the SOPs to beat the Covid-19 virus, we can get through this!

USE THE AIDA MODEL TO INCREASE SALES

The AIDA model is a marketing concept that has been widely used since the 19th century to increase sales. Some marketers may have used the concept of AIDA without even realizing it!

For most businesses, it's a tough sell to convince potential customers to give their products a try. Brands have to stand out, grab attention, gain a customer's trust and persuade them with information to make a sale.

The AIDA concept is an acronym for :



Each of these steps can be planned to usher customers into taking the final action. You might know this as a “marketing funnel”. There are things you can do in each step to improve the likelihood of converting a potential into a customer.

LET'S BREAK IT DOWN:



ATTENTION

The first and most important aspect is Attention. Attention is where the customer's interest in your brand or product is piqued. Your goal here is to simply gain your customer's awareness of your existence.

One of your challenges now is the crowded and noisy marketplace. A whirlwind of brands and products exist today, all making claims and selling themselves to people. Another challenge is that most people have a very short attention span these days.

Add those two challenges together, and you'll discover it's no easy task to stand out. **Your advertising and marketing communications need to grab attention within the first 3 to 6 seconds.** Your message has to be strong, so you should have a professional copywriter and designer working on your ad messages.



INTEREST

Congratulations, you now have the attention of the customer. Interest is the next step in the funnel - here is where you pique their interest to buy what you have to sell.

What is the unique selling point of your product?
How can your product benefit their lives or deal with their problem in a way no one else can?

Here is where you get to shout about your product, but it's vital not to overdo it. It's not about how great you are. It's about how you can help your consumers lead a better and easier life.



DESIRE

After you get your customer's attention and grab their interest, the next thing to do is to increase their desire to make the purchase.

Here you can have product demos where you can show the results of your product. Or product reviews and testimonials by other users. Don't underestimate the power of word of mouth - people are still extremely influenced by their peers when it comes to making purchases.

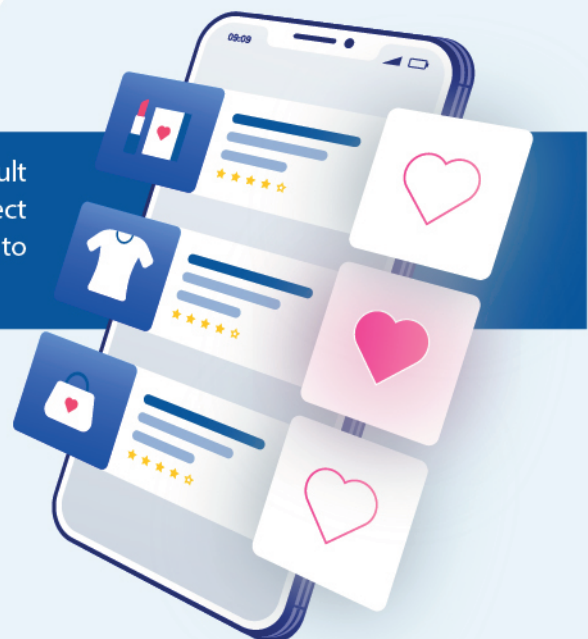
You can also give consumers things that they might want or enjoy for free. Samples may indicate generosity and belief in your product. You might want to give people free content that provides entertainment and stress release to build goodwill and trust.



ACTION

Finally, this is where consumers are convinced and make the purchase. But that's not the end! In fact, you should view that first purchase as only the beginning to your relationship. Work on creating loyalty by providing excellent aftercare service and giving consumers the option to accept more marketing or content messages from you in the future.

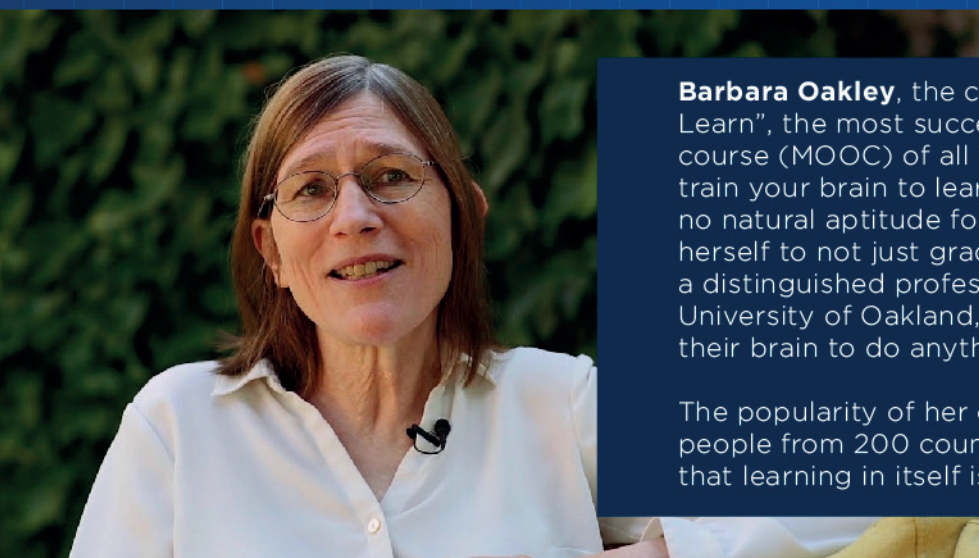
The AIDA model is merely a guide - consult marketing specialists to learn about the correct strategies to employ at each step of the way to seal the deal!



THINK YOU CAN'T LEARN ANYMORE? THINK AGAIN!



These days many of us are finding ourselves in the position where we need to learn something new. Maybe you've lost your job and need to diversify your skills to remain competitive in this challenging economy. Maybe you're just trying to stay up to date with the breakneck changes brought on by technology. Maybe you just want to learn anything better and faster.



Barbara Oakley, the creator of "Learning How to Learn", the most successful massive open online course (MOOC) of all time, thinks that you can actually train your brain to learn. After all, if she, who showed no natural aptitude for math and science, could train herself to not just graduate as an engineer but become a distinguished professor of engineering at the University of Oakland, then surely anyone can train their brain to do anything.

The popularity of her course - taken by 1.8 million people from 200 countries around the world, shows that learning in itself is a highly prized skill.

Focus, and then don't.

The brain has two modes of thinking which Dr. Oakley describes as “focused” and “diffuse”. Most of us believe that we have to learn and to understand, we have to be persistent in our studies. We have to do it until we get it; if we don't then we're quitters. However, Dr. Oakley suggests that it is actually helpful to take a break after a period of intense work. This allows the “diffuse” state of the brain to take over, helping you make connections between bits of information. That's why you might find that some of your best ideas happen in the shower - you're taking a break and your brain has a chance to form insights and make sense of what you have learned.



Take a break

As a natural follow-up to the point above, it is infinitely more helpful to take a break if you're stuck than to keep grinding away at the issue. Dr. Oakley even has a recommendation for a technique for taking breaks! Called the “Pomodoro Technique”, she says to set a timer for a 25-minute stretch of focused work, followed by a quick reward, which includes a break that gives your brain a chance to go into the diffuse state. You can take a walk, listen to music, even scroll social media, anything that works for you to take your mind off your task. Because you're not thinking about the task, your brain can subconsciously work to consolidate your new knowledge. This technique of setting a timer also has bonus advantage of helping you avoid procrastination - if you didn't have your break to look forward to after 25 minutes, it's more likely that you would never even begin working.



Practice makes perfect

When you first start doing something new, you're not going to be good at it. Accept that as a fact, but use it as motivation because everything that you learn builds the foundation for what comes after. Remember when you first learned to drive? You were so overwhelmed by information and everything feels so new and foreign. Compare that to how you drive after 20 years. You probably can do many things without paying much attention because of how often you have practiced it. Dr. Oakley calls this practice “chunking”. Chunks of information build on other chunks, and the more you do it, the easier it becomes to you and then you can do even more advanced things eventually becoming an expert.



Know that everyone is different

Remind yourself always that people learn in different ways. Some people snap up information very quickly, whereas others take longer but notice more details. Know which one you are and realize your own advantages and disadvantages, then use the above techniques in a way that suits your personality and learning style. When Dr. Oakley started to relearn mathematics, she was terrified. She had no idea if she would be able to retrain her brain. It was because she knew that she managed to learn a language as an adult that gave her the confidence and persistence to keep trying. She started her mathematical training slow and at a low level. Eventually, her practice paid off.

A deep sense of self-knowledge is arguably the most important step to doing anything in life. If you know yourself well already, then we are sure you'll be able to figure the rest out! We wish you all the best in learning anything your heart desires.



RETURN LEGACY

ANTI-BRIBERY AND CORRUPTION POLICY



Return Legacy is committed to conducting its business professionally, ethically and with the highest standard of integrity.

On 1st June 2020, amendments to the Malaysian Anti-Corruption Commission Act 2009, introducing corporate liability for corruption in Malaysia came into force. Return Legacy takes a **zero-tolerance approach to all forms of bribery and corruption** and upholds a strong stance against such acts.

Return Legacy has established an **Anti-Bribery and Corruption Policy** which is applicable to the Board of Directors, employees and Independent Representatives of the company.

As an **Independent Representative**, it is also important for you to ensure that you have read, understand and comply with the Anti-Bribery and Corruption Policy, which is available at www.returnlegacy.com.my



P-WALLET PROMOTION

1ST SEPTEMBER 2020 (12PM MYT) – 30TH SEPTEMBER 2020 (11.59PM MYT)

260 SETS ONLY!



PURCHASE 1 SET P-WALLET

FREE
15 BOTTLES
H+(120ML)

*Terms and Conditions Apply. *For Malaysia distributors only. *WP is not earned on FREE products.
*In the event of RMC0/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.



BEAUTIFUL SEPTEMBER

LEGACY PLAN PROMOTIONS

1st September 2020 (12pm MYT) – 30th September 2020 (11.59pm MYT)



FREE

BUY

5 x 2° Redoxy Essence

FREE

2 x 2° Redoxy Essence



FREE

BUY

1 x 2° Le'Gain Set

FREE

1 x 2° Le'Gain (10ml)



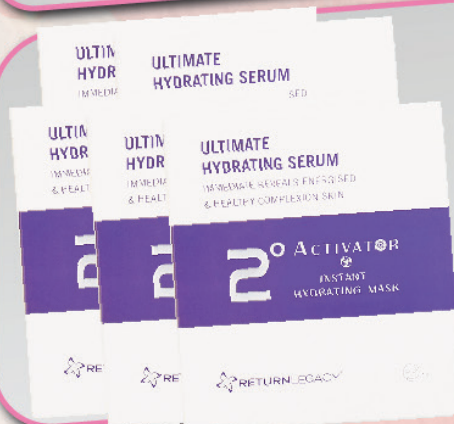
FREE

BUY

1 x 2° Le'Gain Limited Set

FREE

1 x 2° Le'Gain (10ml)



FREE

BUY

5 x 2° Activator

Instant Hydrating Mask

FREE

2 x 2° Activator

Instant Hydrating Mask

(Exp: Aug 2021)

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

*In the event of RMCO/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.

*Promotion is NOT VALID in conjunction with Legacy Plan PWP. *While Stocks Last.



LEGACY PLAN

HAND SANITIZER PERFECT BUNDLE

6 BOTTLES

1ST SEPTEMBER 2020 (12PM MYT) – 30TH SEPTEMBER 2020 (11.59PM MYT)



*Terms and Conditions Apply. *For Malaysia distributors only. *Promotion VALID in conjunction with Legacy Plan PWP.

*In the event of RMCO/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.



LEGACY ROSE GOLD NECKLACE WITH MOVING DIAMOND

One of a kind RL exclusive Rose Gold Necklace, featuring a sparkling diamond that moves with every twirl, every turn and every heartbeat.

FREE Rose Gold Necklace with Moving Diamond

1st August 2020 (12am MYT) to 31st October 2020 (11.59pm MYT)

**Personal Direct Sponsor of
minimum 3800WP accumulation**

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

ITALY

TRAVEL INCENTIVE TRIP 2020

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

MILAN



ROME



VENICE



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.

OR

Add On Criteria (Effective 1st August 2020)

*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	6,000WP	3	40,000WP	1
2	6,000WP	5	20,000WP	1

* Only one (1) criteria to be fulfilled.

* Terms and Conditions apply.

*For further information, please refer to our campaign details.

*For Malaysia and Singapore distributors only.



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201401004515 (1080589-X) (AJL932074)

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LEGACY LIFE

传 承 生 活



RETURNLEGACY®

2020 SEP

欢迎来直播：

**实现更大成功的
新业务工具**

传承商学院校长致词

拓展线上视野，启动传承新模式



**升级版的H+
有什么独特之处呢？**

您的肌肤正在老化吗？

SEP
2020

CONTENT

1 传承国际

- 传承商学院校长致词

2 传承热题

- 欢迎来直播：实现更大成功的新业务工具

3 传承美丽贴士

- 升级版的H+有什么独特之处呢？
- 您的肌肤老化了吗？
- 天然除黑头的方法
- 哪种沐浴露最适合您的皮肤？

4 传承健康生活

- 糖：有助于减肥的简单方法
- 你知道吗？关于绿茶的基础知识
- 谨慎应对登革热病症的上升！
- 改善形体的10种运动

5 传承趣味生活

- 实用的小工具使你的生活更轻松！
- 新冠疫情困惑：不明确方案或浪费人民的努力

6 充值人生

- 善用AIDA 模式，增加销量
- 您觉得自己无法再学习了吗？再重新思考吧！

7 传承资讯站

- 传承国际反贿赂与反贪污政策
- 本月促销



“拓展线上视野 启动传承新模式”

相信每个人在过去的几个月里都感受到生活上的许多变化。新常态把我们的日常生活从线下转至线上，工作、会议、聊天、学习、采购家庭用品，甚至是运动等全转向在线进行。除了必须适应工作和学习新模式，外出戴口罩和保持社交距离已俨然成为一种新习惯。

面对着不再熟悉的世界，无论是消费者还是商家都无法再沿用过去的模式进行各种商业活动。企业要在逆境中求生，唯一的办法便是自我变革，迭变商业模式以迎合新消费时代的来临。

要求变，我们首要厘清环境的改变，提供消费者新的解决方案，更好地满足顾客的需求，为企业创造新的价值。

传承商学院校长
ALVIN HONG



以前，我们或许认为线上平台只是经商上的一种选择，但一场疫情让世界认清线上平台的重要性，许多知名时尚品牌如 H&M、Zara 和 Uniqlo 纷纷关闭实体店，转战线上平台进行销售以拯救萎靡不振的线下业务。

疫情让全球经济衰退已是事实，但只要善用线上平台，整合线下与线上业务，企业绝对能把危机化成转机，让业绩持续增长。而从不向挑战低头的传承人，当然也必须跟上电商的发展，于线上平台展现实力。

首先，我们必须突破线下限制，将重心转移至线上，在个人社交平台如 Facebook、Instagram、TikTok 等分享有趣的创意内容吸引关注。我们可以通过参考别人的贴文、照片或视频寻求灵感，从中分析内容的吸引力，看看哪些适合用在个人社交平台。

譬如说您是一名全职妈妈，朋友圈多为妈妈群，那您可以在个人社交平台分享有关育儿的知识和趣事。只要是真诚分享、内容一致及维持活跃度，便会吸引目标群众长期关注。一旦建立了基本信任 and 好感，粉丝便会愿意购买您所推荐的产品。

除了经营个人社交平台，我们更要善用传承国际的电子商务平台，让顾客在全民宅家的时代也能体验到线上商店与线下实体店之间的无缝购物乐趣，弹性经营以满足顾客的个性化要求。再说，传承国际的电子商务平台包含了大量可供您轻易获取的视频、图片等资讯。只要顾客有任何疑问，您都能即时解答，顺势建立您的专业形象。

融合线下与线上发展已是大势所趋。电商蕴含着无比巨大的市场潜力，只要我们愿意拓展线上视野，利用网络的力量经营传承事业，发展前景将更为明朗。

直播

实现更大成功的新业务工具

“秦奉举只花了两个小时便于京东应用程序的直播媒体上销售了超过100吨白水苹果！”

若是人们无法让了解您的产品，那么他们就很难爱上它。

2020年，直播已经成为了将产品带入人们视野里、心里、以及每个家庭里的必备商业工具。

此次疫情导致全世界大部分的人都必须呆在家里。对商家而言，这就意味着他们必须改变其原有的销售模式以确保其市场相关性及竞争力。尤其是对实体店面而言，这次疫情绝对是一场灾难。但是，对于已经在电子商务占有一席之地的商家来说，这场疫情无疑是提供了他们一个前所未有的商机。

而直播，就是推动线上业务成功的最有效工具之一。

LIVE

直播的简介

那，究竟什么是直播呢？

直播就是将利用视频实时在线共享，没有经过预录或后期剪辑。直播就是现场播放，不过是在线上。直播可以通过淘宝、京东，或是社交媒体平台像是Instagram，脸书或推特等。



与一般需经拍摄及剪辑的传统视频不同，直播能营造一种即兴感及一对一相连的关系。这有助于直播主与观众建立信任以及友好的桥梁。观看用户能够通过评论及实时回应直播主甚至是在线购买下单。当然，最直接的好处就是直播主可以在同时间与多名用户建立一对一的联系。

直播的众多好处

● 它太方便了

直播对于买卖双方都很方便。对于卖家而言，直播能在同一时间将产品推销给更大的受众群。有别于传统的业务模式，卖家仅能进行有限的一对一地联系和吸引客户的机会，通过直播，卖家在同一时间与许多人进行接触，从而达到更高的销售额。

而对买家而言，直播购物的便利能让他们足不出户也可以。只要有网络，买家可以在任何地点都可以观看直播，下单，然后只需在家等物品到家就行。就便利性上，直播购买比面对面销售更有效率。

● 改善买卖双方之间的沟通

在直播期间，卖方既是推销员还是主持人。直播的设置能让直播主在线回答问题，并且通过自身才艺及资讯娱乐观众。其问答环节让买家能即时得到有关产品的回答及解说。除此之外，卖家也能通过直播中回答问题而一次性的解答多数人的问题。因此，卖方无需一次又一次地回答相同询问。

而对观众而言，最明显的好处莫过于能得到即时答复了。相较于传统的商业模式或是一般线上营销模式，大多只允许用户通过点击信箱、发邮件或是填写询问表格来联系卖家。这样的联系方式并无法像直播那样提供更迅速的回复。而且很多时候，即便卖家即时做出的回应也只是为了催促买家完成交易的举动罢了。

● 兼具成本效益

在传统的商业模式中，卖方必须承担其物流成本、档口或商店租金、员工费用、许可证等等费用。通过直播销售商品，卖家再也无需支付以上这些费用！多数卖家甚至都不需要非常“理想”的地点，他们可以在自家仓库、商店或工作室里便能开始销售。基本上，他们只需要一台相机、一些灯光、衣柜、化妆品以及网线便能开始进行直播。

帮助您提升直播人气的几个简单步骤

有效地利用名人或网红KOL

若想要在芸芸商群中脱颖而出，可以选择利用有名的面孔或是有个性的人。他可以是艺人或是网红，这些人物能有效吸引观看量，并且能将其追踪用户引流至您的账号。

派礼物！

每个人都喜欢收礼物。送礼物绝对是一个悠久且实用的策略。派送礼物能吸引观众、制造兴奋感以及表现其亲和力。承诺在直播结束前会进行赠送礼物环节，会更让观众更有动力将直播看到最后。

特别优惠与折扣

直播期间提供特价或折扣能制造紧张感。这种策略在大多数情况下都会有效，因为买家都喜欢优惠及能让他们省更多的想法。

新奇的内容

千万别让您的内容显得枯燥乏味— 提供崭新，独特以及有趣的内容能不断吸引人群观看。卖家必须记住，他们售卖的不只是产品，而是他们的个性，因此直播卖家必须密切地关注时下的流行，并且要想办法将直播变得更有意思，以吸引更多人群观看。

寿光蔬菜

寿光蔬菜的老板——王文峰，其第一个直播销售并没有取得成功。但是，在与京东进行一次特别合作后，她的生意开始吸引了许多网红。而王文峰的销售额也从2月份的20万元人民币在3月份时上升至100万元人民币。在疫情期间，其90%的销售额都是通过直播带来的！

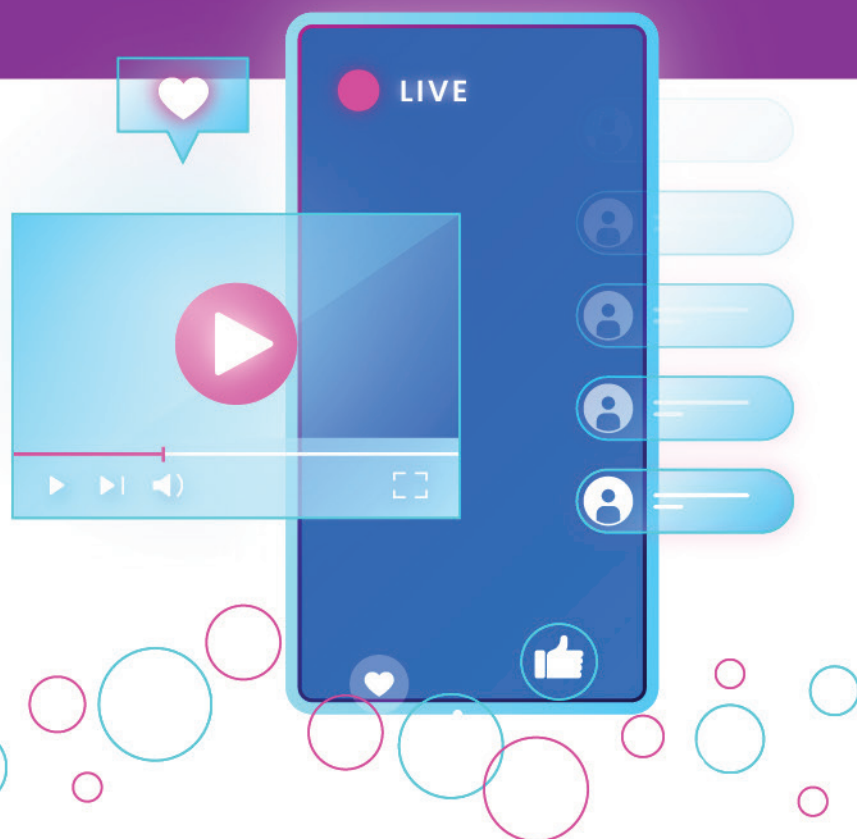


口红一哥

在抖音上拥有4000万追随者，27岁的李佳琦在五分钟内，通过直播售出15,000支口红。他是怎么做到的呢？为了要从其他美妆博主中脱颖而出，他选择不与一般博主将口红涂在手腕上的操作，而是直接将口红擦在嘴唇上。这个现场演示能清楚地向观众展示了其唇膏上唇后的效果。也因为如此，他也成功成为了粉丝及追踪者眼中的“口红一哥”。

结论

无可否认的这场疫情确实影响了各行各业。但是，许多正在努力适应这种变化的精明企业家已经开始通过直播模式吸引客户，也慢慢开始看到成果。直播行业从疫情期间到现在为止都表现出令人满意的结果。因此，若您希望增加商品的销售量并吸引更多的关注者，直播或许就是您一直在寻找的有效工具！



升级版的

REOX series



有什么 独特之处呢？



卫生

REOX Series H+ 舒敏活肤喷雾结合了铝制储罐和全密封铝制袋的精巧包装。压缩空气袋的设计使浓缩成份保鲜，隔绝与阳光、湿度、氧气、污染物和其他外在元素的接触，让活性成份维持最佳效力，功效更持久！

超幼细雾

喷雾的独家设计可为用户带来了更多便利和升级使用体验。只要随意按压即可释放超幼细雾，养份均匀洒在肌肤上而不浪费每一滴喷雾，全天候舒缓肌肤。

科技

Bag-On-Valve (BoV) 包装技术让功效更持久，先进设计搭载高端喷雾系统的做法充分表现出 REOX Series H+ 舒敏活肤喷雾的优越性与功能性，赋予用户升级的便利和护肤体验。

容量

120毫升增至135毫升
(增加15毫升)

60毫升增至70毫升
(增加10毫升)



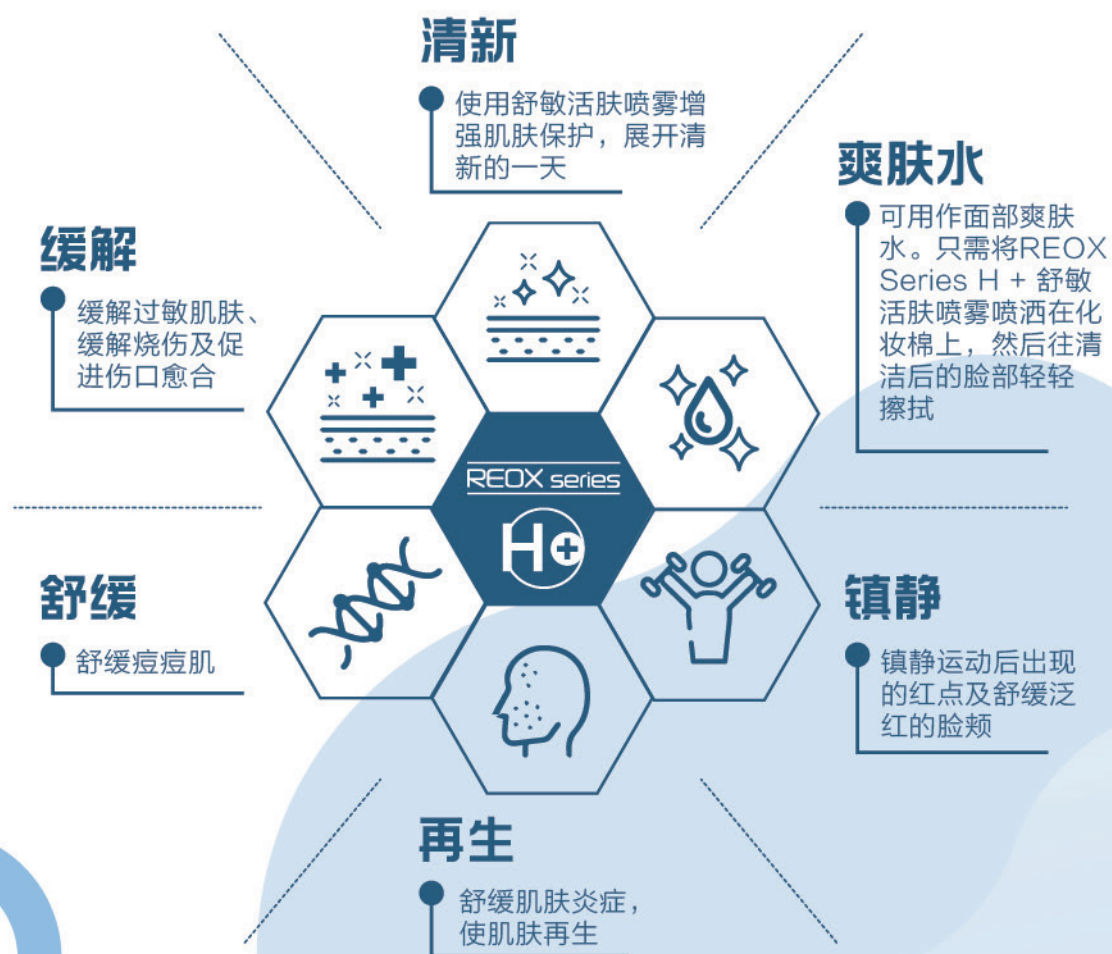
REOX SERIES H+ 舒敏活肤喷雾的功效

舒缓和强效抗炎作用

镇静过敏肌肤并舒缓红肿

赋予肌肤清凉舒适之感

即时舒缓灼伤



经皮肤病学测试，具有抗氧化剂、矿物质和营养素均匀配方的 REOX Series H+ 舒敏活肤喷雾是所有肌肤类型，包括敏感肌的理想护肤圣品。

您的肌肤正在老化吗？



大多数女性在25岁左右会开始注意到脸上出现皱纹和细纹等一系列的老化迹象。但是，多种因素如不健康的生活方式，饮食习惯，情绪，紫外线和吸烟等，都会导致部分女性面临肌肤提早老化的问题。即使您的年龄未满二十五岁，这并不表示您的肌肤还未开始老化，现在就让我们一起检查肌肤的年龄吧！如果您的肌肤出现以下状况，说明是时候开启抗老模式了。

快来自测您的肌肤是否开始老化吧！

脸上的枕头褶印需花很长的时间才消失

出现细纹、鱼尾纹和法令纹

睡眠充足却仍有眼圈

肤色暗淡

脸颊下垂没有弹性

色素沉淀

鼻翼两侧的毛孔粗大

容易脱妆

皮肤干燥问题越来越严重

额头和颈项有明显的皱纹

2° REDOXY ESSENCE

您的完美抗老精华液

时间每分每秒都在我们的脸上以细纹和皱纹的形态刻画岁月的痕迹，令人措手不及。我们虽然没有办法阻止老化，但可以借助优质的抗老产品帮助延缓老化过程，以此延长肌肤的年轻状态。别于一般的抗老及抗氧化产品，传承国际采用源自日本的突破性独特科研技术——微矿化营养技术 (MMNT)，糅合优质抗老化成份，成功研发出2°Redoxy Essence 抗老精华液，可赋予肌肤优异的抗氧化能力，从根源上抵抗肌肤衰老，同时可帮助淡化肌肤老化迹象。

以抗老化为核心功能，2°Redoxy Essence 抗老精华液由多种独特成份打造，帮助淡化皱纹，恢复年轻光彩。



主要成份：



六胜肽

减少皱纹，细纹和表情纹

六胜肽以抗衰老作用而闻名，它的功效犹如肉毒杆菌。它可通过减少面部肌肉收缩的方式，进而有效地淡化及减少因做面部表情时所产生的皱纹、细纹呢和表情纹。

*经研究显示，数名女性在使用了六胜肽一周后，细纹与表情纹明显的淡化了20.6%。



透明质酸钠

补水保湿和紧致

透明质酸钠可以持久锁住水份，帮助肌肤补水保湿，打造紧致饱满的肌肤。



乳清蛋白

促进皮肤细胞更新和提升肌肤弹力

乳清蛋白可促进皮肤细胞更新，有效地提升肌肤的弹力和紧实度。

- 质地轻盈不粘腻
- 自动罐装滴管式设计，提供精准的所需用量
- 不含对羟基苯甲酸酯

*经皮肤病学测试及临床试验证明能防过敏、质地温和、适合敏感性肌肤使用。

让黑头消失， 无需再用鼻贴啦！

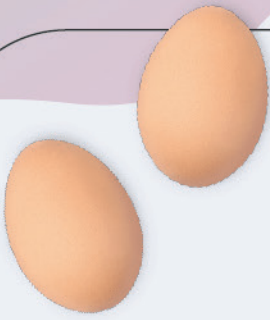
当我们脸上的角质层和多余油脂暴露于空气中时，就会氧化并变黑，从而形成黑头。它们通常会在出现在脸上，但是它们也有可能出现在身体的其他部位，例如胸部、颈部、手臂、背部和肩膀的位置。

尽管黑头令人非常的懊恼，但它们不会导致疼痛感或威胁您的健康。而且黑头的出现并不表示肮脏或卫生做不好；相反的，它们的出现其实是非常正常的！

通常黑头都会出现在鼻子周围的部分，这是正常的现象，因为我们的鼻子有较多的油脂腺，因此要消除鼻子上的这些黑头其实会有些困难。虽然随着年龄的增长，皮肤的皮脂分泌会下降，但是在任何年龄段我们的脸部都会出现黑头。

您也许已经尝试过那些流行的黑头贴去除鼻子上的黑头。但是，它们并不能起到很好的作用，有些甚至会让您感到疼痛，因为它们实际上是通过撕拉皮肤的方式去除黑头的。

那么以下有一些去除黑头的天然有效方法，而这些材料您可以在厨房就能找到。**尝试看看，是否能给您带来更好的效果！**



蛋清面膜

这个方法只需要一颗鸡蛋。将蛋黄与蛋清分开，然后将蛋清涂抹在脸上。蛋清面膜能够吸收皮肤上的多余油脂。它还可以帮助您紧致皮肤，使您看起来更年轻，更容光焕发。涂抹蛋清面膜之前，先用清水洗脸。等到蛋清面膜干后，您只需用温水将其洗净，然后再涂抹上日常的护肤用品即可。

活性炭

活性炭有助于吸收毛孔中的污垢和多余的油脂。这是因为活性炭具有去除皮肤上的油脂和杂质的天然能功效这也是为什么它经常用于大多数的美容产品，如磨砂膏，面膜和肥皂。那么您可以在药房买到活性炭粉，将一茶匙的炭粉和少许水混合成糊状。使用之前先清洁面部，然后将糊状活性炭均匀地涂抹在有黑头的范围。将活性炭放置在皮肤上放干大约15分钟之后，再使用温水冲洗干净，然后轻柔地擦干您的脸部及涂抹面部保湿霜。



黄姜

由于黄姜粉具有抗菌能力，因此它能去除多余的油脂和杀死细菌。您只需要将黄姜与一汤匙水或椰子油混合，然后将混合物涂在黑头的范围即可。大约15分钟后，用温水将其冲洗干净即可。

茶树油

茶树油具有抗菌和消炎的特性，能帮助清洁毛孔及去除黑头。您可以将茶树油直接涂在黑头粉刺的部位，也可以将其与天然油（如杏仁，荷荷巴油或橄榄油）混合使用。



泥面膜



您可以尝试将膨润土与少量苹果醋混合在一起，制成泥面膜。它清洁和净化皮肤的效果简直让人难以置信。它含有丰富的矿物质可以吸收脸上的皮脂、能深层清洁毛孔，去除油脂以及其他杂质。建议每周使用一次，可以使皮肤容光焕发。

在使用泥面膜之后，为什么不尝试
Return Legacy 的 2°Activator Instant Hydrating Mask
给您的皮肤一个完善的疗程呢？

去除黑头的过程可能会导致皮肤干燥或脱皮的现象。
2°Activator Instant Hydrating Mask 提供深层补水，
使肌肤充满活力和健康。当肤色变得暗沉时，它还可以
提亮肤色，并有助于防止水份流失、改善皮肤的弹性，
并提供持久的保湿效果，还不会产生粘腻感呢！



使用方法



首先，将脸部清洗干净和爽肤后，然后将产品均匀涂抹在脸上，注意要避免眼睛区域。

将面膜放置脸上静候约10至20分钟后便能取下面膜，
剩余的精华液可以轻轻按摩在面部和颈部周围。



哪种沐浴露

—— 露最适合您的皮肤？ ——

大部分的马来西亚人都非常注重沐浴。它不仅仅是清洁而已，它也是一种我们注重的自理方式。沐浴不只是为了让身体变干净，它已经成为我们生活中不可或缺的习惯，尤其是在这炎热又潮湿的国家！

因此，沐浴露的选择也是很重要的，尤其是那些皮肤有状况的人。选择合适的沐浴露能让我们感觉出舒适皮肤或皮肤整天不适的差别。

然而不是所有的肥皂都是一样的。肥皂是由巴比伦人于公元前2800年发明的，至今已经存在了许多个世代。而传统的肥皂在人类历史上有着非常久远的使用记载，如今我们已经有了更多选择，例如沐浴露、沐浴乳、沐浴油、沐浴霜等等。





但您是否想过哪种沐浴露更适合自己的皮肤呢？那让我们根据沐浴露的成分、便利性和成本进行比较。

成份

肥皂是通过皂化过程制成的，当油脂与碱液或氢氧化钠产生反应就会形成肥皂。由于肥皂的pH值是8或9，因此它会导致皮肤非常干燥和粗糙。如果您曾经使用过传统的肥皂，那么您对皮肤的紧绷感就会有所了解。

然而，如果您是肥皂的粉丝，那市场上有很多不同成份制成的肥皂能帮助皮肤保湿，例如甘油，它可以拉水份让皮肤保湿。市场上也有一些超脂皂使用更高脂肪含量去配制。而这种肥皂在你的皮肤上就会形成保护膜。

在成份方面，沐浴露的多样性绝对会是赢家。由于沐浴露是液体配方，因此它也已很轻松的就添加不同的成份。通常沐浴露的稠度会比肥皂高，而沐浴露的滋润性和保湿性也会比较高。

在选择沐浴露时，最主要的是要考虑您的皮肤类型和需求。如果您有湿疹，粉刺或敏感皮肤等任何状况，任何太干的产品都会刺激您的皮肤。无论是肥皂或是沐浴露，最重要的是选择那些不会刺激皮肤的产品。

便利

方便性而言，如果您在家使用肥皂会比较方便。您只需要将肥皂从包装盒中取出，然后用其擦拭整个身体。但如果您打算出门旅行，肥皂将会是一个很大的累赘。一旦弄湿肥皂之后，就很难携带了。而沐浴露只需要在手上泵或挤即可。沐浴露不仅容易使用，而且也很容易携带，因为沐浴露可以泵入一个小容器中。

从方便性的角度来看，沐浴露比肥皂更方便。

成本效益

肥皂通常都是以负担得起的价格出售，但这取决于用来制造肥皂的成分种类。肥皂的问题在于，无论您是否有在使用它，它都会轻易地变小。这是因为肥皂放置在开放区域中。如果肥皂持续曝露在水溅下，很快的肥皂就会变小。

沐浴露的价格可能会因成份和品牌而有所不同。它的价格与肥皂相比会稍微昂贵一些，但使用时间可能会更长。即使沐浴露持续暴露在水溅下，沐浴露也可以保持良好状态。

因此在这种情况下，沐浴露更具成本效益，尤其是在您选择购买更实惠的用品的时候。

总结来说，沐浴露比肥皂更实用。但在选择沐浴露时，最重要的是找到一种不会伤害皮肤的产品。

A'maze

SUMMER BLISS



介绍 Return legacy A'maze Summer Bliss 沐浴露

A'maze Summer Bliss沐浴露适用于所有皮肤类型，它由多种活性成分制成，因此可以确保您享受最佳的淋浴体验。由木兰花提取物制成，有助于舒缓、放松和缓解肌肤压力。此外，橘子和橙的提取物能够确保皮肤的保湿。A'maze Summer Bliss 沐浴露的配方包含桃子可以有效地在皮肤外层保留水份。

这款沐浴露经精心配制，可清洁皮肤，同时一整天都会在皮肤上留下持久的清香。结合 A'maze Summer Bliss 沐浴露和A'maze Summer Bliss 身体乳霜，释放出最佳的淋浴体验，让您的皮肤保持健康。

A'maze Summer Bliss 身体乳霜由乳木果油和可可籽黄油制成，为您带来奢华的体验。这种不油腻的身体乳霜可长时间保湿，使您的皮肤光滑。此外，它适合所有类型的皮肤，绝对可以放心使用。

戒糖：有助于减肥的简单方法6个诀窍

我们对糖并不陌生，糖也是导致糖瘾的主要原因。美国并不是唯一一个因饮食中含有高糖分摄入量而被肥胖症困扰的国家。马来西亚也被称为是东南亚“最肥胖”的国家，肥胖症和2级糖尿病的患者依然正逐年增加。

即使我们的身体现在看起来健康，但过度的摄入糖分也会损害我们的健康。



试想象一下：

每天的高糖摄入量会使我们的激素，情绪，能量和血糖失衡，并且还会导致我们患上各种疾病。很多人都不知道，其实我们人体内的所有细胞都是食糖为主，包括有害的细菌。

如果我们继续摄取过量的糖分，我们所面临的问题已经不是我们“是否”会生病，而是“何时”会生病。然而，糖是很难被戒掉。

许多人戒糖失败的主要原因在于他们没有循序渐进，而是选择极端的方式完全戒除糖分。糖确实会上瘾；实际上，研究表明它可能与可卡因一样容易上瘾！

这里有一些小诀窍可以帮助你如何在没有糖戒断症状下开始以及完成戒糖，抑制你突然想吃巧克力吧的冲动。



1. 把蛋白质和脂肪当成朋友

摄入过量的糖会导致低血糖和强烈的愤怒以及饥饿感。改变饮食均衡，吃许多含优质蛋白质和脂肪的坚果类，豆类，瘦肉，鱼和鸡蛋等，是打破甜食周期的有效方法，这种方式还比直接戒糖来得有效率。

蛋白质和脂肪会在您的胃中缓慢分解，使您长时间保持饱腹感。这也将有助于避免您接触甜食的诱惑。

2. 水果和蔬菜

由于蔬果含有纯天然的糖分，所以现在绝对是吃水果和蔬菜的好时机。

各种水果和蔬菜可以让你的餐点看起来丰富多彩。我们还可以从水果和蔬菜中获取各种各样的抗氧化剂和植物营养素，它们有助于保持身体健康，使皮肤充满活力和护眼的功效。因此，这些餐点绝对不会看起来很“不开胃”。





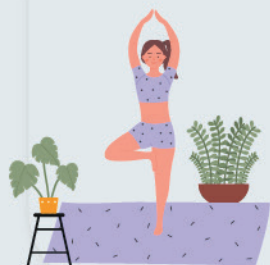
3. 提前制定膳食计划或食物准备

充足准备是戒糖的关键。在开始戒糖之前，请确保您有足够的食材，并仔细检查餐食食谱，以了解在哪里可以减少多余的糖分。

制定好一周的食物策划是一个明智的选择，因为这样你在用餐之前就不用烦恼什么应该吃，什么不应该吃。虽然说需要花点心思计划，但是这一切都值得，因为唯有这样你才会知道什么食物需要增加或减少来摄取适量的糖分。除此之外，这也有助你制定出一份完美的购物清单！

4. 避免人造甜味剂

糖似乎可以被人造甜味剂代替，但是事实上他会成为阻止你成功戒糖的关键。你也不会因为如此而减少或消除糖瘾，反而会保持你对“甜味”的依赖，你的糖瘾甚至会在极少数情况下持续增加，并且一旦停止服用人造甜味剂，您就会发现自己回到了之前摄取糖的习惯。



5. 做运动

为了在你嗜睡或感到疲惫时摆脱对糖和松露巧克力糖力的控制，您可以选择出去散步或于RMCO期间，在室内通风的地方进行一些轻运动或瑜伽。运动有助于增加能量水平，并遏制压力引起的对含糖食品的渴望。开始之前，请咨询医生以了解您可以执行的锻炼类型。

6. 足够的睡眠

睡眠不足与食糖和零食（即“午夜零食”）欲望增加有关，并且还会导致体重增加。

充足的睡眠时间有助于改善专注力（做出更好的食物选择），提高能量以及降低压力。避免睡午觉，并安排固定的睡眠时间。



切记，

戒糖过程会很坎坷，那是因为与糖告别是一件不容易的事。若是你曾经在戒糖程序里做错了那一个步骤，请从错误中学习，在下一次尝试中，更正错误并重新开始。

若要戒掉身上过量的糖，你需要做的并不是让自己远离食物或者挨饿，你需要做的是为自己制定一个可以达到的目标，逐渐减少糖分的摄入。

当然，爱人和家人的支持和鼓励是很重要的。我们希望一切顺利！

你知道吗？

—— 关于绿茶的8种基础知识 ——



近年来，绿茶受到了许多人的关注，许多健康专家认为绿茶是地球上最健康的饮料之一。而绿茶也在市场上占据上风，从风靡潮流的抹茶拿铁，到一系列绿茶口味的甜点，我们不难发现到处都有绿茶产品的踪迹。

关于绿茶有太多可以讨论的部分，其中包括其发展史，而今天我们也挑选出了几个有关中国绿茶的主要好处。

中国绿茶的发展可追溯到5000年前中国古代第一个皇帝——神农氏。据说当时有远见的神农皇帝设下规定，所有饮用水都应煮沸，以加强个人卫生和感染预防措施。

据故事记载，在一个夏天，神农氏带着他的大臣到民间巡视，之后他们便停下来歇息。神农氏命令其随身的侍从烧水供大臣饮用。这时，刚好有几片枯叶飘进锅中，并且将其叶上的棕色色素释放在沸水中。在科学精神的驱使下，神农氏对这样新奇的饮料十分感兴趣，于是决定尝试几口，并发现到这饮料非常的清爽。而这有关中国饮茶起源最普遍的说法，茶叶是在在公元前2737被发现？

传说绿茶最初只有古代中国的皇室和高级官员可以享用，原因是其购买价格非常昂贵。直到14世纪，绿茶才开始被大众普及享用。

以下为中国最闻名的8种绿茶。



西湖龙井（杭州）

西湖龙井是中国最出名的绿茶，它的知名度可以说是布遍了全世界，拥有温和的口感以及优雅的香气著称。



碧螺春（苏州）

此茶叶产于春季而其茶叶的形状呈蜗牛般卷曲状，富含强烈的水果香气。



黄山毛峰（徽州，安徽）

黄山毛峰的茶叶芽尖峰芒，银毫披身。此金黄茶叶略带甜味和香气。



太平猴魁（黄山，安徽）

源于安徽的另一种茶叶，从字面上可以翻译为“猴子的首领”，其叶子形状奇特，如竹子般扁平挺直。



六安瓜片（六安市，安徽）

其营养价值极高，并且在明朝被广泛用于预防中暑。



信阳毛尖（河南省）

此“毛”茶是特有品种。其幼叶尖端锋利，冲泡时毫毛容易脱落形成浑浊沉淀物。



庐山云雾茶（江西省）

此云雾茶生长在庐山，因其嫩绿质感著称，拥有青翠光泽以及香甜风味。



南京雨花茶（南京，江苏省）

雨花茶是一种形如松针的特殊茶叶。这种特殊茶叶经精心加工后便会有清新，顺滑的花香味。

现今许多研究人员发现中国绿茶有许多好处，其中包括：

促使健康的生物活性化合物

绿茶对身体有益的原因在于它含有多酚类黄酮多酚，也就是儿茶素。其有效于抗炎和抗氧化、清除体内的自由基、避免细胞因氧化而损伤，进而降低了与氧化应激相关的各种退化性疾病的风险。

绿茶中还含有少量对健康有益的矿物质。

提高大脑功能

绿茶含有的咖啡因具有兴奋作用，能改善大脑的各种功能，例如反应速度，记忆力和改善情绪。

尽管绿茶含有的咖啡因比咖啡少，但比起咖啡，它能以较温和的方式让你提升注意力。绿茶中含有的氨基酸L-茶氨酸有助于调整我们的精神状态包括睡眠质量。氨基酸L-茶氨酸也被发现有助于改善大脑功能。

多项研究证明，绿茶中的儿茶素类化合物可以保护神经的作用，也助于降低老年痴呆症的风险。

燃烧脂肪

许多主打脂肪燃烧的产品都会将绿茶列为其成分之一。研究显示绿茶可以有效地促进新陈代谢并增进脂肪燃烧。

绿茶中的咖啡因还可以通过增加脂肪酸运送，利用脂肪作为运动时的主要能量来源，从而提升运动表现。

降低癌症风险

由于绿茶是强大抗氧化剂的绝佳来源，许多研究也表明了饮用绿茶与降低肺癌，前列腺癌和结肠直肠癌的风险有直接的关系。此外，越来越多的研究也正在进行以确保这些初步研究都能得到证明。

为了身体的整体健康，您或许需认真考虑每天饮用绿茶。请购买信誉良好的绿茶品牌，以确保您能从中获得一切绿茶带给身体的益处。

免责声明

此文章是一篇关于绿茶基本知识的摘要，其中包括了绿茶的起源，种类和健康益处。在饮用绿茶之前，请务必咨询您的医生，以避免绿茶与其他药物结合所引起的任何不良反应。

谨慎应对激增的登革热病例

当全世界的人都在关注新冠病毒疫情，你是否知道登革热依然是东南亚从未消失的一大威胁？



事实上，马来西亚登革热的病例正在逐渐上升。

尽管登革热的死亡率目前仍低于新冠病毒，但我们绝对不能掉以轻心。

马来西亚卫生部官宣，截至2020年4月，总共出现了38,240登革热病例，其中63名患者证实死亡。雪兰莪占超过23,000例，其次是柔佛和吉隆坡。

马来西亚登革热的病例在过去连续八周内，平均上升了8%。政府表示，马来西亚预计将在6月初迎接第二波登革热，并会持续至9月，而登革热的病例也会随之增加。

在马来西亚，登革热和登革出血热的发病率的数据为：前者每10万人有118.3人发病，后者每10万人便有5.1人发病。1998年登革热和登革出血热的死亡率分别是：前者每10万人便有0.22人死亡而后者每10万人便有0.23人死亡。

登革热现已在非洲，美洲，地中海东部，东南亚和西太平洋地区的100多个国家中流行。根据世界卫生组织的报告，近来十几年，全球的登革热病率正在急剧上升。全球大约一半人口处于危险之中。估计每年登革热的感染达到100至400百万的人。若没有接受适当的治疗，骨痛溢血热症的死亡率可能达到20%或更高。

因此，尽管蚊子的体型很小，但它却被冠为“世界上最危险的动物之一”。

什么是登革热？

登革热是一种由蚊子传播的病毒性疾病，近年来已成为主要的国际公共卫生问题。登革热病毒导致死亡的几率很小。但是，其感染的威力可能会发展为更严重的疾病，那就是严重登革热或登革出血热。在许多国家，它是导致儿童死亡的主要原因。登革热是通过黑斑蚊的叮咬并且在同时期内将病毒传染给人类。

登革热通常发生在热带国家的城市及周遭地区。登革热类似于普通感冒，其临床特征会根据患者的年龄而有所不同。

病毒是如何传播的呢？

此病毒是通过已被感染的黑斑蚊的叮咬传播给人类。感染登革热病毒的雌性蚊子可以通过卵巢传播，将病毒传播给下一代蚊子。

人类仍然是登革热病毒的主要宿主，尽管研究表明，在世界上的某个角落，猴子可以被感染并且成为未感染蚊子的主要病毒感染源。

有什么对登革热患者的有效治疗方法吗？

登革热会引起高烧，头痛，关节痛，疲劳，恶心，皮疹等。现今并没有针对登革热的治疗方法。其唯一的治疗方法是通过支持和对症治疗措施以及补液疗法以助于恢复由呕吐和高烧所引起的体液流失。

发烧期可通过扑热息痛帮组退热。期间应避免使用其它非甾体抗炎药以减少出血的风险。我们必须密切监测患者以便可以提早发现患者是否有休克迹象。

相较于登革热，登革出血热更为严重，其特征是高烧，淋巴和血管受损，鼻子和牙龈出血以及循环系统衰竭。以上的情况可能会导致死亡。这些患者必须立即就医。

预防胜于治疗

做好防蚊措施，对预防登革热尤为重要。这与生活在马来西亚等热带气候的人息息相关。我们应始终保持警惕以防蚊虫叮咬，甚至在室内使用驱虫剂。当你在户外活动时，请尽可能地遮盖身体。请确保时时刻刻地关上室内的窗户。如果你在户外睡觉，请使用蚊帐。尽量避免积水区，因为其极大可能是蚊子繁殖的地方。定期清除积水或用盖子把容器盖上。

改善形体的 10种运动



第一印象极其重要，尤其是形体。这十分重要的一件事却经常被大多数人忽略。一个拥有良好形体的人会呈现出更自信，更好看的整体外观。

良好的形体不仅能让我们整体看起来好看，还有助于我们保持身体健康。如果你挺直腰板，你会发现你的呼吸变得顺畅以及减缓了背部及肩部的疼痛。而锻炼形体最好的事情是即使你不会马上就拥有优秀的仪态，但是可以通过一些运动锻炼来帮助您逐渐改善形体。

这十种运动可以改善你的形体：

1 婴儿式

这个姿势有助于减缓下背部和颈部的紧张。

步骤：

双膝并拢跪下，将双脚并拢，膝盖分开至臀部同宽。之后，伸出双手，向前弯曲身体。现在，你可以将额头轻轻地放在地板上，肩膀向地朝下并且放松。在深呼吸的同时，可以一直保持这个姿态。



2 体前屈

体前屈可以有效的缓解脊柱、腘绳肌和臀肌的肌肉紧张。在进行拉伸后，你会感觉到整个背部都在伸展和拉长。

步骤：

首先站立，两边脚拇趾触碰一起，将脚后跟稍微分开。接着，将双手环抱双腿，并且将身体朝臀部方向弯下。之后慢慢将双手放在地板上，并稍微弯曲膝盖。接着，尝试放松身体将下巴向胸部弯曲，并让头顶面向地板。呼吸，保持姿势约1分钟。如果你的血压较低，注意要缓缓将身体往上弄直，不要快速的将身体朝上。



3 猫牛式

练习猫牛式有助血液循环以及帮助减缓躯干、肩部和颈部紧张

步骤：

首先，双膝跪地，双脚打开与臀部同宽。接着，将双手直接放在肩膀位置下。根据身体的舒适度调整一个适合你的位置。现在，将身体调整成猫的姿势，轻轻呼气并将脊椎向上至天花板。你会感受到你的肩胛骨正在伸展。而牛姿势则是完全相反方向，将腹部朝下并将肩胛骨合拢。然后继续重复这两个动作数次。



4 “4号”坐姿

“4号”坐姿有助于打开臀部肌肉，尤其是如果你是长期坐在办公桌工作的话。

步骤：

首先，在椅子上坐好。将右脚放在左膝上，并确保将重力集中放在左腿上。保持右脚弯曲，你会感受到你的右脚有拉伸感。尽量将你的背部挺直。在整个锻炼过程中保持深呼吸，然后换另一条腿重复相同的步骤。



5 高位平板撑

为了保持良好的形态，您需要增强背部以及腹部肌肉的力量。高位平板支撑动作能有助于加强以上两个部位的肌肉。

步骤：

首先，将四肢朝地。然后双手张开与肩膀同宽，将手掌平放在地面上。之后，将双脚伸直向后，张开与臀部同宽。将尾骨往内收，使用你的腹部核心、臀部股四头肌约1分钟。建议没有经验进行这项运动的人请小心进行这项动作，可尝试维持几秒钟再延长时间至完整一分钟。



6 侧平板支撑

侧平板支撑可以通过锻炼身体两侧的肌肉，有利于改善背部与身体的姿势。

步骤：

首先，将身体转向右侧并且将双脚叠起，右手直接放在右肩膀正下方。接着，用手向下推进，并抬高臀部，确保你的身体从头到脚呈一直线对齐。尝试保持这个姿势约30秒，然后换边重复动作。您也可以将一只脚平放在前方减低这个动作的难度。



7 下犬式

下犬式有助于舒缓背部疼痛、伸展背部以及重新调整体形的作用。

步骤：

将身体折叠。双手平放在地面，移动双脚向后走动，直到身体呈V形。一开始你会发现到脚跟会无法着地，因此尽可能地将脚跟压向地面。注意头部需要与手臂保持在同一水平；千万不要呈现弓背状态。您应该感受到你的背部及肋骨能得到很好的舒展。



8 鸽式

这个运动有助于舒展坐骨神经和四头肌。

步骤：

坐在地上，并将双手放在身体前方。接着，将右膝盖放在右手腕后方，将左脚向后伸展。双手支撑在地板。你的右脚可贴近腹股沟以降低此动作的困难度，或者90度伸展，以达到更好的伸展效果。请注意：每个人的柔韧性不同，任何动作都不应该引起剧烈的疼痛。



9 深蹲

深蹲是有助于增强背部以及臀部的肌肉。

步骤：

首先，双脚张开并与臀部同宽。接着，将膝盖弯曲，然后试想象有张椅子在你身后。保持这个姿势几分钟，然后再回到站立姿势，可重复几次以上这些动作。



10 仙人掌式

仙人掌式能缓解颈部和肩膀肌肉紧张。

步骤：

双脚张开站立，吸气时，将双手向上伸展；呼气时，将肘部向下弯曲，呈现成仙人掌的形状。试感受一下肩胛骨之间的拉伸，可重复几次以上这些动作。

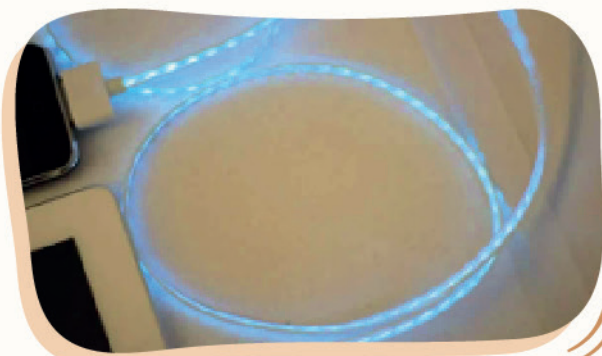




实用的小工具 使你的生活更轻松！

如今我们生活在一个任何事情都可以透过简单解决的方式，并且省时又省力的时代。市面上有许多很有趣的小工具及配件能使您的生活变得更加轻松！

这些工具包括：



1. 闪亮充电线

当充电线亮起时，代表着充电线正为您的电话进行充电。当接入电源时，充电线的灯光会闪烁，而当手机充满电时其灯光会停止闪烁。您可以在 Lazada 搜寻此物品。

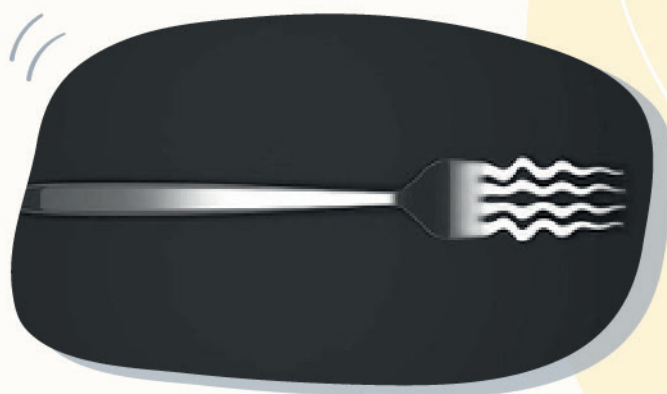


2. 塑料瓶冰块

想象一款能装进您的塑料瓶的冰块～我们平常见到的立方体形的冰块并不能放入塑料瓶里。但如今无论您身在何处，都可以带着含冰块的冷水出门啦！您可以在 Lazada 搜寻此物品。

3. 扭曲的叉子

作为一款创新的平底锅，它的设计非常适合没有时间做饭，但仍然想为家人准备一顿饭的人。此锅含有多个隔间，可以让您在同一时间烹煮多种食物。当您使用完毕后，它也可以很容易清洗干净。



4. 分隔锅

作为一款创新的平底锅，它的设计非常适合没有时间做饭，但仍然想为家人准备一顿饭的人。此锅含有多个隔间，可以让您在同一时间烹煮多种食物。当您使用完毕后，它也可以很容易清洗干净。



5. 多功能剪刀

这是另一款非常合适用在马来西亚美食烹饪的实用工具，这把多功能剪刀能帮助您均匀地切碎草药。您可以在Shopee上购买此物品。



新冠疫情 困惑

不明确方案或浪费
人民的努力

马来西亚在针对新冠疫情的控制上的确做得非常优秀，然而一系列的不明确的管理准则很有可能会导致先前的努力都被浪费。

据我们了解，马来西亚全国人民都必须遵守以下的标准操作程序：



- 1** 自2020年8月1日起，政府强制要求全国人民都必须在公众场所戴上3层口罩，以防止病毒透过空气传播。
- 2** 维持社交距离很重要。许多研究指出新冠病毒可在人们咳嗽或打喷嚏时在空气中传播近一米的距离。
- 3** 在多人流动的商业场所需对个人资料进行记录（例如摊位、美发店、餐馆、大型购物商场、超级市场等等），这动作在追踪病毒爆发群的检测上有着至关重要的目的。
- 4** 全国人民鼓励使用政府开发的MySejahtera应用程序，这是马来西亚在应对新冠疫情上所采用的其中一种方式。

拒绝遵守任何标准操作程序的行为将被处以1,000令吉的罚款。

8月4日，丹斯里拿督诺西山表示，“自7月1日起，马来西亚已连续一个月只记录一宗新冠病毒感染病例。我们又一次的看到每日感染病例的减少直至一宗感染病例而已。”

“卫生部希望民众能在日常生活中继续遵守新常态的生活作息，并遵守现行的标准操作程序（SOP）。”

丹斯里拿督诺西山继续表示：“各界社区都需要持续保持进行预防措施，以确保我们在与新冠病毒疫情的斗争中取得胜利。”

复苏行动 管制期间 发生的可疑事件



前首相纳吉庭审大集会，当时有大批民众聚集在吉隆坡高等法院以支持前首相纳吉接受审判的集会事件。当时的照片中，有许多人是没有戴上口罩的，尽管已经很明显地违反了政府所制定的标准作业程序，但据我们所知，这些出席集会的人也没有处以罚款。

执法人员的待遇偏差，在允许当选代表可以不戴口罩的聚在一起且一同进餐时，就显得尤为明显。

国防部长Ismail Sabri Yaakob则表示，允许民选代表在行动管制期间在其选区组织活动。



然而他还表示，尽管不会对他们进行发罚款，但这些当选代表仍需遵守标准作业程序。

霹雳州执行委员Razman Zakaria和卫生部副部长Noor Azmi Ghazali博士与一群人进餐的同时也未遵循标准作业程序。

据我们所知，以上无一人土处以罚款。



但是，能确实知道有一名学生因错误方式佩戴口罩而被处以罚款1,000令吉。这里需注明的是该名学生实际上是戴着口罩，而当时他是将口罩拉至鼻下位置。这样不平等的执法标准也激怒了有关当局，认为这些规则仅仅只是象征式的存在。这些不明确的作业方案可能会导致人们之前的努力被浪费，但是我们依旧应该坚持下去。

需遵守 作业程序的原因

尽管我们能发现一些有权有势的人没有遵守标准作业程序，但这并没有给予我们可以忽视标准，可以进行反抗及制造第二波感染风潮的“免死金牌”。

毕竟现在的我们，经不起另一次的行动管制令。

马来西亚人被训示千万不要因近期感染病例数字的减少而开始松懈下来。通过与社会保持至少一米的距离，保持个人卫生，避免拥挤和封闭的区域，避免近距离的谈话，我们就可以使自己免受病毒疾病的伤害。

使用肥皂洗手至少20秒钟可杀死大多数病毒，并大大减少了感染或传播新冠病毒的机会。酒精类的洗手液也有助于杀死病毒，但必须确保至少包含60%的酒精成分。



总结

2020年的四分之三，已经在如此巨大且前所未有的情况中被消磨，但是如果所有人能同心协力，共同努力并遵循行动管制令来打败新冠病毒，相信我们一定能克服阻碍！

善用AIDA模式 增加销量

AIDA模式，自19世纪以来就已经被广泛用于提高销售的营销攻略。许多人在不知觉的情况下其实也已经使用了AIDA模式。

对大部分企业而言，想要说服客户尝试自家的产品是一件不容易的事。品牌必须在市场具有独特性、引起注意、得到客户的信任并且用信息说服他们购买您的产品。

这“AIDA”其实是：



以上这些步骤都可以被策划以引导顾客作出最终行动。您也可能将其称为“营销渠道”。在这每一个步骤中，都需要配合一些行动以提高将这些潜在客户纳入手中的可能性。

让我们将这些步骤细分：



注意力

第一个模式也是最重要的模式就是注意力。吸引客户兴趣的第一步就是要引起他们的注意力。吸引客户对您的品牌或产品产生兴趣。在这阶段您的目的是很明确的，就是让客户注意到您的存在。

您现在面临的主要挑战之一是众品牌百家齐鸣的市场环境。如今存在着众多的品牌和产品，它们都宣称拥有自己的特色并且向人们推销自己，而另一个挑战则是现代大多数人的注意力时间较短。

因此，将上述的两个市场挑战放在一起，您会发现要脱颖而出并不是一件容易的事。

您的广告宣传需要在最初的三秒至六秒内引起客户的注意。

广告信息必须足够强烈，因此需要专业的文案写手以及设计师为您的广告文案助力。



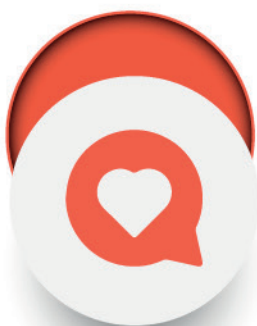
兴趣

恭喜您，您已经成功获得客户的注意力了。

而接下来，您必须让被你吸引的客户对你的产品感兴趣，您需要激发他们购买你家产品的兴趣。

因此，您需要分析出，
您的产品拥有什么独特卖点？
您的产品能如何为客户的生活带来好处，
或是如何以其他人无法利用的方式来解决客户的问题？

在这阶段，您可以大肆宣传你的产品，但是不要过度宣传。因为产品的宣传不应该是品牌有多棒，而是您的产品能如何帮助消费者过上更优质，更简便的生活。



欲望

当您成功引起客户的注意以及让他们产生兴趣后，下一步就是增加他们购买产品的“欲望”。

您可以通过向他们展示产品的使用方法，**让客户可以直接看到效果，或者是通过一些产品测评或是其他的用户见证来增加信心。**千万不要小看口语相传的力量，因为大部分人在进行购物选择时还是很容易被身边的人影响。

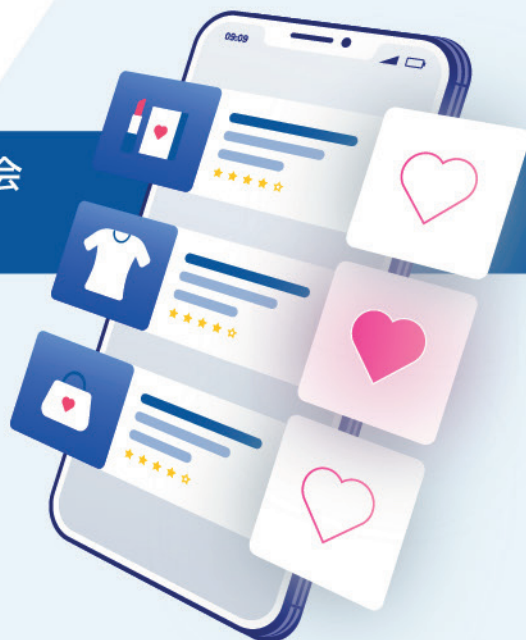
此外，您也可以免费提供给消费者他们可能想得到或是体验的产品或服务。派发试用装能为您的产品表明慷慨及信任提升的作用。



行动

终于，客户已经被说服并且决定购买了，但这一切还没有结束！事实上，您应该将第一次的购买视作是彼此关系的起始。之后你需要为客户提供良好的售后服务，让消费者能够选择接受您未来所营销的内容或产品，从而建立客户忠诚度。

当您真正学会了AIDA模式，这将会使您在未来的销售路上更加顺遂！



您觉得自己 无法再学习了吗？ 再重新思考吧！



现今许多人发现自己处于需要学习新知识的阶段。也许是因为您丢了工作，所以需要多样化的技能才能确保自己能在这个充满挑战的经济环境中保持竞争力。也或许您只是想要与时俱进，体验科技带来的重大变化。也或许您只是想要学习更快以及更有效的学习技能。



芭芭拉·奥克利 (Barbara Oakley)，“学习之道”的创始人，常年最成功的大规模开放式在线课程 (MOOC)，她认为人们实际上可以训练自己的大脑学习。她曾经对数学和科学完全没有天赋，但她不仅可以训练自己成为一名杰出的工程师，并且成为奥克兰大学的杰出工程学教授，因此，她相信所有人都可以通过训练自己的大脑去完成任何事情。

她的课程非常的受欢迎。180万来自全球200多个国家的人都报名参加了该课程，表明学习本身是一项非常宝贵的技能。

以下为奥克利博士所列出的四种有助于学习的技巧：

专注过后，便不再专注。

奥克利博士表示大脑有两种思维方式，其为“聚焦”模式和“漫反射”思维模式。多数人认为我们必须学习以及理解，并且坚持不懈地专注在自己的学业上。在未得到自己想要的东西之前，我们必须坚持到底。如果我们不坚持，我们就输了。但是，奥克利博士建议，经过长期紧绷的工作后，休息时对大脑是有帮助的。这使大脑的“漫反射”状态得以接管，从而助您进行信息连接。这就是为什么您总是会在淋浴的时候发现新的灵感— 当在休息的时候，大脑便有这个闲暇时间对您接收到的知识进行深入的了解。

休息

紧接上一个论点，如果您被难题困住了，休息会比继续努力解决问题更有效。奥克利博士甚至建议一项用于休息的“波莫多罗技术”，它设置了一个计时器来为您进行每隔25分钟的工作就会伴随着一个奖励，其中包括让大脑有机会进入“漫反射”状态的休息。您可以散步，听音乐，甚至是浏览社交媒体，或者其他能让自己暂时摆脱工作束缚的事情。大脑可以在休息的时候，潜意识地巩固您的新知识。这种设置计时器的技术还有助于避免拖延症—如果25分钟后没有进行休息，那很有可能永远都不会开始工作。



业精于勤

当刚开始尝试新事物的时候，您必然不会对其擅长。可是必须学会接受事实，并将其化为动力，为将来的成果奠定良好的基础。还记得初次学习驾驶的时候吗？所有的新知识让您不知所措，一切事物都变得如此陌生。相较于20年后的驾驶技术，由于日积月累的驾驶经验，您无需太过专注就能完成驾驶上的许多事。奥克利博士称这种做法为“分段理解”。把一大段的讯息分割成为数小段，并且将其一讯息建立在其他讯息上，分割的越多，获得的讯息也随之变多。之后，还可以凭着这项技能做出更多不一样的事情，并且在最后成为专家。

每一个人不相同



时时刻刻提醒自己，人们都在以不同的方式学习。有些人可以很快地接受讯息，而一部分的人则需要花更长的时间接受讯息，但他们却能注意到更多细节。知道自己是谁，并意识到自己的优点和缺点，然后以自己的个性以及学习方式使用上述技能。当奥克利博士重新开始学习数学时，她感到恐惧。她不知道自己是否能够重启自己的大脑。由于，她在成年后曾学会了一种新的语言，因此这给予了她不断尝试的自信以及毅力。她以水平较低的数学程度慢慢地开始进行训练。可是，她的努力终究获得回报。

自知之明可以说是人生中最重要一步。如果您已经充分了解自己，那么我们相信您将能够发掘接下来的一切事情！祝您能成功地学习自己想要的任何技能。



传承国际

反贿赂与 反贪污政策



传承国际致力于以专业、道德和高尚的诚信标准进行业务。

从2020年6月1日起，2009年马来西亚反贪污委员会法令的修订法案已正式生效，并规定企业必须对贪污行为承担责任。传承国际对**所有形式的贿赂与贪污实行零容忍**，并对类似行为采取坚决态度。

为此，传承国际已制定**反贿赂与反贪污政策**，它适用于本公司董事会、职员，以及经销商们。

身为一名**经销商**，您必须确保您已阅读、理解并遵守此政策。政策详列可从
www.returnlegacy.com.my 查阅。



P-WALLET

特别促销

1ST SEPTEMBER 2020 (12PM MYT) – 30TH SEPTEMBER 2020 (11.59PM MYT)



只限260套!

购买1套 P-WALLET

免费

15瓶装
H+(120ML)

*需符合条规 *只限马来西亚经销商。*免费产品不包含WP。

*由于有恢复行动管制令(RMCO)/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。



您的专属美丽配套

LEGACY PLAN 促销活动

1st September 2020 (12pm MYT) – 30th September 2020 (11.59pm MYT)



免费

5 x 2° Redoxy Essence

免费

2 x 2° Redoxy Essence



免费

1 x 2° Le'Gain Set

免费

1 x 2° Le'Gain (10ml)

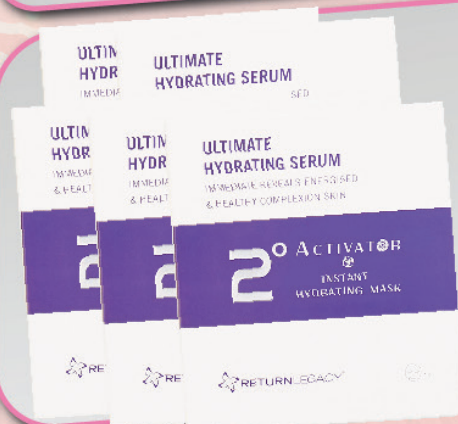


免费

1 x 2° Le'Gain Limited Set

免费

1 x 2° Le'Gain (10ml)



免费

5 x 2° Activator
Instant Hydrating Mask

免费

2 x 2° Activator
Instant Hydrating Mask

(Exp: Aug 2021)

*需符合条款 *只限马来西亚经销商

*由于有恢复行动管制令(RMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。

*Legacy Plan PWP 在促销中无效 *免费产品不包含WP

*欲知更多详情,请参考促销活动备忘录。*直到售完为止



促销活动

HAND SANITIZER 完美组合

6瓶装

1ST SEPTEMBER 2020 (12PM MYT) – 30TH SEPTEMBER 2020 (11.59PM MYT)



*需符合条规 *只限马来西亚经销商。*Legacy Plan PWP在促销中无效。

*由于有恢复行动管制令(RMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。

*免费产品不包含WP。*欲知更多详情,请参考促销活动备忘录。直到售完为止。



传承玫瑰金项链 镶显移动钻石

独一无二的传承玫瑰金项链，
拥有闪闪发光的钻石随着佩戴者的动作旋转和移动。

**免费 传承玫瑰金项链
镶显移动钻石**

01.08.2020 (12Pm, MYT) – 31.08.2020 (11.59pm, MYT)

个人保荐累积至少3800WP

*需符合条规 *只限马来西亚和新加坡经销商
*欲知更多详情，请参考促销活动备忘录。*直到送完为止。

ITALY

TRAVEL INCENTIVE TRIP 2020

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

MILAN



ROME



VENICE



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.

OR

Add On Criteria (Effective 1st August 2020)

*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	6,000WP	3	40,000WP	1
2	6,000WP	5	20,000WP	1

* Only one (1) criteria to be fulfilled.

* 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
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