

# LEGACY LIFE

THE FUTURE IS HERE:  
AI IN THE WORKPLACE



CG PROGRAM

M O M E N T U M



## RETURN LEGACY

LIMITED EDITION ORIGAMI RED PACKET

2° Setitik

### ACNE TREATMENT CREAM

MOST COMPREHENSIVE ACNE SOLUTION





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# RETURNLEGACY

LIMITED EDITION ORIGAMI RED PACKET

## Giving red packets are Chinese tradition in Chinese New Year.

The significance of red packet is the red paper, which symbolizes good wishes and luck for the new year ahead. The elders wrap lucky money in red paper and gift it to the younger, bestowing more happiness and blessings on them.

Despite the adversities and challenges we've faced this year, our resilience fuels our ability to come back stronger. The spring festivities often reminds us of the warmth at home, of closing old chapters and new beginnings - signing off the year and signing on the next. Spring celebrations come hand-in-hand with customs and traditions that have been passed down through the generations. It is through these generational exchanges that the embers of spring continue to burn, reminding us that when there is will to carry on, a door to a better tomorrow will always be there. No matter what the future holds, be steadfast in what you truly believe in.

## SPECIAL LIFE, SPECIAL LEGACY.

Scan this QR code for  
RETURN LEGACY  
CHINESE NEW YEAR 2021 VIDEO





# INTRODUCTION TO M O M E N T U M ONE

The beginning of the new year symbolizes a new beginning, a fresh start. In an era full of ups and downs, we are constantly swept by the tide of the times. Some of us are helpless dragged along, others may be able to ride the wind and break the waves, finding a ray of light and a reason to smile even amid the doom and gloom.

However, things are changing quickly and unpredictable. Maybe you're getting a fixed salary now, working hard, but constantly wary that one day lose your job. Maybe your job is filled with instability and you worry that one day you will be left without an income. Perhaps your job is dependent on how much you work – if you stop working, so does your income.

In these capricious times, people are rightfully panicked and stressed. We are not only dealing with is the pandemic, but the pressure of life, the demands of our bosses, our parents' expectations and our children's desires. 2020 was certainly a dark moment. We suffered great loss- the loss of our dreams, goals, ideas and directions.



With people as the primary capital as its core, Return Legacy proudly presents Momentum One, a concept that leads Legacians back to the path of Return Legacy. With Momentum One, you will have to invite a person with the same ideas and dreams as yours to join our big family monthly. A simple step to accomplishing your goals but a huge step towards wealth and freedom. Everyone is welcome to participate and become a member of this great movement, regardless of class, status or identity.

In other direct selling industries, you might need to find multiple downlines to achieve financial freedom. However, Momentum One breaks the shackles and makes breathtaking changes. By only sponsoring one downline a month, it is sufficient to lay a solid foundation for your bright future.

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In Momentum One, clear goals and guide are provided, leading Legacians to march in the desert, heading unswervingly to the oasis of wealth and freedom. On this long journey, constantly sharing and continuous service are important measures to improve yourself and stabilize your network.

Internally, you need to continuously serve your downlines and guide them. The quality of service is not only reflected in the quantity of your interaction, but also in your sincere, genuine, and striving attitude. Externally, Legacians should continue to advocate the company's proposition and conduct sponsoring continuously to benefit more people.

Momentum One is our main concept of the year. Legacians should always keep it in mind and carry it forward, so that we can continue to glow and shine, and bring positive impact to others.

This is dedicated to everyone who works hard for life:

**“ Dreams do not need to be great, but we must work for them passionately, with all our hearts.”**



M O M E N T U M  
**ONE**



In the order to help and mentor distributors better in

# YEAR 2021

the Business Development of Return Legacy has specially established the Consulting and Guidance Program (**CG PROGRAM**).



## WHAT ARE THE BENEFITS OF **CG PROGRAM** ?

1. To assist distributors who want to build Legacy Business but do not have the idea how to execute the next step. This program helps distributors to set goals and methods, guiding them to proceed towards the goal.
2. To create a platform for distributors to directly seek help from the company's Marketing or Business Development Department whenever they encounter problems.
3. To nurture distributors who are able to work independently in the market.
4. Weekly online training and consultation for distributors, for them to have a grasp on company's latest direction and plan.



# THE FUTURE IS HERE:

# A.I.

## AI IN THE WORKPLACE

DOES ARTIFICIAL INTELLIGENCE (AI) SEEM LIKE A FUTURISTIC CONCEPT TO YOU?

Well, it doesn't have to be. You might be surprised to know that AI is already here and part of our lives.

AI can be defined as the simulation of human intelligence and thought processes in software or machinery which has been programmed to act in ways similar to those of humans.

It's created with the intention of mimicking the thoughts and actions of human beings. It's a tool intended for problem-solving, learning and completing specific objectives.

Of course, AI is an incredibly wide field. And while AI does create some anxiety in that robots may one day take over a majority of our jobs, what is also true about AI is that it can definitely help us improve our lives.

We probably all use Waze or Google Maps to get around. And not just that, these tools also monitor traffic and conditions in real time, giving suggestions on how to avoid traffic jams.

Speaking of Google, we use Google search almost unthinkingly, every single day, to solve problems in our lives, big and small. Just three decades ago, it seemed like science fiction that you could ask a computer a question and receive a near-instantaneous answer.

YET TODAY, THIS IS THE CASE.

One of the areas that is fast incorporating AI is the workplace. Current circumstances have only accelerated a trend that began years ago.

Many businesses are currently using forms of artificial intelligence in order to complete their desired goals. As a result, workplaces everywhere have been fundamentally transformed by artificial intelligence. In fact, it is very likely that you are currently working at a workplace which uses AI in some form or other.





## ADVERTISING AND MARKETING

Have you ever bought a product recommended to you on Facebook or Instagram? If you have, and chances are high that you have, this is one way in which AI has influenced our lives. This is also an invaluable "weapon" in a business's toolbox.

AI has made it possible for businesses to market to their exact target audience. It is now possible to learn the likes, dislikes, and affiliations of anyone who spends time on social media platforms. This knowledge undeniably gives businesses an edge – because you know what your audience likes, it is so easy to create advertising that speaks to them, creating desire and ultimately, closing sales.



Even if you are just starting out and just testing the market, AI helps you create awareness and very quickly learn who is responding. AI helps you discover who needs your products and offer your brand to them. If your business is attempting to expand its consumer base, artificial intelligence can and should be used to determine which group of potential customers contain great potential as a future group of stable customers.

**AI IN ADVERTISING AND MARKETING CAN GIVE YOU A REAL EDGE – SET SOME BUDGET ASIDE TO USE IT TO YOUR ADVANTAGE.**

## HIRING NEW TALENTS

AI is remarkably useful for interviewing candidates to fill in vacant positions within the company. It might even be that your own job interview was conducted with the use of AI.

There are several advantages to using artificial intelligence for job interviews.

**FOR EXAMPLE,** AI can help reduce interviewers' unconscious biases. Unconscious bias, also known as implicit bias, is a negative social belief about a certain person or group. Such beliefs are developed outside a person's consciousness, therefore it is difficult to spot and control. Characteristics which are often the subjects of unconscious bias include race, religion, gender, sexual orientation, nationality, age, weight, and physical ability. Since AI is not affected by unconscious bias, it can help create a fairer job interview process.

**EVEN THE INTERVIEW ITSELF CAN BE FACILITATED BY ARTIFICIAL INTELLIGENCE.**

Certain video interview platforms can be used to conduct and record the interview with candidates. The video can then be analyzed by the related HR team. Artificial intelligence software used for this purpose makes use of data points gleaned from tone of voice, facial expressions, and movements. All the information is gathered and analyzed, which can help HR personnel find the best candidate for the job.





## DECISION-MAKING TOOLS

AI is currently being used to inform the making of critical business decisions. How? By using AI to capture data, businesses can then analyze the data and understand what opportunities exist in a certain situation.

Through the compilation of such data, important corporate, financial, marketing, and other decisions can be made more rapidly. Actions can be taken swiftly and productivity increased.

The development of analytics through artificial intelligence may also improve the quality of decision-making. Among the types of analytics which can be provided by artificial intelligence are predictive, prescriptive, and descriptive analytics.

These forms of analytics allow organizations to replace traditional forms of decision-making which are not always backed by facts and data. While there is something to be said about instinct and intuition (which thus far is purely the purview of human beings), it can be empowering for employees to take action backed by solid data.



## COST-SAVINGS

Wouldn't you love to maximize profits? That's of course the aim of every business. It's also why some businesses have opted to use AI to reduce costs. This is possible because the use of AI can prevent the need for carrying out additional tests and procedures no matter which field the business is in. These tests and procedures can often be very expensive, depending on the field in which the business in question operates. In most cases, the cost of purchasing artificial intelligence technology is far less than the cost of conducting many additional tests and procedures.

There are also certain tasks that are more costly when performed by a human instead of by AI software. Automation can complete certain tasks much more rapidly, easily, efficiently, and more inexpensively than even the most competent and dedicated human ever could.

According to the latest statistics, every hour of work saved by an average employee through the use of automation allows the employee's company to increase its profits by US\$38.50 (RM160.25). This figure may not seem like much; however, it adds up quickly. Over the course of a year, hundreds of thousands or even millions of dollars can be saved through the use of automation and artificial intelligence.



AI has also made it much easier for anyone to conduct online business activities. The use of AI allows people to better identify a target audience and market products or services to them, thus leading to increased customer retention and sales. AI can also be used to cater to users' specific interests, tailoring a specific online shopping experience to suit any user.

## TO CONCLUDE...

Even if we may not be aware of it, AI has already become an indispensable part of many modern-day workplaces. It has forever altered how people work and how businesses operate. Businesses and business owners who are able to leverage artificial intelligence to their advantage can be expected to gain in time, efficiency and ultimately productivity.

Therefore, whether you own a small or large business, it would be wise to learn all you can about how best to leverage on AI. Don't be left behind!



# BEAUTY TIPS TO SURVIVE CHINESE NEW YEAR



## CHINESE NEW YEAR IS NEARLY UPON US!

An exciting time indeed, and most of us definitely look forward to putting on our new clothes, looking great and celebrating with our families online even some of us could not back our hometown.

However, during Chinese New Year, the constant festivities make having flawless makeup the whole day quite challenging. A good idea is to focus on skincare instead of just makeup. After all, no matter how expensive the makeup, it still needs a smooth and flawless canvas to look its best.



Here are a few other beauty tips for you to not only survive, but thrive during the upcoming festivities:

## DRINK LOTS OF WATER

In our merriment, let's always remember to drink lots of water- 8 glasses at least and more if the weather is hot. Up to 70% of our bodies are made up of water. If you don't drink enough, you'll notice the effects almost immediately - your lips get dry, your throat gets parched (especially when we're busy talking and catching up!) and your skin starts looking lackluster. So do yourself a favour, keep a cup of water nearby at all times to keep your skin looking plump and bouncy.

Besides keep yourself hydrated, why don't give a try to 2° Activator Hydro! A non-greasy texture and hydrating gel cream designed to flood skin with moisture and instantly quenches dehydrated skin. Infused with Micro-Mineralised Nutrient Technology (MMNT) which works hand in hand with sodium hyaluronate to hydrates, soothes and protects your skin, leaving it soft, plump and dewy.

## GET PROPER SLEEP

Yes it's definitely fun to stay up, especially during Chinese New Year. But remember you do need your beauty sleep to give your body a chance to repair itself and to simply rest. Skin goes through a restoration process as you sleep. And if you don't get enough, we're sure you have noticed a decrease in the quality of your complexion. You might also be more cranky! If that is NOT what you're aiming for, then please get 7-9 hours of sleep every night.

## STAY COOL AND COLLECTED

We know that the festive season is also prime time for stress- there's so much to do and so little time. But it pays to try and relax and have fun instead of being too worried about getting every little detail perfect. Because stress leads to breakouts and breakouts are not a good look. So remember to take plan your days as well as you can, ask for as much help as you can get, and simply take time off to relax.

Here is an extra tip for you. Create feeling of peace with Serenity, the calming and soothing blend oil. It made with 100% natural peppermint extract. Peppermint, which is an energy booster, is one of the most used essential oils in aromatherapy. Serenity can help to combat anxiousness and irritability. A perfect solution for tiresome day!



We hope these few simple tips will help you simply radiate happiness during your Chinese New Year! Gong Xi Fatt Chai from all of us at Return Legacy.





## Isn't acne the worst?

**Not only they hurt, but they would also pop overnight and probably impossible to hide.**

Yes, there are hundreds of thousand skincare methods that might lessen your acne torment, but there is no treatment more comprehensive than 2° Setitik Acne Treatment Cream - an exclusively designed formulation that draws out impurities and leads to all-day smooth, clear, and even-toned complexion.

## But First... What is Acne?

Before we talk about how to deal with acne, we have to know what acne really is. Acne is a common skin condition that occurs when dead skin cells and sebum clogged our hair follicles. When sebum—an oily substance that keeps the skin from drying — and dead skin cells plug the pores, they will lead to outbreaks of blemishes like blackheads, and whiteheads. Typically, acne appears on our face and forehead, but it can also appear on our chest, back, and shoulders.

Acne is also a sign of inflammation, which is one of the reasons your acne hurts when you touch them. Normally, sebum is delivered to our skin surface from the sebaceous glands through pores. However, when the dead skin cells and sebum pile up, the mixture will block the pores and become a favourable environment for bacteria to grow.

These bacteria will cause inflammation that resembles swelling, redness, heat, and pain. But it doesn't end here, as time goes by, the wall of the plugged hair follicles will eventually break down, spilling even more bacteria, dead skin cells, and sebum into nearby skin that create even more blemishes.



# PREYS OF ACNE

Anyone can get acne. However, acne seems to hurt teenagers much more comparing to adults. While acne may cause an adult to be embarrassed, it is even severe to teenagers who are in puberty as it may scar them for a lifetime - both physically and emotionally.

The truth is, the struggle is real for teenagers when it comes to acne as they are always comparing themselves with their peers.

**“Why do others have such fair skin but mine is full of blemishes?”**

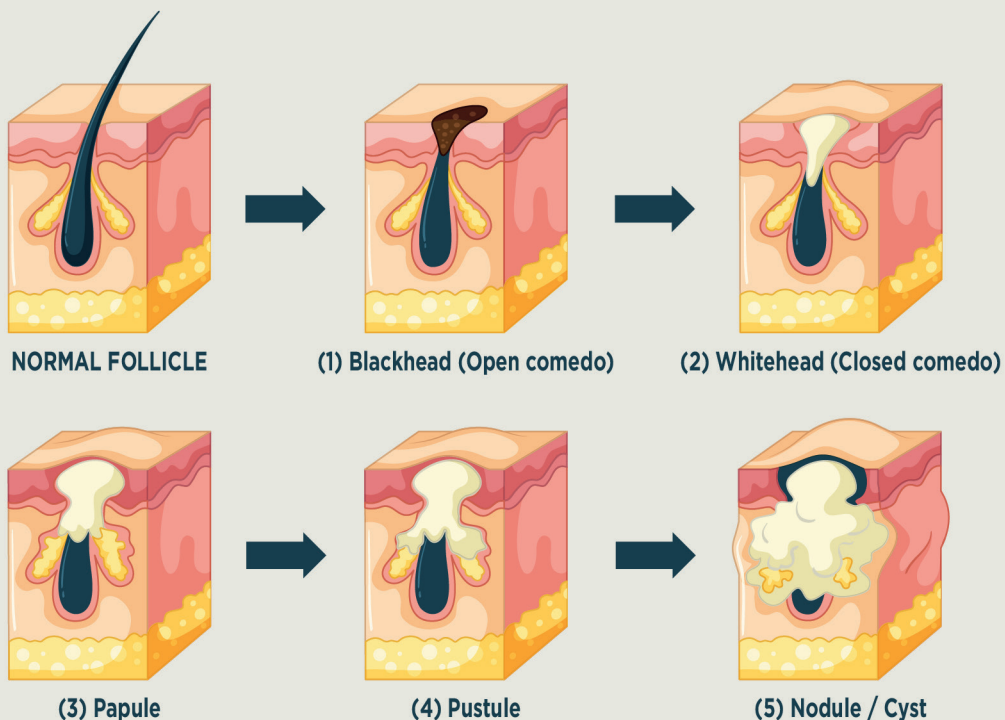
Failing to brush off acne in time will only lead children further from building their rock-solid self-esteem during their formative years, or even the worst, develop life-long anxiety or depression. Therefore, it is crucial to fix acne as soon as possible, before it deals devastating influence in our mind and socials lives.

## SO...What ACTUALLY causes Acne?

There are numerous reasons that can cause acne lesions, but we can conclude all of them into 4 reasons:

1. Too much oil produced by sebaceous gland
2. Dead skin cells piling up in your pores
3. Bacteria growing happily in your pores
4. Release of inflammatory mediators in the skin

Acne may be caused by genetics, hormonal fluctuation, and many other physiological factors. However, research has also shown that cosmetic, improper diets, tobacco, and stress may also result in acne breakouts on adults.







## 2° Setitik Acne Treatment Cream



### MOST COMPREHENSIVE ACNE SOLUTION



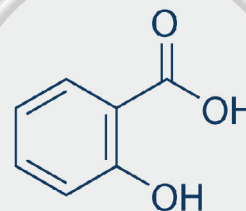
An effective anti-acne product must meet the following principles:

1. Reduce sebum production
2. Unblock hair follicles
3. Reduce acne-causing bacteria
4. Reduce irritation

Base on the above principles, 2° Setitik Acne Treatment Cream fully utilizes botanical and phytochemical ingredients in its treatment formulation to provide an alternative to other seemingly aggressive options with unwanted side effects. Ingredients used in 2° Setitik Acne Treatment Cream include Salicylic Acid, Willow Extract, Tea Tree Oil, Alpha Bisabolol, and Inulin (and) Alpha-glucan Oligosaccharide.

#### Salicylic Acid

Salicylic acid is a beta-hydroxy acid (BHA) that can penetrate our skin to exfoliate and dislodge dead skin cells that clogged our pores. Due to its lipophilic nature, it also reduces the formation of acnes such as blackheads and whiteheads. Salicylic acid helps to reduce the incidence of acne-related hyperpigmentation, and also diminish the appearance of acne scars.







### **WILLOW Extract**

Extracted from *Salix Alba*, a species of white willow native to Europe and western Asia, the willow extract has a great effect in removing dead skin while restoring a smooth and even-toned complexion. It has skin purifying properties that also helps in soothing skin irritation, inflammation and prevents acne formation by removing impurities that plug our pores.

### **Tea tree oil**

Derive from high-altitude natural tea trees, these oils contain rich Terpinen-4-ol that exhibits superb anti-inflammatory properties. It is super effective in calming redness and inflammation, irritated skin, and inflammatory acne lesion.



### **ALPHA Bisabolol**

Extracted from the wood of *Candeia* tree, a native species found in south America. This botanically derived active ingredient is the ideal treatment for calming skin irritation such as acne, redness, and itching. It also contains properties that protects our skin from external aggressions and helps in skin lightening and reducing dark spots.

### **INULIN (and) ALPHA-GLUCAN OLIGOSACCHARIDE**

This exclusive component is an efficient prebiotic that serves as nourishment for skin-friendly microorganism. Apart from boosting the growth of friendly organisms, it also reduces skin problems caused by harmful organisms by preserving the natural balance of skin flora. Lastly, this component also protects skin against many external aggressions that may cause acne occurrence.



## **Use it... NOW or Never!**

In conclusion, 2° Setitik Acne Treatment Cream deals with acne in the most comprehensive way, whether is it caused by inflammation, excessive sebum, or microorganism. If you want to save money and time in having the most effective acne treatment, there's no doubt that 2° Setitik Acne Treatment Cream is your best solution!



# DETOX215

**YOUR WAY TO A POST-CHINESE NEW YEAR DETOX!**

LEGACY WELLNESS



**Chinese New Year is an occasion that all of us look forward to.  
And not least because of the delicious food, goodies and snacks that  
we are greeted with.**

**Caught up in the fun, family and laughter, it is so easy to overindulge. After all, many  
Chinese New Year foods are regarded as auspicious. Don't we all want luck and prosperity?  
So eat more!**

**BUT THEN AFTER THE 15 DAYS ARE OVER, THE REGRET HITS.**

**We feel bloated and uncomfortable after days of feasting. What to do then?**

**Well, if you went all out during the wonderful season, don't fret. You can try doing  
a detox diet to flush out the toxins from your body.**

## **WHAT IS A DETOX DIET?**

Due to our fast-paced lifestyle, propensity to indulge in unhealthy foods and constant exposure to environmental pollution, toxins may accumulate within the body. The purpose of a detox diet is to eliminate unhealthy substances present in the body and also to increase vitamin and mineral absorption.

Generally, such a diet consists of drinking plenty of water, eating whole foods, or fasting for a few days or even a week.







## BENEFITS OF A DETOX DIET

### 1. PROMOTES GREAT SKIN AND HAIR

Toxin removal leads to healthy, radiant skin. It can also minimize acne and clear the skin leading to a renewed, recharged effect.

### 3. BOOSTS THE IMMUNE SYSTEM

If you include lots of whole foods such as fruits and vegetables in your diet, coupled with more sleep, your immune system is strengthened to fight bacteria and virus infection.

### 5. PROMOTES MINDFUL EATING

A detox diet may help you create a healthier mindset which is the first step to creating a healthier lifestyle. As you begin to realize the impact your diet has on your body, you'll become more careful about what you eat, even after you've completed your detox diet.

### 2. SUPPORTS THE DIGESTIVE SYSTEM AND WEIGHT LOSS

Toxin removal allows the better absorption of vitamins and other nutrients. In addition, detox diets may change the metabolism, resulting in long-term and sustainable weight management.

### 4. IMPROVES MENTAL HEALTH

Detox diets may also help with sleep. Better sleep leads to improved concentration, clarity and mood. Great sleep is integral to better wellbeing.

## HERE'S A STEP-BY-STEP GUIDE ON HOW TO START YOUR DETOX DIET:



#### STEP 1:

Consult a nutritionist or a doctor if you have never done this before. Ensure that your health conditions are suitable to undergo a detox programme.



#### STEP 5:

Some may experience headaches, dizziness, frequent urination or bad skin conditions in the initial stages. This is caused by toxin removal and is temporary. It's a good idea to be mentally prepared.



#### STEP 2:

Stop consuming stimulants like caffeine, alcohol, or cigarettes and avoid sugary drinks.



#### STEP 6:

Plan your detox so that you will not be avoiding carbohydrates or proteins. Find ways to get ample nutrients, in a healthy way.



#### STEP 3:

Drink 3 litres of water a day, or you may try fruit infused water, herbal tea or infused tea.



#### STEP 7:

Stop vigorous exercising for awhile. With a limited intake of calories, strenuous exercise may cause tiredness and fatigue. Adopt for light exercises such as walking or yoga.



#### STEP 4:

Choose a diet that best suits you. Your dietary needs will vary from others based on your physique, general calorie intake, and current health.



#### STEP 8:

Get at least 7-8 hours of sleep a day. Having a good quality and enough sleep is one of the crucial detoxification processes. Stick to a sleeping routine and adopt healthy sleeping habits.

We believe that a detox diet not only aids to rid your body of toxins, but brings about a complete overhaul in your wellbeing. That's why we've created a special plan: DETOX 215 which contains everything you need for a harmonious and productive detox journey!



# DETOX215 PACKAGE INCLUDE ALL-STAR PRODUCTS LIKE:

## NUREOX DE'CLEANSE FIBER PLUS

Made with all natural, plant-based ingredients, this beverage is loaded with dietary fiber which aids with the detoxification and cleansing of your body.

It helps to flush out toxins in your gut and prevent potentially toxic substances from being absorbed by the body, promoting a healthy digestion and balance intestinal microflora.



## NUREOX ENZYME

By consuming NUREOX Enzyme, your body reduces the toxin load by reducing toxin production in the gut caused by improper digested food.

It helps to improve your digestion and enhance absorption of all the necessary nutrients you need consume for the maintenance of your body's health as it detoxifies.



## NUREOX GRAIN

Containing a unique blend of ancient grains, NUREOX Grain is just what you need to get all the nutrients you need in just one glass. The complex carbohydrates in NUREOX Grain helps you to start the day right with a healthy meal.

NUREOX Grain contains excellent sources of complex carbohydrates which serve to nourish and provide a sustainable foundation for your body's nutrition. You can even replace meals with this highly nutritious beverage especially if you're on the go and in a hurry.



## NUREOX PROTEIN PROMIX

Protein is an essential nutrient because the body requires amino acids to form enzymes and other molecules which aid with detoxification. In order to remain healthy and avoid fatigue during detox, adequate protein intake is necessary.

NUREOX Protein ProMix contains pea protein, soybean powder, isolated soy protein, and other highly nourishing ingredients are the ideal mixture to increase daily protein consumption.

**It is a healthy meal replacement choice.**



## RECOMMENDED FOR 15 DAYS EVERY 2 MONTHS

We recommend a 15-day cleanse to gain the optimum effects and give our bodies a break from processing high-fat and high sugar foods, many of which feature in our daily diets. It's also good to use your detox period as a time to kickstart and get used to a clean diet!

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

Get in touch with us today to get your hands on this premium package!



# WHAT'VE THEY SAID ABOUT **DETOX**215



## AY KONG

When I first heard of detox, my response was like everyone else, feeling very resistant at first and felt that I had to give up eating and fast. When I saw the detox menu, I thought I am going to eat a lot. During the progress, I ate healthily by replacing white rice with brown rice. During dinner time, I ate homecooked dish with Promix. I would not feel starved in the progress. If I got hungry, I would consume grain or eat clean. **DETOX 215** program does not encouraged you to starve yourself. In the process, I did feel tired easily and become more energetic. My skin condition improved and become more glowy. **DETOX 215** has brought such an amazing effect to me and I really enjoyed the progress.

## DENLEY

This is my second cycle of detoxification and why would I do it again? This is because when I first completed **DETOX 215**, obvious change could be felt. **DETOX 215** has changed my eating habit. I am a dessert lover and after I have completed my first detox cycle, I consumed my favourite desserts and I wondered how could I eat such sweet foods? And I noticed that my skin condition has improved, my body feel lighter and I became more energetic.

## DINNIE LAI

When I first heard about **DETOX 215**, I thought that detox means fasting as there are many foods that could not be eaten. The point is that I am a person who enjoys food, hence I could not accept this at all. After understanding it, **DETOX 215** needs eating instead of fasting. In this process of **DETOX 215**, I consumed everything, as long as they were less sugar, less salt, less oil. I adjusted my work and rest time by going to bed early and getting up early. Everyone can do it in 15 days and there were no difficulties at all. In the process, my body released more toxins than I could imagine, as there were so much stools and very smelly. In addition, I felt extra energetic, my body became lighter, and I did not get tired so easily. The more important point is that my belly has become smaller.

## HO ZI HUI

When I first heard of **DETOX 215**, OMG! Why should I detox my body, and I have to fast and not eat anything during the progress. After getting to know it, it was not difficult, so I decided to give it a try. On the 4th day of detox, my poop was long, black and smelly. I also found that my skin had become brighter after 7 days. I am happy with this unexpected result as detox can get rid of toxins, and improve skin condition. In addition, **DETOX 215** has changed my mental state. On the 13th day of, I found that I could get up by myself in the morning without sleeping in. By 3-4 o'clock in the afternoon, I was still energetic. Detoxification made me achieved good result which improves my vitality and skin condition.





### JEAN CHOI

The first thing that came to my mind after knowing **DETOX 215** was that I cannot eat meat, but only vegetables and fruits every day. After explanation by nutritionist, I have to eat 4 meals and drink 3 litre of water a day with less sugar, less salt, and less oil. I usually eat 2 meals a day, and drink 2 litre of water a day only. To get a healthier body, I decided to give it a try. On the 3rd and 4th day of detox, I defecated 4 times a day with huge amount of feces. During the process, I tried my best to eat clean. On the 10th day, my belly became smaller, my skirt became loose, and my whole body became lighter. Also, I became more energetic. I used to sleep late and usually I would take a nap the next day. But during the detox process, I did not feel tired even though I did not take nap. I felt energetic and my complexion still looked good. I felt very happy after experiencing Detox215 for 15 days, and some people even complimented me for becoming younger and thinner.

### LULU CHAN



I have to start eating light food again, and it will take another 15 days, and this felt very torturing. But in order to let the body detoxify properly, I decided take on **DETOX 215**. In fact, the process is not difficult as we can eat 5 meals a day with delicious meal. Try to have less sugar, less salt, less oil and clean food during these 15 days. I got used to it after trying for a few days. I realized that my poop was very smelly, because I like to eat junk food, spicy and fried food. Then I slowly discovered that the color of the stool changed from very dark to lighter colour. In just 15 days, I found that my skin became brighter and smoother.

### MAY TAM

I always think that detox is inseparable from fasting or eating only vegetables, and this seems difficult to me. After hearing the explanation of nutritionist, I can actually eat anything, as long as I consume less sugar, less salt, less oil, and reduce carbohydrates intake. During the process, I ate more regularly, had 5 meals a day without starving myself. On the 10th day, I had defecated a 40cm stool, and it was very dark. I was really shocked. **DETOX 215** also gave me extra bonus. Some of my body parts had become smaller and my muscles become stronger. One of the benefits of **DETOX 215** is that it can increase protein in the body, build muscle, and help to burn fat.

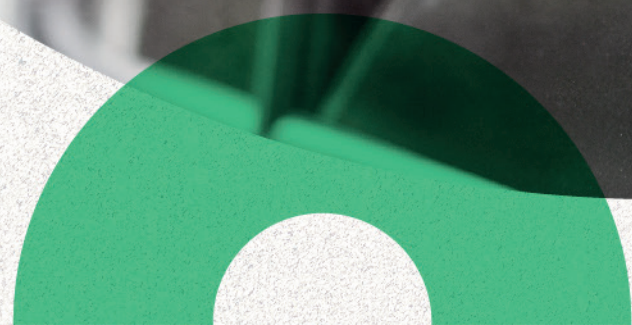
### SIEW YIENG

I lost 2 kg in 2-3 days. This is an unexpected result, as I did not intend to lose weight. I took part in this detox campaign when **DETOX 215** was first launched. When I first knew about it, I thought it was a good plan, because I don't usually detoxify my body and like to eat unhealthy food. **DETOX 215** is easy as there is no need to fast or make any special diet meal. All you need is just consume less sugar, less salt, less oil, less fried foods, and try to choose healthy foods. On the second day of cleansing, I defecated 3-4 times a day. After the toxins were discharged, I lost about 2 kg. I will follow this method in the future to detoxify and clean up my body.

### KITTY TEH

When I first heard of **DETOX 215**, I thought I need to go on a diet again. After understanding this plan, detox does not required diet, in fact, I just need to reduce oil, salt, and sugar in my diet. The focus of detox is to remove toxins from the body. So, I need to eat healthy food with products, and also drink 3 litres of water a day. In the process, I was worried that I had nothing to eat, but it was the opposite and I was incredibly happy. On the 3rd day of detoxification, all my stools were very smelly. Before **DETOX 215**, my vitality was relatively poor, and I was easily tired. After toxins were discharged, I felt more energetic.





DID YOU KNOW?

# THE TOXIC EFFECTS OF POLLUTION ON HEALTH

**While there are definitely perks living in the modern world like increased connectivity and mobility, better access to healthcare and better quality of life overall, there are certainly downsides to industrialization and globalization as well.**

The greatest problem is pollution.

All of our developmental activities contribute in one way or another to global air pollution. Our factories and cars and cities may have given us a comfortable life and more material goods than we know what to do with, but it all comes at a cost.

If you live in a city, it's hard to escape the rising spectre of pollution.

Statistics compiled by IQAir show that a whopping 300 cities around the world have air that is either unhealthy for sensitive groups or unhealthy for everyone.

Even more alarmingly, the air in 19 countries are so polluted that their entire atmospheres are also classed as either unhealthy for sensitive groups or unhealthy for everyone.

Air pollution isn't just bad for the planet- it's bad for us humans. People suffer from a variety of health problems because of air pollution. In fact, it's not just individuals - whole communities, cities, and even nations carry massive health burdens because of air pollution.



## WHAT ARE SOME **HEALTH ISSUES CAUSED BY POLLUTED AIR**

Exposure of these air pollutants long-term brought include lung inflammation, reduces lung function, increase susceptibility of respiratory infection, worsening conditions of lung disease, induce kidney damage, liver cell damage and affect even the nervous system, cardiovascular system and urinary system.

## WHAT ARE SOME OF **THE MOST DANGEROUS POLLUTANTS?**

Ground-level ozone is one of the most dangerous pollutants. When certain air pollutants react to sunlight, ground-level ozone is formed. Smog is one form of air pollution mainly made up of ozone. It's a primary trigger of asthma symptoms. The more intense the smog, the worse the effect on a person's asthma.

Carbon monoxide in the atmosphere can be fatal at levels of 50-60%. Such extreme levels of this highly toxic gas may cause carbon monoxide poisoning. Symptoms of carbon monoxide poisoning include dizziness, weakness, chest pain, and headaches. Those who believe that they are suffering from carbon monoxide poisoning ought to seek fresh air at once and obtain emergency medical treatment. It can make the difference between life and death!

Perhaps the most dangerous pollutant of all is sulphur dioxide. It damages the lungs and other parts of the respiratory system, inflaming the respiratory tract in the process. People with asthma or chronic bronchitis are especially vulnerable to sulphur dioxide. Cardiac disease is also linked to atmospheric sulphur dioxide. Sulphur dioxide is especially hazardous when it comes into contact with atmospheric water. When this mixture leaves the atmosphere in the form of rain, acid rain results. Acid rain distributes pollutants from the air, thus increasing pollution levels.





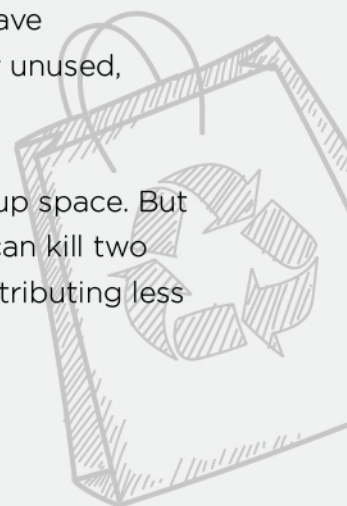


# DO YOU HAVE A LOT OF **GARBAGE**


## PILLING UP AT HOME

If you're like most people in this consumerist day and age, you'll probably have accumulated quite a lot of things that you thought you needed but are now unused, useless, or never-used.

Perhaps you have quite a lot of these things sitting in your home, clogging up space. But fear not, because some of these things may actually be recyclable. So you can kill two birds with one stone - you can recycle and therefore save the planet by contributing less garbage. And you could even make some money!







Here are a few types of garbage that can be recycled, including suggestions on where you can go to recycle them:

## Electronic waste or e-waste **1**

It is crucial to recycle electronic waste in order to avoid damaging your own health and the environment. Some of the types of e-waste that can be recycled include unused or unusable mobile phones, air conditioners, desktops, television sets, washing machines, personal computers, and refrigerators.

You might consider sending your electronic waste to Malaysia's Environmental Department. They have actually set up multiple collection points in each state of the country; you can find the one nearest to you with a simple Google search. However, if you would like to earn money by recycling your electronic waste, bring your electronic waste items to SENHENG Malaysia. When you do so, you will earn a cash voucher reward.



## Used cooking oil **2**

Although not many people know this, used cooking oil can and should be recycled! Every day, we use countless litres of cooking oil. Then it's almost always discarded immediately after use. Doing so not only harms the environment; it can also clog pipes and sinks.

You can make some money by recycling your used cooking oil. All you have to do is take it to Alamflora. All recycled used cooking oil will be converted into biodiesel fuel for heavy vehicles. Alamflora pays RM1.10 per kilogram of used cooking oil.

## Empty printer cartridges **3**

Most people also don't not know that empty printer cartridges can be recycled. Due to the high cost, you can earn yourself a tidy sum of money by recycling them.

You can sell any empty printer cartridge from any brand at Octopus Resources Sdn Bhd, one of the leading brokers of empty printer cartridges in the country. By recycling your empty printer cartridges, you will be playing a role in reducing air and water pollution associated with landfilling, saving energy, and conserving natural resources.





## Car batteries 4

Did you know that 99% of car batteries can be recycled? So think twice before throwing your old car batteries out because you can recycle them and earn cash in return. There are many car battery recycling centres out there that you can find through your trusty internet.

You can also take your used car batteries to Alamflora. Alamflora pays RM1 per kilogram for each car battery recycled. When you recycle your car batteries, you will be reducing waste and also reducing the need for more raw material for production.



## Glass 5

Glass items are among the most frequently recycled items. Glass containers should not be thrown out indiscriminately when they are empty. According to the World Wildlife Fund (WWF), if everyone in the world recycled their glass objects, air pollution would be reduced by 20% and water pollution by 50%. Considering how polluted the world is right now, that's certainly a welcome piece of news.

Spreco Recycle in Sungai Buloh has a station for recycling glass. You will be paid when you recycle your glass there. Quick research will also show you the nearest places near you.

## Clothes 6

Clothes contribute to a lot of waste, particularly in this trend-chasing era where clothes are cheap to produce and buy. Unfortunately, this throwaway attitude also means that there are tons of clothes clogging up landfills everywhere. It's estimated that 92 million tonnes of textile waste is created each year.

So instead of tossing unwanted garments into the garbage bin, opt to recycle them for money. Recycling your unwanted clothes can be important because 95% of textile fibers found in damaged or stained clothing have enough tensile strength to be turned into new clothes.

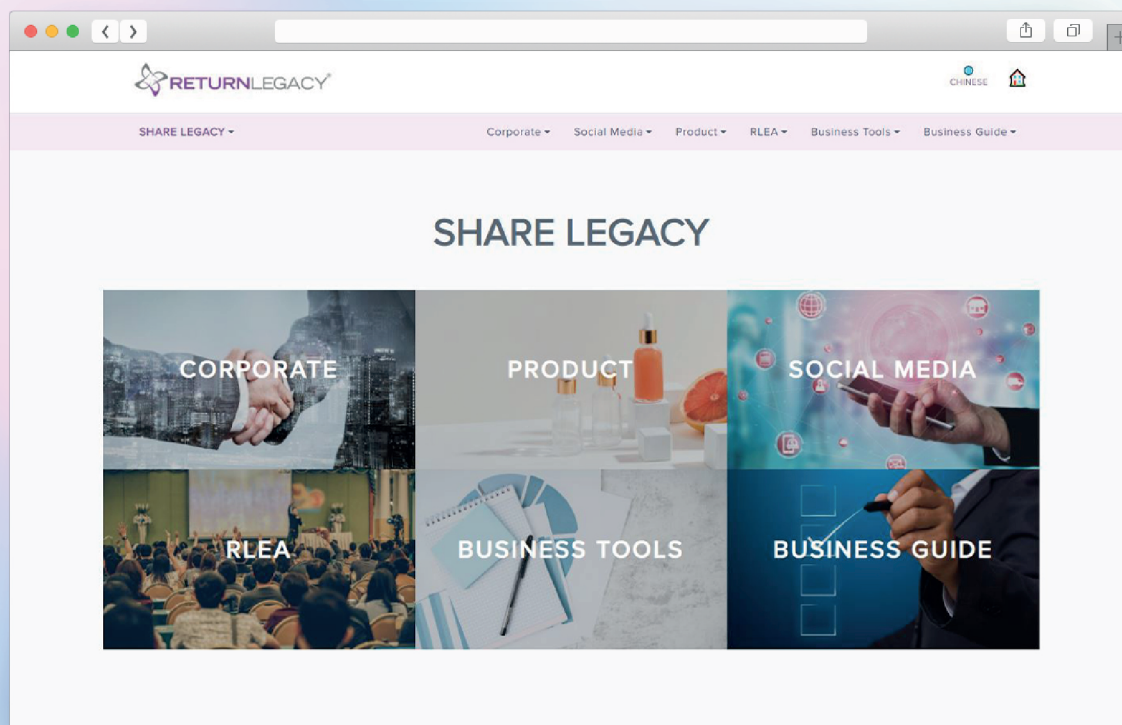
Seize your opportunity to get a 15% discount voucher from H&M by bringing a maximum of two bags of clothing per visit. However, each bag must contain a minimum of five pieces of clothing. Save money by recycling your unwanted clothes and claim a discount voucher for your next shopping trip today.





# SHARE LEGACY

In this era, information technology has brought unprecedented convenience to our lives, and are of high value to companies and individuals. Making good use of it can help companies and individuals simplify business processes and improve their business. In the long run, it will definitely help companies and individuals to increase more business opportunities.



We highly encourage Legacians to utilize and share all product information and tools of the company, but in the past, most of the information was shared offline using paper documents. To keep up with the digital revolution, Return Legacy has launched a one-stop information platform – **SHARE LEGACY** to help Legacians build a customer base and create their own online Legacy Business easily and conveniently.

## The advantage of SHARE LEGACY

### FULL COMPILATION OF COMPANY PROFILE AND PRODUCT INFORMATION

Help new join distributors to fully understand product knowledge and company culture.

### BOOST CONFIDENCE FOR NEW JOIN DISTRIBUTORS

Help new join distributor to master the company and product knowledge and information to increase their confidence in career development.

### SIMPLE AND CONVENIENT INFORMATION SHARING

Provide distributors the convenience of obtaining and sharing the latest information at any time in a more diversified way.



# MEET GEN Z

## HOW TO SELL TO THE NEWEST GENERATION



**M**illennials used to be every businesses biggest headache – many articles have been written on how to market and sell to a notoriously finicky generation.

However if you're still grappling with millennials, you might be a bit outdated. Today, the newest generation is Generation Z and while you might think that they are somewhat alike to millennials, there are some key differences that you should know if you were to market successfully to them.

Join The  
Youth Revolution



Everyone is part of a certain generation depending on when they were born. Whether Boomers, Generation X, Millennials, or Generation Z - each generation is defined by certain characteristics, cultural movements, and fundamental changes in society.

Generation Z is the youngest major generation living today. People who are part of this generation are those born between 1996 and 2010. That means that this year, Generation Z, colloquially known as "Zoomers", will be between 11 and 25 years old.

It's also a rapidly growing demographic.

According to official statistics, 72 countries and territories have a median age between 11 and 25. This means that almost a quarter of the world's countries are mainly populated by Generation Z. Savvy entrepreneurs will clearly see that Generation Z represents a group of people who clearly represent a fantastic opportunity. Businesses that are looking to expand will clearly see the benefits of marketing to and securing the devotion of Generation Z.

That said, it isn't always easy to successfully market to Generation Z. Every generation is different, therefore you need different strategies to appeal to them. If your business strategy has not evolved over the years, then you might be in trouble.

## HERE ARE SOME STRATEGIES TO HELP YOU MARKET TO GENERATION Z:



# EMPHASIZING CUSTOMER ENGAGEMENT

One key strategy to market to Generation Z is by emphasizing customer engagement. Although customer reviews and engagement are important with any generation, it is truer than ever for Generation Z. According to surveys conducted, 76% of Generation Z place great importance on how brands respond to feedback.

They view responses as a key determinant of how authentic a brand is. What's more, 41% of people in Generation Z read a minimum of five online reviews before making any purchase. You'll want to aim for positive reviews in both product and service - if you're not receiving this, you might want to look at the feedback and change your product or service accordingly. If you'd like to be seen as authentic, it's also best for your brand to live in an authentic way.

To engage with Generation Z customers, it's crucial that you reply to all reviews in a prompt and timely manner. Responses should be tailored to show that you're not just spewing generic responses for the sake of responding - your responses ought to display consideration and accountability. This way, current and potential Generation Z customers alike will understand and appreciate your commitment to reaching them effectively.



# BRAND VALUES & MISSION

MONTHLY PROMOTION



**G**eneration Z is known as a generation with a greater social conscience. More youths than ever before are willing to speak out on important issues involving their communities, nations, and the world as a whole.

Many in Generation Z prioritize socially-conscious brands when making purchases. Thus, it should not come as any surprise that one way to connect with and market to Generation Z is by clearly expressing and adhering to your brand's values and mission.

What you need to do is define and state exactly what makes your company's values a set of values worth having. By doing so, you will strengthen the connection you make with Generation Z customers. After they read your brand's story and values, they will better understand the ethical and moral frameworks within which your brand operates. Since a brand's story makes it unique and fosters connections with Generation Z, display your brand's values, mission, and story as prominently as you can on social media as well as in email marketing. As long as your brand lives up to the goals stated and genuinely supports the causes which it claims to, expect Generation Z to become ever more impressed.

## USE SOCIAL MEDIA WISELY

Unlike prior generations, Generation Z tends to use various platforms for different reasons. They may use Facebook, Twitter, Instagram, TikTok but in such a way as to showcase different facets of their lives. Generation Z is the first generation to have been born into a world immersed in social media culture. As such, they are thoroughly entrenched in the social media universe.

Since Generation Z uses different social media platforms for different purposes, it's important to market to them in different ways according to the platform. For example, they often use Facebook to obtain informative content. Therefore, you might consider running more information-oriented advertisements on Facebook if you're hoping attract Generation Z customers. They tend to use Instagram to display the person they aspire to become. For that reason, advertisements which succeed in luring Generation Z customers from Instagram usually speak to their aspirations. It's all about understanding what Generation Z does on each platform and why. When you do, you'll be more able to successfully market to this demographic.



# BUILD A DIGITAL COMMUNITY

This is a point which is overlooked by many brands; however, it's nonetheless a critical part of marketing to Generation Z. Surveys have shown that Generation Z is more prone to loneliness. For this reason, they are often seeking ways to connect and engage with people similar to them. One way that brands can make this happen for their Generation Z customers is by developing a sense of community through the brand.

One way by which a brand can help build a digital community is by enlisting the help of influencers. If a chosen influencer truly embodies a brand's values, the influencer can serve as an ambassador and provide a figure around which Generation Z and other customers can rally. Such an influencer will also give your brand a sense of credibility and trustworthiness.

A digital community can also be built by soliciting advice and feedback from Generation Z customers during developmental phases or by honouring the loyal patronage of your business. Since Generation Z considers brand trust important, building brand trust through a digital community is among the most important things you can do when marketing to this youthful bloc.

Generation Z is an important demographic which shouldn't be overlooked in any marketing campaign. Though it's somewhat of a cliché to say so, it is nevertheless true that the youth of today are the leaders of tomorrow.

What's more, by connecting with Generation Z when they are young, you can turn them into devoted, lifelong customers for your business. By marketing to Generation Z using the most suitable marketing tactics, you'll surely be on the path to great business success. Best of luck!

# CONCLUSION







# WHEEL OF FORTUNE

UP TO **RM150,000** LUCKY PRIZES AWAIT YOU!

LEGACY PLAN

**1<sup>ST</sup> FEBRUARY 2021 (12AM MYT) - 15<sup>TH</sup> FEBRUARY 2021 (11.59PM MYT)**

**HAVE A SPIN AT OUR WHEEL OF FORTUNE WITH MINIMUM SPEND  
OF RM200 IN A SINGLE RECEIPT**

\*Terms and Conditions Apply. \*For Malaysia distributors only. \*WP is not earned on FREE products. \*While Stocks Last.





# REVEAL CLEAR & FLAWLESS SKIN

1<sup>ST</sup> FEBRUARY 2021 (12AM MYT) - 28<sup>TH</sup> FEBRUARY 2021 (11.59PM MYT)



Introducing our new product  
**2° Setitik Acne Treatment Cream,**  
an exclusive acne treatment cream that is specially  
formulated to target acnes, reduce the appearance  
of acne and reduce skin irritation.

Use it with our best-selling products 2° Activator Fresh  
and 2° Activator Hydro, a perfect combo for smoother  
and finer complexion!



**1** Setitik Acne Treatment Cream  
**1** Fresh

**FREE**

**1** Hydro (20ml) Exp: Dec 2021

**RM209 (WM) RM226 (EM) 27WP**

**2** Setitik Acne Treatment Cream  
**2** Fresh

**FREE**

**3** Hydro (20ml) Exp: Dec 2021

**RM418 (WM) RM452 (EM) 54WP**

\*Terms and Conditions Apply. \*For Malaysia distributors only. \*Self-collect and delivery is only available on 5th February 2021 onwards.

\*In the event of MCO/CMCO/ RMC0/peak/promotion periods, the shipment of your order may experience longer than usual.

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

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





新年快乐

新年快乐



## BOOST YOUR KIDS IMMUNITY

### LEGACY PLAN

1<sup>ST</sup> FEBRUARY 2021 (12AM MYT) - 28<sup>TH</sup> FEBRUARY 2021 (11.59PM MYT)

EXP. DATE: NOV 2021

# BUY 2 FREE 1

RM230 (WM) RM250 (EM) 26WP

EXP. DATE: NOV 2021

# BUY 3 FREE 2

RM345 (WM) RM375 (EM) 39WP



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

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

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

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





# NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### CLEANSE & HYDRO SKINCARE SET

**1** CLEANSING WATER FRESH HYDRO **FREE 1** LUV (2ML) SETTIK ACNE TREATMENT CREAM (3ML) LEGACY MAKE UP POUCH  
RM320 (WM) RM330 (EM) 45WP



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### CLEANSE & MOIST SKINCARE SET

**1** CLEANSING WATER FRESH MOIST **FREE 1** LUV (2ML) SETTIK ACNE TREATMENT CREAM (3ML) LEGACY MAKE UP POUCH  
RM320 (WM) RM330 (EM) 45WP



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### TRIO YOUTHFUL SKINCARE SET

**1** FRESH HYDRO REDOXY ESSENCE **FREE 1** LUV (2ML) SETTIK ACNE TREATMENT CREAM (3ML) LEGACY MAKE UP POUCH  
RM400 (WM) RM410 (EM) 54WP



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### RENEWAL & FIRMING SKINCARE SET

**1** FRESH MOIST REDOXY ESSENCE LEGAIN **FREE 1** LUV (2ML) SETTIK ACNE TREATMENT CREAM (3ML) LEGACY MAKE UP POUCH  
RM560 (WM) RM570 (EM) 70WP



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### HYDRO & FIRMING SKINCARE SET

**1** FRESH HYDRO REDOXY ESSENCE LEGAIN **FREE 1** LUV (2ML) SETTIK ACNE TREATMENT CREAM (3ML) LEGACY MAKE UP POUCH  
RM560 (WM) RM570 (EM) 70WP



## NEW LEGACY PLAN PACKAGES

1<sup>ST</sup> FEBRUARY 2021 ONWARDS



### POTENT MINI 10

**1** POTENT MINI 10  
\*EACH MYD IS ALLOWED TO PURCHASE ONE (1) POTENT MINI 10 PER MONTH ONLY.  
RM75 (WM) RM85 (EM) 4WP

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

\*In the event of MCO/CMCO/RMCO/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.





# ITALY

## TRAVEL INCENTIVE TRIP 2020

Effective from 1st March 2020 (12:00am, MYT) to 31st December 2020 (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.

\*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](mailto:customer.service@returnlegacy.com)      🌐 [www.returnlegacy.com](http://www.returnlegacy.com)  
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