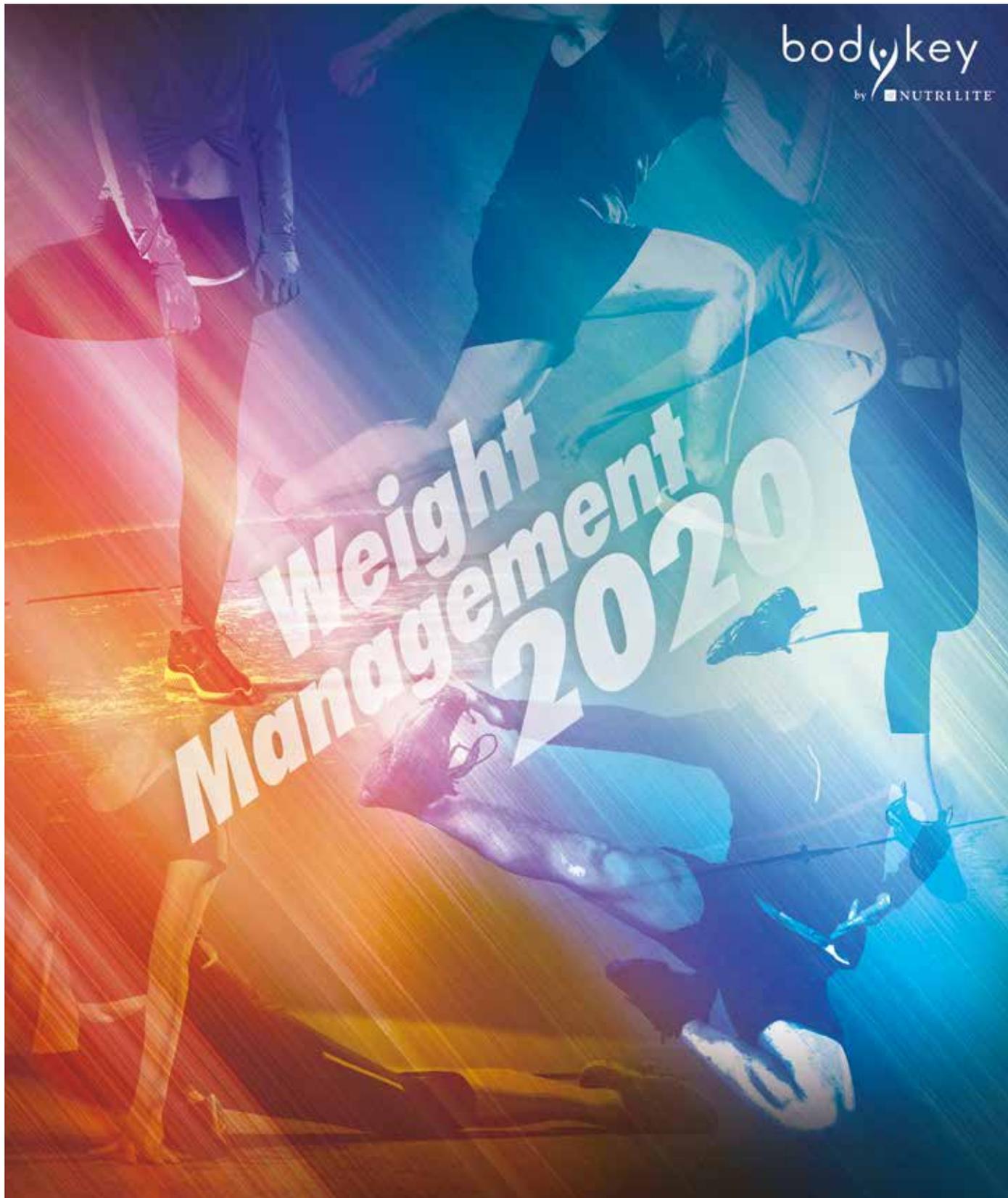


# AMAGRAM

5/6 • 2020

45 | Amway  
AMWAY HONG KONG



# 信念

安利自創立以來，一直以事業機會為本，意指引領他人開創事業之途，從而使其生活產生蛻變，充滿機遇。然而，要在這門事業真正取得成功，訣竅在於懷抱信念，能夠盡展所長，臻取成就；與此同時，需要建立互信，信己信人。

對於安利直銷商而言，機會、鼓勵和支持舉足輕重。我們期待有著銷售世界級產品宏圖的新人加入，亦希望他們熱衷於分享知識，表達支持和相信他人的能力。而且，明瞭他們只要實現目標，其青雲之路自會延展，繼而能向他人顯示其迎接機遇和更美好生活的途徑，最終有助世界各地的人士增添生活姿采。

幫助別人建立信念，同時帶領他們締造更精彩的人生，是安利的經營之道。透過掌握啟發他人潛能之法，我們便能為自己和無數渴望更美好生活的人士，帶來一個滿載無限潛力和機會的未來。



## Belief

When the Amway business was first started, its underpinnings were the business opportunity that it offered. Our business opportunity is a proven path that leads people from the life they have to a life full of endless opportunity. But for someone to truly find success in this business, they first must have belief that they can reach their potential and the success they desire. They need to have a belief in themselves, but also someone who believes in them.

At Amway, opportunity, encouragement and support play a big role in the lives of our Distributors. We welcome new people into this business with a proven sales plan, world class products and individuals eager to share their knowledge, show their support and instill confidence in someone else's abilities. We also understand that the road to success continues once a person achieves their goals. They show others how they can pursue their own path to opportunity and a better life. The end result is a better life for more people everywhere.

Instilling a belief in others and leading others toward achieving and improving their life is what this business is all about. By more fully understanding how to inspire more people to discover their power within, we become better equipped to embrace a future with unlimited potential and possibilities for ourselves and for the countless individuals who desire a better life.

美國安利公司  
董事會聯合主席史提夫·溫安洛(左)及  
德·狄維士(右)。

Amway Corporation  
Co-chair of the board of directors of Amway  
Steve Van Andel (left) and  
Doug DeVos (right).

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美國安利機構於1959年在美国密西根州亞達城創立，是全球最大的直銷機構之一，辦事處遍佈全球100多個國家及地區。  
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**Amway**



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Special  
Feature



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## 為何減肥總是餓？ Why Do You Feel Hungry After Losing Weight?

減重其中一個最大的敵人就是「空腹感」。不少人誤以為越肚餓，體重減得越快，因此選擇「捱餓」減肥。事實上，短期內忍耐肚餓或許可以讓體重下降一點點，但是長期來說，卻會帶來反效果。

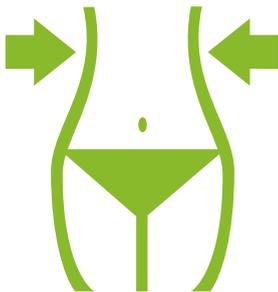
You may not know it, but hunger is the biggest enemy in your weight-loss regime. Many people who want to lose weight believe that the hungrier they feel, the easier and quicker it is to shed the kilograms. But the truth is that while this approach may make you slimmer in the short term, in the longer term it could have adverse effects.

### 血糖值急劇上升

#### Spike in Blood Sugar Levels

持續忍耐肚餓後，最終忍不住大吃大喝，一下子進食大量食物，容易令處於飢餓狀態的身體大量吸收營養，造成血糖急劇上升，刺激胰島素分泌，令你容易感到肚餓，攝入的食物熱量也更易形成脂肪，不利減重。

The longer you endure hunger pangs the more you will have cravings for food, which in turn makes your hungry body absorb more nutrients and cause a spike in blood sugar levels and insulin secretions. You may feel hungry more frequently and the calories absorbed will be turned into fat more easily, making the slimming process more difficult.



### 吃得飽才有力減肥

#### Eat Real Food to Lose Weight

如果經常捱餓，大腦會誤以為身體處於「饑荒」狀態，便會將身體轉化成「生存模式」；除了不斷釋放出肌餓訊息，引誘你大吃大喝外，更會盡情吸收吃進身體的食物，以囤積更多熱量，以防下一餐沒東西吃，結果適得其反。因此，減重絕不能捱餓！

Your brain will mistakenly believe that your body is in a state of "famine" if you always keep yourself hungry. It will deliver a message to your body, tempting you to eat as much as you can. At the same time, your body will absorb and store as many calories as possible, causing you to become fatter. Remember, there is no need to feel hungry!

## 健康小食 「肚餓」首選

### Healthy Snacks to Fight Hunger

減重除了要控制食量及進行適量運動外，更是一場心理戰。不妨於肚餓的時候，適量進食健康小食，提升飽足感，避免過度進食。

In addition to controlling your food intake and taking sufficient exercise, it is important to keep your mind positive. Enjoying healthy snacks is a smart choice when you feel hungry because they can help you to feel fuller and avoid overeating.

#### 水果 Fruits



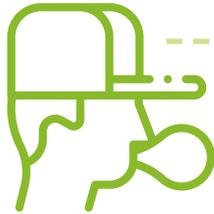
熱量低，更含有豐富維他命、礦物質及膳食纖維。建議每日進食2份水果。  
 Low in calories, rich in vitamins, minerals and dietary fiber. It is suggested to consume two servings of fruit per day.

#### 堅果 Nuts



堅果類具咬勁，不容易被消化，進食一點點就可以得到飽足感，十分適合減肥時空腹食用。建議每日攝取20-30克堅果。  
 Hard and crunchy nuts take more effort to chew and also take longer to digest. Consuming a small portion of nuts will help you feel full for longer and is a good choice for snacking on an empty stomach. It is suggested to consume 20-30g of nuts each day.

#### 香口膠 Chewing gum

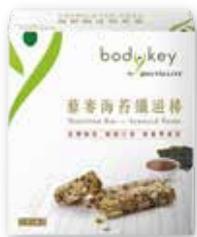


有效製造一種吃東西的假象，讓大腦認為你正在進食，減少飢餓訊息，抑制食慾。  
 Chewing gum can be helpful in controlling your appetite as it gives the brain the illusion that you are eating and that hunger is being reduced.

#### 蛋白質 Protein



多攝取蛋白質，除了可增加飽足感，還有助減少肌肉流失。  
 Consuming sufficient protein will help you feel full for longer and prevent muscle loss.



樂纖™藜麥海苔纖滋棒  
 Nutrilite™ Nutrition Bar – Seaweed Flavor

- 以藜麥、穀物精華、大豆及堅果烘焙而成
- 為你提供滿滿的活力營養及飽足感
- 堅果香氣與海苔鹹香的絕妙搭配，是豐富滋味的健康小食
- Baked with buckwheat, cereal essence, soybeans and nuts
- Contains a range of nutritious ingredients that help you feel full for longer
- Provides a wonderful combination of nutritious nuts with a touch of salty, crispy seaweed.



XS蛋白脆片(燒烤味/香辣青檸味)  
 XS Protein Crisp (Barbeque Flavor / Sriracha Lime Flavor)

- 含12克蛋白質
- 非基因改造
- 不含人造色素及香料
- Contains 12g of protein
- No genetically modified organisms (non-GMO)
- No artificial colors or flavors

# 2020 紐崔萊™ Nutrilite™

## 體重管理計劃產品推廣 Weight Management Product Promotion

### 2020 紐崔萊™ 體重管理產品套裝

紐崔萊™ 體重管理產品套裝包括多寶營養片或補充裝、任何口味之蛋白質粉、任何口味之樂纖™ 營養代餐2盒、雙效維他命B營養片、卵磷脂維他命E片或蜂蜜卵磷脂粉、XS蛋白米條(朱古力軟糖味)/樂纖™ 營養米條/樂纖™ 藜麥海苔纖維棒、纖脂樂/纖體樂/型體樂/無醣易/強效複合乳酸菌/XS增肌易/纖維粉其中3樽，以及任何口味之XS能量飲品6罐。



#### Tanita 十合一體組成磅

#### Tanita 10-IN-1 Digital Scale

- 機身僅A4紙張大細、易於存放
- 可量度10種指數：體重、BMI、體脂肪率、體水分率、肌肉重量、內臟脂肪指數、基礎代謝率、基礎代謝年齡、體格等級及骨骼重量
- Size of an A4 paper, easy for storage
- Measure 10 kinds of index: weight, BMI, body fat rate, body water rate, muscle mass, visceral fat index, metabolic rate, metabolic age, physique rate and bone mineral mass

禮品 A  
Premium A  
Tanita 十合一體組成磅  
Tanita 10-IN-1  
Digital Scale



自選禮品  
Optional Premium  
(各總值港幣\$900)  
(each valued at HK\$900)

或  
OR

禮品 B  
Premium B  
背囊  
Backpack

#### XS x New Era 多間隔背囊乙個 XS x New Era Backpack

- XS 聯乘美國潮流品牌 New Era
- 多間隔及設有手提電腦保護層
- XS crossover USA trendy brand New Era
- Multiple compartments, can fit a laptop



bodykey  
by NUTRILITE™

於推廣期內，凡購買2020紐崔萊™體重管理產品套裝，即可免費獲贈自選禮品一份。數量有限，萬勿錯過！  
During the promotion period, you can get one of the listed Nutrilite™ Weight Management Premiums for FREE when you purchase the 2020 Nutrilite™ Weight Management Product Promotion Package as detailed. The offer is available while stocks last.



### 2020 Nutrilite™ Weight Management Product Promotion Package

Includes Double X or Refill Pack, any flavors of Protein Powder, any flavors of BodyKey Meal Replacement Shake (2 boxes), Vitamin B Plus Dual-Action, Lecithin E / Hon E Leci Powder, XS Chocolate Fudge Protein Bar / Nutrition Bar / Nutrition Bar - Seaweed Flavor, any three bottles of Slimmetry or Diet Supplement or Safflower and Citrus or Carb Bloc or Balance Within™ Probiotic or XS Muscle Multiplier or Nutri Fiber Powder, and any flavors of XS Energy Drink (6 cans).



+ 產品  
試用裝  
Product  
Trial Pack



- XS蛋白脆片燒烤味1包 (42克)
- XS蛋白脆片香辣青檸味1包 (42克)
- XStraBURN™檸檬味1罐 (250毫升)
- G&H活力清新沐浴露1支 (60 毫升)
- G&H深層滋養沐浴露1支 (60毫升)
- G&H深層滋養護手霜1支 (30毫升)
- 健齒氟素牙膏旅行裝1支 (65克)
- 紐崔萊™全植物蛋白質粉試用裝 (共 3 包，各10克)
- XS Protein Crisps (Barbeque Flavor) x 1 (42g)
- XS Protein Crisps (Sriracha Lime Flavor) x 1 (42g)
- XStraBURN™ Limoncello Pirate Blast x 1 (250ml)
- G&H REFRESH+™ Body Wash x 1 (60ml)
- G&H NOURISH+™ Body Wash x 1 (60ml)
- G&H NOURISH+™ Hand Cream x 1 (30ml)
- GLISTER Multi-Action Fluoride Toothpaste Travel Size x 1 (65g)
- NUTRILITE™ All Plant Protein Powder Trial Pack (3 packs, @10g)



### 更多選擇\* 免息分期優惠# More Options\* Interest-Free Installments#

購買每兩套2020紐崔萊™體重管理產品套裝，即可選擇將其中一份自選禮品轉換作6個月免息分期\*；若選擇免息分期優惠，共可獲贈自選禮品乙套及產品試用套裝兩套。  
For every two 2020 Nutrilite™ Weight Management Product Promotion Packages purchased, you are entitled to the option of switching one of the Premiums to 6-month interest-free installments#. Choose the installment plan and you are entitled to one of the optional premiums and two product trial packs.

\* 以購買每兩套紐崔萊™體重管理產品套裝為一單位，購買每兩套紐崔萊™體重管理產品套裝可享免息分期優惠乙次。

\* Each purchase of two Nutrilite™ Weight Management Product Promotion Packages is considered as one unit. Therefore, each purchase of two Nutrilite™ Weight Management Product Promotion Packages entitles you to enjoy the special offer just once.

# 免息分期優惠只適用於所購買之兩套體重管理產品套裝；優惠只適用於購貨中心付款訂單；香港免息分期優惠只適用於香港渣打銀行、恆生銀行、匯豐銀行、星展銀行及花旗銀行發出之信用卡；如於供款期間退貨，供款人必須繼續向有關銀行繳付供款餘額；澳門免息分期優惠只適用於工商銀行及匯豐銀行發出之信用卡。

# The interest-free installment offer only applies to the purchase of two Weight Management Product Promotion packages.

Please note:

- The interest-free installment offer applies only to orders placed at Amway Merchandising Centres.
- The only credit cards eligible for the offer in Hong Kong are those issued by Hong Kong branches of Standard Chartered, Hang Seng, HSBC, DBS and Citibank.
- Buyers who wish to return the products during the installment period are still obliged to pay the outstanding installments to the bank.
- The only credit cards eligible for the offer in Macau are those issued by Macau branches of ICBC and HSBC.

推廣詳情、條款及細則請參閱店內宣傳海報。  
Please refer to the in-store promotional materials for all promotion details, terms and conditions.



掃描QR碼，獲取產品推廣之最新資訊。  
Scan QR Code for up-to-date  
promotion details.

新晉翡翠直系直銷商



New Emerald Direct Distributors

## 潘仲池、李蓮妮

### Poon Chung Chee & Lin Nie

「人生需要作很多決定，有些決定只要做對一次就足夠，加入安利事業便是其中之一。」李蓮妮(Lillian)經營家族生意，剛開始時只是被安利的優質產品吸引，並沒有打算全力發展。「當時覺得日用品和營養產品都是每天必需的，安利產品不但優質，還可收取獎金，何樂而不為呢？即使後來我投放更多時間發展，但也只是按照自己的步伐來經營；直至2003年沙士來臨，改變了我的想法。」

#### 逆市生意帶來安全感

Lillian花了兩年時間了解安利事業才決定發展，但是由於要打理家族生意，又要照顧兩名年幼的兒子，因此只是以分享的心態來發展，直至2003年沙士來襲，才讓她明白到安利事業的可貴之處——安全感。「相信經歷過沙士的人都記得當年的經濟發展幾乎完全停頓，然而，我的安利生意卻完全沒有影響，甚至發展得更好；今年的新冠肺炎疫情嚴重，我們經營的紅酒生意受到十分大的影響，反之安利事業卻能保持穩定的收入，令我們很有『安全感』」。

從商多年的Lillian還分享了經營生意的貼士：「經營一盤生意的成本很高，從物流到管理也得親力親為，反之安利則有完善的系統以支援直銷商，分擔了不少成本，這亦是安利事業令我感到安心、可以長遠發展的原因。」

#### 「沒完沒了」的關係

Lillian在發展安利事業的時候並沒有為自己定下太多目標或限制，而是順勢而行；在兒子出國讀書那幾年，她因為經常前往探望，所以放慢了步伐，即使如此，早已建立的穩健架構，令她仍能保持直系業績，並且獲得被動收入。Lillian形容，安利的理念和產品早已融入她的生活，她喜歡不停與別人分享安利事業，「在安利，和夥伴的關係是『沒完沒了』的；我們不單是夥伴，更是知己、朋友，而安利更是可傳承的事業，我們的下一代也會是夥伴、朋友，我很喜歡這種關係。」



"We all need to make many decisions in life, and some of these decisions we need to get right just once – one of them being Amway," shared Lillian, who runs a family business and was first attracted by Amway's quality products. "Daily necessities and health supplements are what people need every day, and it is very attractive to me that I can earn extra income while sharing such products with others." Lillian developed her Amway business at own pace until the SARS outbreak in 2003, "an event that totally changed my outlook."

#### Security in the Face of Adversity

Lillian spent a couple of years learning about Amway before starting the business, but initially she didn't devote much time to it as she needed to run the family business and also take care of her two sons. Her main focus was on simply sharing the products with others, but it wasn't until the SARS outbreak in 2003 that Lillian realized the sense of security Amway could bring. "Economic growth almost stopped at that time, but my Amway business was not affected and actually saw even better results," Lillian shared. She added that her wine business has been greatly affected by the COVID-19 outbreak this year, but she is still able to enjoy a stable income through Amway, which makes her feel "more secure".

Lillian is happy to share her extensive experience

in developing and running businesses. One of the key points to note is that "the cost of running a business is very high and you need to take care of all aspects of operations from logistics to management. In Amway, however, everything you need to support your business is prepared for you and the company bears a great deal of your production costs," Lillian explained, adding that the security offered by Amway means she will continue to develop the business in the long run.

#### A Lasting Relationship

Lillian does not set herself too many targets or restrictions and is happy to develop the business at her own pace. "I didn't spend much time on the business when my sons studied abroad as I often flew to visit them. I felt blessed that I was able to retain my Platinum qualification and continue enjoying passive income thanks to the stable network I'd established."

Amway's spirit and products are now deeply engrained in Lillian's life. "I like the Amway business, which is why I continue to share the opportunity with others – and I will keep doing it until the end!" she smiled, adding that she views her partners as good friends. "This is a business that can be passed on to the next generation – and this next generation will also be partners and good friends. I love these close relationships so much!"

新晉翡翠直系直銷商



New Emerald Direct Distributors

## 楊福強、趙嘉瑩

### Yeung Fuk Keung & Ka Ying



任職設計師的楊福強(Jason)和擔任專業會計師的趙嘉瑩(Carrie)都有著相當不錯的職業，為什麼仍會選擇加入安利的大家庭呢？「我們相信著重分享的安利是一門助人自助的事業，透過發展安利事業，不但能夠獲得額外保障，還能協助不同條件、學歷、家庭的夥伴成功，這讓我們充滿滿足感。」正是這份滿足感，開展了他們二人的安利旅程。

#### 兼職發展也能成功

Jason和Carrie在大學時期已接觸安利事業，但一心朝專業人士方向發展的他們並沒有將安利放在心上，直至Jason的父親身體出現問題，他們才想到可以從補充營養方面著手調理。「我的爸爸當時使用了安利營養補充品三個月後，身體狀況得到明顯的改善，這讓我開始對安利事業產生興趣；這麼優質的產品，我對其銷售充滿信心。身為會計師的太太也認為這門生意沒有風險，不用『追數』，何不決心一試？我們便運用空餘時間來發展安利事業。事實證明，只要做好時間管理，以兼職方式發展安利也能取得成功，為自己和家人帶來更多保障、更多選擇。」

#### 把握大趨勢 發展無界限

Jason和Carrie自言在理財方面偏向保守，不喜歡承受經營生意的風險，那麼為何安利事業卻讓他們心動？「健康和環保是世界的大趨勢，安利的營養補充品能照顧都市人在健康方面的需要，而環保的家居清潔用品則不傷害環境，因此我們對安利的的前景充滿信心；如果自己經營生意，很大可能只可經營一些本地小店，但是安利卻是一門國際事業，配合互聯網的發展，生意更可延展至世界每一個角落。更重要的是，安利是一門團隊事業，團隊及領導人都會給予協助，我們只要跟隨成功的步伐，定能得到理想的成績；安利更可傳承給下一代，讓我們能夠享受自由的生活和經濟保障。」

Jason is a designer while Carrie works as an accountant. Both have enjoyed a successful career path, but they still chose to join Amway. "We like the sharing spirit of Amway. Not only have we received extra protection, but we have also been able to help people from different backgrounds succeed in the business," Jason beamed. It's clear that being involved in Amway gives them both a great sense of satisfaction.

#### Enjoying Success on a Part-time Basis

Jason and Carrie learnt about Amway while they were studying at university, but they didn't pay much attention to the business as they focused on graduating and forging their way in their new careers. They next thought about Amway when Jason's father found his health deteriorating and

they turned to the company's supplements.

"My father's health saw a significant improvement after using Amway's health supplements for three months, and this sparked our interest in the business," Jason said. The pair felt confident about both Amway's business and its products, they began to devote their spare time to this low-risk business. "With good time management, we were able to succeed in Amway even though we only developed it on a part-time basis, providing our family with greater protection and more choices," they said.

#### Development without Boundaries

The pair claims to be conservative when it comes to wealth management, and they are not keen on the risk that's traditionally involved with running a business. "But we are amazed by what we have experienced in Amway," the pair explained. "Health and environmental protection are two of the biggest trends globally, and we are very confident that Amway's health supplements can take care of our health needs, while its environmentally friendly homecare products help to protect the environment. This makes us positive about Amway's future development!"

Jason added that he could only run a small local store if he chose to operate a traditional retail business, "whereas Amway is an international business where I'm able to extend my network globally with the help of internet. What's more important, Amway is a team business where the team and your partners are always willing to help. Success is at hand if you follow in the footsteps of others!"

He added that another benefit of Amway is that the business can be passed on to the next generation, "meaning we can enjoy a freer life and financial protection together," he smiled.

新晉翡翠直系直銷商



New Emerald Direct Distributor

## 蔡秀蓮

Choi Sau Lin Doris

人類的壽命越來越長，不少人在退休時仍充滿魄力，但是卻頓時失去了生活重心，需要重新調整生活。蔡秀蓮(Doris)退休前是銀行高層，運籌帷幄，退休後雖然應邀擔任不少講座的講師，分享人際關係、溝通技巧等，但是卻仍感覺若有所失，「直至遇上安利，才讓我的生活更有意義，不斷成長、持續學習。」

### 活得健康長壽

Doris在機緣巧合下認識安利，當時她應邀為安利一個活動擔任分享嘉賓，活動完結後參加了健康評估，結果卻令她嚇了一跳。「我一直十分注意健康，飲食清淡、恆常運動，但評估的結果卻顯示我有不少

亞健康問題，著實令我感到驚訝。我既然以健康長壽為目標，當然不能坐視不理，於是我便開始使用安利的營養補充品，並且每月進行健康評估，發現身體狀況越來越好，於是我便把安利產品推介給身邊的朋友。期間我發現不少人對安利和直銷生意有所誤解，這讓我萌生經營安利事業的想法，原因是不希望別人因為誤解而錯過了這麼好的產品和事業機會。」

### 全情投入 尋找有意義的退休生活

雖然從零開始，但是安利事業卻帶給Doris不一樣的滿足感，「從前的受薪工作或多或少都會受到規限，但是經營安利事業卻能完全以自己的想法進行，自由度很大，由組織到帶領自己的團隊，十分有意義，這令我每天都過得十分充實，充滿活力。我鼓勵退休人士從另一角度計劃退休生活，退休生活不一定要『嘆世界』，而是可以發揮所長，以生命影響生命，活出更好的自己。或許你不愁穿吃，但是當你吧安利事業介紹給有需要的人，而他們又因為這份額外收入而看見希望，這種滿足感是難以形容的。」



People have been enjoying an increased life expectancy in recent years, and many are strong and energetic when they reach retirement age. Being able to adjust to retirement is an important factor in helping you stay fulfilled and happy during this new chapter in life.

Doris worked as a director in the banking industry before retirement, and she has since been invited to speak at various events to share her knowledge on interpersonal relationships and communication skills. "I felt a bit lost until I encountered Amway, where my life has become more meaningful as I've learnt and grown continuously."

### A Longer, Healthier Life

Doris got to know Amway when she was invited to share her insights at an Amway event. "I did a health test afterwards and was frightened by the result which revealed a number of problems," she recalled. "I'd always believed myself to be a health-conscious person and I ate healthily and took adequate exercise with the aim of living a healthy and longer life."

The test result made her more eager to improve her health condition. "I felt blessed

that my health saw a significant improvement once I began using Amway's products, so I started to share the products with my friends," Doris said, adding that she encountered many people who misunderstood what Amway is all about. "This inspired me to start the Amway business as I wanted to correct people's misconceptions and share with more people the quality products and great business opportunity."

### Enjoying a Meaningful Retirement

Doris feels content about being able to start her Amway business from scratch. "There are a lot of restrictions in a traditional business, but in Amway you can develop the business according to your own plan and pace. It is so meaningful to me that I am able to organize and lead my team on my own," she smiled.

Doris now encourages other retirees to plan their retirement from a different perspective. "Retirement is not all about how much money you have; it's also a chance to explore your potential and help to improve the lives of others – to be a better you!" Doris said she feels satisfied when she sees people become more hopeful because of Amway and the extra income it offers.

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**蔡文輝 廖蔚鳴**  
**Choi Man Fai & Wai Ming**

飲品批發商人 / 營養師  
Beverage Wholesale Business / Nutritionist

了解安利的生意計劃後，我認為可一試發展，既可賺取額外收入，又可與志同道合的朋友一同經營，更可視為對未來的保障。數年前，即使我與太太離港數月迎接孩子出生，透過穩健的網絡仍可賺取不錯的收入呢。安利是一門自由的事業，可按自己的時間安排日程，讓我有更多時間陪伴孩子成長。

I saw how the Amway business was worth developing after getting to know more about the company's sales plan. I can earn extra income and develop the business together with friends who share the same ideas – and I'm also gaining future protection, too. A few years ago, my wife and I left Hong Kong for a few months to welcome our child into the world, but we were still able to receive considerable returns from the business. Amway also offers freedom, enabling us to develop at our own pace and spend more time together with our children.



**連狄祺**  
**Lin Dicky**

大學生  
University Student

安利是一門低成本及低風險的事業，更可以選擇兼職發展，十分適合希望創業的年輕人；只要願意努力和付出，定能得到好成績。從希望改善媽媽的健康開始，到親身體驗事業的無限發展空間，除了享受安利帶來的經濟保障外，個人得以提升，亦有更多自由時間陪伴家人；未來，我將朝著更高的目標邁進。

Amway is a business that requires minimal set-up costs and is low in risk, making it highly suitable for young people who want to establish their own business on a part-time basis. I initially chose to develop Amway because I wanted to help improve my mother's health, but I soon discovered its unlimited development potential and the fact that I could enjoy financial protection. My personal capabilities have seen a great improvement and I now have more free time with my family. Success is at hand if you are willing to work hard, and I'm looking to achieve a higher goal in the future.



紅寶石直系直銷商  
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**陳燕儀**  
**Chan Yin Yee**

市場推廣  
Marketing

最初被安利公平的生意計劃和額外收入吸引，希望可藉此改善家人的生活。現在，除了追求個人成功，為未來作好準備外，心中更添一份使命感，我希望可以幫助團隊的夥伴，把希望帶給更多人，一同擁有精彩的未來。

I was first attracted by Amway's fair sales plan and ability to earn extra income, which I hoped would be able to improve my family's life. Besides pursuing personal success and putting together a stronger plan for the future, another goal is to help partners in the team become more hopeful so that we can enjoy a splendid future together.



**林朗晴**  
**Lam Long Ching Shalom**

大學生  
University Student

由最初在安利學習營養知識，到發現安利是一門可以推動和正面影響別人的事業，進一步推動了我積極發展。現在我不但不怕與陌生人談話，自我亦有所提升。未來我會循序漸進，向更高的目標邁進。

At first i acquired nutrition knowledge from Amway, and later I found that it is a business that helps to motivate and positively influence others, enabling me to develop Amway in a positive way. i have become more outgoing and my personal capabilities have improved. I will work hard towards a higher goal.



**梁嘉詠**  
**Leung Ka Wing**

品牌形象設計公司創辦人  
Founder of Branding and Image Design Company

經營傳統事業讓我體會到「力不到不為財」的道理，要專注於事業發展，就得犧牲與孩子相處的時間，這讓我想及被動收入的好處。安利事業已為你準備好創業所需的一切，把優質產品與人分享，即可賺取額外收入。

If you're working in a traditional business, you need to fully devote to that job if you want to ensure satisfactory results, which might result in losing out on valuable parent-child time. This made me think more about the advantages of a passive income. In Amway, everything is set up for you to start your business, and all you need to do to earn extra income is to share the products with others.

相片欠奉  
Photo Not Available

**孔穎祺**  
**Hung Wing Ki**

商人  
Merchant

安利營養補充品改善了女兒的健康，令我對產品更添信心；加上安利是著重科研的公司，產品功效毋庸置疑，值得信賴。我希望可以透過發展安利事業，達到財務自由的目標，與家人享受具保障的精彩未來。

My daughter's health has seen a significant improvement since using Amway's health supplements. I feel confident to the products thanks to Amway who focuses on research and development. I wish to pursue the goal of financial freedom through Amway, at the same time as enjoying future protection with my family.



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**劉梓華 梁潔晶**  
**Lau Tsz Wah & Kit Ching**

軟件工程師 / 註冊會計師  
Software Engineer / Certified Accountant

早於10年前已認識安利並使用其產品，直至兩年前，了解到安利的發展潛力，下定決心發展。安利讓我可按自己的步伐發展，更可全心陪伴孩子成長，更重要的是，具保障的安利事業可以為孩子提供一個具選擇的未來。

I got to know about Amway almost a decade ago, but I didn't start the business until a couple of years back when I realized its development potential. Amway has enabled me to develop on my own pace, allowing me to spend more time with my children as they grow up. The most important thing is that the protection offered by Amway gives people more options for the future.



直系直銷商  
PLATINUM DISTRIBUTOR



**黃德琪**  
**Wong Tak Ki**

大學生  
University Student

本想透過安利平台學習更多不同的知識，繼而發現其保障，更可賺取額外收入，決心發展；我最欣賞安利助人自助的理念，自己成功外，更可幫助更多人達成夢想。

At first, my plan was to acquire more knowledge through the Amway platform, but later I discovered more about the protection it offers and became determined to develop the business. What I appreciate most about Amway is its helping spirit; you are able to enjoy personal success at the same time as helping others pursue their dream.



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**李湘玲**  
**Lee Sheung Ling**

家庭主婦  
Housewife

透過朋友介紹認識安利營養補充品，健康有了顯著的改善；我十分喜歡與別人分享安利產品，也就漸漸發展起來；特別感謝上線領導人對我的支持和鼓勵。

I was introduced to Amway's health supplements by my friends and my health has seen a significant improvement. I realized how much I enjoyed sharing Amway's great products with others and soon started to develop the business. Special thanks must go to my leaders for their great support and encouragement.



**彭敏怡**  
**Pang Man Yee**

金融業  
Financial Industry

參加安利的健康講座後，我認識到營養對健康的重要，更藉此改善了孩子的健康，令我對產品更添信心。透過發展安利事業，我成為了孩子的榜樣，一同進步。

I realized the importance of nutrition for good health after joining an Amway nutrition seminar, and my confidence in the products grew after seeing how much my children's health had improved. I feel happy now because I have become a role model for my children, and we work hard to improve ourselves together.



**歐成順**  
**Au Shing Shun**

手機維修員  
Mobile Repair

透過家人認識安利並一同發展，關係變得更融洽，有更多共同的話題；透過安利平台提升了我的溝通技巧，對營養有更多認識。未來，我將朝著更高的目標努力。

The relationship among my family members has been greatly boosted as we developed the Amway business together, finding that we have much more in common to share. My communication skills have improved greatly, and I have learnt a lot about nutrition. I am determined to achieve even higher goals in the future.



直系直銷商  
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**蔡慧茵 蔡創基**  
**Choy Wai Yan & Choy Chong Ki Victor**

家庭主婦 / 護士  
Housewife / Nurse

業績的晉升，給予我莫大的鼓舞；感謝上線的幫助和指導，助我邁向成功。

I feel encouraged by what I've been able to achieve in Amway so far. Thanks go to my uplines who have been willing to help and guide me throughout my Amway journey.



**唐愛珊**  
**Thong Oi San**

教師  
Teacher

雖然與家人身處世界不同的地方生活，但是透過安利事業卻把我們緊緊連繫起來；與家人互相支持，擁有相同的目標，充分體驗安利這門國際事業的優勢。

I have enjoyed stronger family bonding thanks to the Amway business. Although our family members are in different places around the world, we can develop Amway together, support each other, and share the same goals. This truly demonstrates the advantages of this international business.

相片欠奉  
Photo Not Available

**曾倩婷**  
**Tsang Sin Ting**

醫療營銷代表  
Medical Supplies Representative

我擁有很多夢想，其中一個就是讓父母早點享受退休生活；安利的創業機會正好助我賺取額外收入，達成目標；未來，我希望可以與父母一同參加安利的旅遊獎勵。

I have a lot of dreams in life, one of which is to enable my parents to enjoy an early retirement. I feel blessed that the Amway platform enables me to enjoy extra income and help to realize my dreams. I hope to join company's travel seminars with my parents in the future.



**周俊傑 連淑鈴**  
**Chow Chun Kit & Lin Suk Ling**

物理治療師 / 護士  
Physiotherapist / Nurse

透過家人認識安利，我認為安利事業就是傳統事業以外的一個保障。安利讓我充分體驗到團隊精神的重要性，個人成功外，更要幫助夥伴一同成功、一同成長。

I was introduced to Amway by my family and found that it offers more protection than I could find in a traditional business. I have fully experienced the importance of team spirit in Amway; you realize that is not just your own business but you also need to help others succeed at the same time.



金章直銷商  
GOLD PRODUCERS



**彭俊昇**  
**Pang Chun Sing**

廣告公關經理  
Advertising Company PR Manager

我視安利為終身職業。我十分欣賞安利的文化和價值；跟隨領導人的步伐，走更遠的路。

I see Amway as a lifelong business, and what I appreciate most about the company are its culture and values. I believe I can go further in the business if I follow in the successful footsteps of my leaders.



**王麗琼**  
**Wong Lai King**

保險業  
Insurance Industry

透過發展安利事業，我認識到很多朋友，生活變得更充實，同時亦提升了我的個人能力，獲益良多。

I have met a lot of new friends since joining Amway. I have benefited in lots of ways, with my life becoming more fruitful and my personal capabilities seeing a great improvement.



**李儉希 許玉欣**  
**Lee Kim Hei & Hui Yuk Yan**

物流公司經理 / 會計主任  
Logistics Company Manager / Accounting Officer

安利是一門助人助己的事業，只要努力不懈、不斷學習，定能達成目標。

What I like about Amway is that it is a helping business that also provides an opportunity for success. You can achieve your goal if you work hard and learn continuously.



**鍾楊梅**  
**Chung Yeung Mui**

財富管理  
Wealth Management

傳統工作只可為客戶規劃財富；現在，透過安利我卻可以為身邊的人規劃未來，同時賺取被動收入。

In my traditional job I am only able to plan the wealth of my customers. However, in Amway I am able to plan for my own future and enjoy extra income to share with my loved ones through this unique platform.



**陳卓慧**  
**Chan Cheuk Wai Charmaine**

跨國藥業管理層  
Pharmaceutical Company Manager

安利公平及完善的獎金制度，配合卓越的產品及領導人無私的付出，助我達到理想的成績。

I feel content about being able to achieve good results thanks to the fair and comprehensive reward system in Amway. I also appreciate the quality of the company's products and the selfless effort of its leaders.



**馬秀琼 崔洪基**  
**Ma Sau King & Chui Hung Kee**

電子公司董事 / 電子公司東主  
Director of Electronics Company / Owner of Electronics Company

透過安利學習到很多營養知識，變得更健康；明白到被動收入的重要性，助我重設人生下半場的目標。

I have acquired a great deal of nutrition knowledge and become healthier since joining Amway. I have also learnt the importance of a passive income that has enabled me to reset my goals for the second chapter of life.



**黎俊文**  
**Lai Chun Man Sonic**

餐飲集團市場總監  
Marketing Director of Catering Group

感恩遇上安利平台，讓我有機會提升自己，有更大的能力幫助身邊的朋友，藉此改善他們的生活。

I'm grateful to have discovered the Amway platform which has enabled me to equip myself. I now enjoy a greater ability to help my friends improve their lives.



**陳穎妍**  
**Chan Wing Yin Peony**

金融業  
Financial Industry

感恩認識這個讓我不斷學習和進步的平台，成為更好的自己，幫助家人和朋友重拾健康，一同成就夢想。

I feel blessed that I am able to learn and improve through the Amway platform. I want to be a better me, helping my family and friends improve their health and pursuing our dreams together.



**嚴志文**  
**Yim Chi Man**

醫療儀器  
Medical Equipment Industry

感恩遇上安利，改善了我的健康；希望可幫助家人和朋友改善健康和生活，享受自由時間和額外收入。

I feel blessed as my health has seen an improvement thanks to Amway. I wish to help more family and friends improve their lives, enjoying more free time along with an extra income.



GOLD PRODUCERS  
金章直銷商



**任子俊**  
**Yam Tsz Chun**

醫療用品銷售  
Medical Supplies Sales Representative

安利平台助我追尋自己的夢想；在領導人的鼓勵下，我變得更具自信，有能力幫助更多人成功。

The Amway platform has enabled me to achieve my personal goal. I have become more confident and am able to help more people succeed thanks to the encouragement of my leaders.



**周豪傑 駱日茹**  
**Chow Ho Kit & Lok Yat Yu**

文員 / 小學教師  
Clerk / Primary School Teacher

安利是一門助人自助、低風險及低成本的事業；感恩遇上了了不起的團隊和夥伴，以及優質的產品。

Amway is a low-risk and helping business that requires little capital to get started. I feel blessed to have encountered a great team, wonderful partners and Amway's quality products.



**譚德源 鄧雪紅**  
**Tam Tak Yuen & Tang Suet Hung**

工程師 / 秘書  
Engineer / Secretary

只要下定決心、堅持信念，凡事都有可能；感謝團隊對我的支持和鼓勵。

Nothing is impossible if you possess determination and always show persistence. Thanks go to my team for their great support and encouragement in helping me develop the business.



**周淑姿**  
**Chow Shuk Chi**

花藝師  
Florist

不管環境怎樣，我們還是應該懷著希望，勇敢追尋自己心中的夢想。

We have to be hopeful and brave to pursue our dreams, no matter how much the environment around us is changing. Amway gives us the opportunity to thrive.



**魏心絃**  
**Ngai Sum Yin**

資訊科技  
Information Technology

不要因為恐懼而放棄真正具備價值的事物，相信自己及團隊，成功就在眼前。

Do not give up on the precious things in life because of the fear of what might happen. In the Amway business, success is at hand if you can believe in yourself and the team.



**黃詩韻**  
**Wong See Wan Bessie**

家庭主婦  
Housewife

安利不但助我找到健康和事業，更令我有機會幫助別人改善健康，提升自己外，人生更快樂和富足。

I have enjoyed better health and improved personal business thanks to Amway, which enables me to boost the health of others at the same time. I feel blessed to have improved my personal capabilities to live a happier and more fruitful life.



**黃詠茵**  
**Wong Wing Yan**

設計師  
Designer

以空餘時間發展安利，除了可賺取額外收入外，更可學習到不同的生活技能、提升領導力，助人自助。

I feel happy that I can earn extra income, learn different life skills and improve my leadership skills after developing Amway on a part-time basis. I now want to help others improve their lives.

相片欠奉  
Photo Not Available

**譚淑娟**  
**Tam Shuk Kuen**

護士  
Nurse

感謝朋友與我分享安利事業，從不相信變成相信；安利的優質營養補充品，助我改善了亞健康狀態呢。

I'd like to thank my friend for introducing me to the Amway business. I wasn't a believer at first, but my mind was changed after seeing how Amway's health supplements had improved my health.



SILVER PRODUCERS  
銀章直銷商



**張歷輝 毛衛嫻**  
**Cheong Lek Fai & Mou Wai Sim**

學生 / 學生  
Student / Student

接觸安利，讓我認識到一群良師益友，明白到選擇比只求努力更重要。

I have met a lot of good friends since beginning my Amway business. I have also realized the importance of making the right choice rather than simply working hard.

相片欠奉  
Photo Not Available

**黃嘉瑤**  
**Wong Ka Io**

會計  
Accountant

安利助我敢於追夢；未來，我希望能繼續和夥伴打拼，預見更美好的未來。

I feel happy that I am able to pursue my dream thanks to Amway. I will continue to work hard with my partners in the future, looking forward to a brighter future together.



**葉泳怡**  
**Yip Wing Yi**

學生  
Student

安利為我帶來不一樣的選擇，透過安利的事業機會，年輕人也可以享受精彩人生。

Amway has enabled me to take a different path. Young people are able to enjoy a splendid life thanks to the Amway business opportunity.



**葉瑞麟**  
**Ip Sui Lun**

客戶經理  
Account Manager

小成功靠個人，大成功靠團隊；跟隨成功的步伐，定能得到豐碩的成果。

Personal success requires one to work hard individually, while broader success depends on the hard work of a great team. You will receive great returns if you follow in the successful footsteps of others.

相片欠奉  
Photo Not Available

**陳海汶**  
**Chan Hoi Man**

數碼營銷  
Digital Marketing

安利是助人自助的事業機會，改善了自己的健康外，亦可幫助身邊的朋友改善健康。

Amway is a business opportunity in which you can succeed personally and help others succeed at the same time. I feel happy that I can also help my friends improve their health.

相片欠奉  
Photo Not Available

**姚曉菁**  
**Io Hio Cheng**

花店東主  
Bouquet Shop Owner

安利讓我相信自己的潛能，很高興能夠在充滿正能量的環境下認識不同的夥伴。

I have been able to explore my potential thanks to Amway, and I feel happy that I've been able to meet different partners in such a positive environment.



**翟佩君**  
**Chak Pui Kwan**

普拉提教練  
Pilates Coach

安利就像一顆「出奇蛋」；在安利平台取得成功，就能滿足人生不同的願望。

Amway is full of surprises. You are able to make your dreams come true if you work hard to succeed through the Amway platform.

相片欠奉  
Photo Not Available

**梁炳輝 曾青成**  
**Leung Ping Fai & Qing Cheng**

消防技術員 / 家庭主婦  
Fire Service Technician / Housewife

只要選對方向，堅持並努力，珍惜身邊的一切；敢夢敢想，定能夢想成真。

Your dream will come true if you choose the right path, work hard with persistence, and treasure what you have. The most important thing is to have the courage to dare to dream.



**黃家美 鄒志強**  
**Wong Ka Mei Teresa & Chow Chi Keung**

兼職會計 / 司機  
Part-time Accountant / Driver

安利平台讓我學習到不同的知識，更可幫助別人，實現助人自助的企業理念。

I have acquired a great deal of knowledge through Amway. I am able to help others at the same time as realizing the helping spirit of the company.



SILVER PRODUCERS  
銀章直銷商

相片欠奉  
Photo Not Available

**Jo & Billy Lau**  
**Jo & Billy Lau**

教育 / 餐飲  
Education / Catering

感謝安利平台，讓我不斷學習和突破自己。

Thanks go to Amway business that enables me to learn continuously and keep making breakthroughs.



**張曉瑩**  
**Cheung Hiu Ying**

人力資源管理  
HR Management

社會及經濟環境難以預計；透過安利公平的制度，卻可建立具保障性的收入。

It is difficult to predict the development of the economy and society. However, the fair Amway system allows you to enjoy a stable income with good protection.



**梁志邦 蘇玉琴**  
**Leung Chi Pong & So Yuk Kam**

音樂家 / 家庭主婦  
Musician / Housewife

安利事業讓我不享受自由時間，擁有自主的未來。

Amway has benefited us in so many ways – from enjoying more free time to being able to live an independent future.



**李國強 郭靜嫻**  
**Lee Kwok Keung & Kwok Ching Han**

公務員 / 社工  
Civil Servant / Social Worker

透過安利營養補充品改善了健康後，開始學習營養知識，從而幫助更多人改善生活。

My health has seen an improvement since I began using Amway's health supplements. I have also acquired nutrition knowledge to help people improve their lives.



**許可健 關潔玲**  
**Hui Ho Kin & Kwan Kit Ling**

理財顧問 / 秘書  
Financial Consultant / Secretary

感謝上線領導人讓我認識安利，相信並改變自己，定能達成目標，同時幫助更多朋友。

Thanks go to my upline for introducing me to the Amway business. You will reach your goal and be able to help others if you believe in yourself and show a willingness to change.



**梁倩菁**  
**Leung Sin Ching**

升降機銷售工程師  
Lift Company Engineer

相信自己的努力，令人生變得更具影響力，透過安利帶給別人一個選擇和夢想。

Believing in yourself and working hard will enable you to enjoy an influential life. I feel content about being able to offer people a choice and a dream through the Amway platform.



**周綺蓮**  
**Chow Yee Lin**

退休人士  
Retiree

參加安利的體重管理比賽成功減重後，吸引了很多朋友參加，對產品更添信心。

I enjoyed satisfactory results and felt confident about the products after joining Amway's weight management competition. Many of my friends also joined so we had fun taking part together.



**黃偉宏 蘇若蘭**  
**Chris Wong & Cathy So**

資訊科技支援 / 銀行經理  
IT Support / Bank Manager

小成功靠個人，大成功靠團隊；從零到一，需要有強大的系統支援。

You can achieve small goals on your own, but it takes the effort of the whole team to achieve great success. A strong and powerful system helps everyone succeed in this business.



**賴敏飛**  
**Lai Man Fei**

輔導  
Counsellor

以價值觀為本，以目標為方向，定有一天能實現夢想。

Your dream will come true if you set strong values as your foundation, while choosing your desired goal will lead you in the right direction.



SILVER PRODUCERS  
銀章直銷商



相片欠奉  
Photo Not Available

**張智游**  
**Cheung Kelvin Chi Yau**

大學生  
University Student

必須非常努力，才能看起來毫不費力；相信自己，相信團隊，定能得到理想的成績。

You actually have to work very hard to make things look effortless! You can enjoy satisfactory results in Amway if you believe in yourself and the team.

**曾麗雯**  
**Tsang Lai Man**

家庭主婦  
Housewife

我十分喜歡幫助別人，而安利就是最好的工具和平台，讓我的人生下半場更精彩。

I love having the opportunity to help others and Amway is the best tool and platform for enabling me to do this. I am looking forward to a fruitful second chapter of life.



**劉曼婷**  
**Lau Man Ting Julia**

行政工作  
Administrative Work

透過發展安利事業，不但可以建立穩健的被動收入，更可提升自己，生活更充實。

Not only have I enjoyed a stable passive income, I have also been able to improve my personal capabilities since developing the Amway business. My life is more fruitful now!



**霍婉玲**  
**Fok Yuen Ling**

高級工程師  
Senior Engineer

幫助別人成功，才是真正的成功；未來，我將繼續努力，與夥伴一同成功。

Real success refers not just to yourself, but to helping others succeed at the same time. I intend to work hard with my partners so we can enjoy success together.



**黃錦權 蔡子麗**  
**Wong Kam Kuen & Tsz Lai Sally**

產品經理 / 營業經理  
Product Manager / Sales Manager

成功者永不放棄，放棄者永不成功；只要定下目標並堅持，定能成功。

People who succeed never give up, while those who give up never succeed. Success is at hand in Amway if you pursue your goals with persistence.



**黃麗嫦**  
**Wong Lai Shung**

私人秘書  
Personal Secretary

只有不停改變、堅持並努力學習，定能成功；我將朝著更高的目標邁進。

Success is at hand if you are willing to change, show persistence and learn continuously. I am looking forward to reaching a higher goal in the future.



**許秀藝**  
**Hsu Sau Ngai**

家庭主婦  
Housewife

在安利，我感受到滿滿的正能量，夥伴間互相關心和支持，增進知識外，一同進步。

I deeply feel the positive environment in Amway. I love the way that partners within the team help and support each other, learning and improving together.



**阮家樂 張美璧**  
**Yuen Ka Lok & Cheung Mei Pik**

總經理 / 財務策劃經理  
General Manager / Financial Planning Manager

透過安利認識到營養，同時也了解到被動收入的重要性。

I got to know more about nutrition through Amway. At the same time, being in this business has helped me realize the importance of passive income.



**曾淑娟**  
**Tsang Shuk Kuen Maggie**

空運入口部副總經理  
Deputy General Manager – Airflight Import

從希望增值自己和賺取被動收入，到發現安利營養補充品可改善健康，一舉多得。

I hoped to create more value for myself and earn extra income when I joined Amway. I soon discovered its health supplements and they have benefited me a lot.



銀章直銷商  
SILVER PRODUCERS



**許泳蕎**  
**Hui Wing Kiu**

幼稚園教師  
Kindergarten Teacher

作為一名老師，作育英才；經營安利事業，則幫助他人成就夢想。

As a teacher, I work to cultivate the talent of children, while in the Amway business my focus is on helping others pursue their dream.



**曾廣發 何嘉寶**  
**Tsang Kwong Fat & Ho Ka Po Bobo**

的士司機 / 製衣採購  
Taxi Driver / Garment Merchandiser

與家人一同發展安利事業，有更多共同的話題，關係亦更融洽。

I have enjoyed a closer family relationship, with more in common to share, as we developed the Amway business together.



**畢復林 李少娟**  
**Pi Fuk Lam & Li Siu Kuen Ann**

出口貿易公司副總裁 / 家庭主婦  
Vice President of Trading Company / Housewife

安利事業不但助己及人，更可以傳承下去，令生活更具意義。

Amway is a helping business that I can pass on to the next generation, which has helped to make my life more rewarding and meaningful.



**黃柏健 許淑敏**  
**Wong Pak Kin & Hui Shuk Man**

室內設計師 / 售貨員  
Interior Designer / Salesperson

助人助己的安利事業帶給我被動收入，為家人增添生活保障，亦改善了健康。

The helping Amway business has brought me passive income along with life protection for my family. My health has improved a lot, too.



## 初階架構獎金及 銅章架構獎金 領取時限延長為18個月！

The eligibility period for Bronze Foundation Incentive (BFI) and Bronze Builder Incentive (BBI) has been changed to 18 months!

時間更充裕！ More time to achieve!

領取機會更多！ More opportunities to earn incentives!

打造更穩健架構！ More sustainable structure can be built!



安利(香港)由2019/2020財政年度起推出核心加碼計劃，其中初階架構獎金及銅章架構獎金特別鼓勵新加入直銷商建立穩健事業。

由即日起，上述兩項獎金的領取時限將由12個月延長至18個月，並追溯至2019/2020財政年度(2019年9月1日)起。直銷商自首次領取初階架構獎金及/或銅章架構獎金起計算，連續18個月內，最多可領取12次，讓直銷商有更充裕時間建立更穩健架構！

Amway Hong Kong launched the Core Plus in PF2019/2020, with the Bronze Foundation Incentive (BFI) and Bronze Builder Incentive (BBI) aimed at supporting new Distributors in establishing a strong and sustainable business.

With immediate effect, the eligibility period for BFI and BBI will be changed from 12 months to 18 months and will be backdated to PF2019/2020 (September 1, 2019). Distributors are counted from the first time they receive the BFI and BBI. Distributors can receive BFI and/or BBI up to 12 times in 18 consecutive months from the first time they receive one or both of the incentives, giving Distributors more time in which to build a solid and sustainable structure in their business!



YAU WING SZE GRACE  
丘穎詩



LEUNG CHUI YING  
梁翠瑩



WONG TAK CHEUNG VICTOR  
王德祥



WONG SAU NA  
黃秀娜



MA KA TSEUK  
馬伽爵



TSANG PIK & LAM PAK DOR LU  
曾碧 林佰多祿



LEUNG WAI CHIN VIVIAN  
梁蕙芊



NG TING TING & TAM CHI HEI  
吳婷婷 譚梓熙



LO HAU YEE & CHIU CHUN WAH  
盧巧怡 趙鎮華



CHAN HO YUEN  
陳浩源



SHIU RYAN CHEUK LOONG  
邵卓龍



LON WENG CHEONG  
倫詠章



LEE HO YUEN  
李皓源



LEUNG KA CHUN  
梁嘉晉



WONG KAM YEE & WONG PAK TAK  
黃錦怡 黃栢德



IP SUK MEI  
葉淑薇



WONG CHING KIT KENNY & NG YU TUNG  
黃靖傑 吳雨潼



CHAN YING CHI & SIU CHUN PONG  
陳盈芝 蕭鎮邦



YUE HOI KIT RYAN & HO WING YIN  
余海傑 何詠妍



HO HO MAN  
何浩文

# 銅章直銷商 表揚名單

## Bronze Distributors Recognition



LAU TSZ YAN  
劉芷欣



LAU JOE WING  
劉祖穎



LAM CHIT BOR & KAN MEI SHAN  
林捷波 簡美珊



CHEUNG SIN YU  
張倩茹



CHOI LAI SHAN  
蔡麗珊



SO CHING NAM  
蘇正男



YIK WING TUNG  
易穎童



TSE KA MANTSE KA MAN  
謝嘉雯



CHU CHUNG YAN  
朱頌欣



POON TIK SUM  
潘迪森



CHAN SUM YEE  
陳心兒



MAK HO FUNG  
麥浩烽



LI KA HUNG & CHOW WAI MAN  
李家鴻 周慧雯



LAU KAM WOON  
劉金煥



CHAU YUK KWAN  
周玉君



CHAN HING WAI & CHAN CHING CHING  
陳慶維 陳晴晴



CHOI TZE CHING CLAUDIA  
蔡芷晴



TSO CHAU WAN  
曹秋雲



KWAN MAN LEUNG & CHUNG YEUK LIN  
關文亮 鍾若蓮



FUNG YIM LING VERONICA  
馮艷玲



YIP WAI PUN  
葉懷本



NG YIN MUI  
吳妍妹



WONG SHUN WAI  
黃純慧



WONG WAI NA & MAK KIN MAU  
黃慧娜 麥健謀



LUK HAK WAI  
陸克畏



HUI KA YU  
許嘉宇



TSO HEI SHUN  
曹熙迅



CHIU WAN YU  
趙蘊瑜



WONG YUK YIN  
黃玉賢



CHUNG WAI MING  
鍾偉明



FONG WENG IAN  
馮詠欣



TSE WING YAN EMILY  
謝詠茵



CHAN SZE LAM  
陳思霖



LAM HON CHEONG & PUI LIN  
林漢淳 陳佩蓮



CHEONG LEK FAI & MOU WAI SIM  
張歷輝 毛衛嫻



LEE CHUN KIT  
李俊傑



LIU KWOK BUN & SIT MEE CHUN



ALICE LAU & DANIEL YU  
劉詠詩 余國超

# 銅章直銷商 表揚名單

## Bronze Distributors Recognition

### 相片欠奉 Photos Not Available

MA YAT ON 馬逸安	LAU MEI KEI 劉美琪	IO HIO MANG 姚曉萌	YUNG LAI PING 翁麗萍
SIU MEI YEE ANGEL 蕭美怡	IEONG CHI WENG 楊芷穎	LAM SHUK WAH 林淑華	MO TING YAN 巫亭欣
TONG WAI MAN & YOUNG WAI CHUN 董慧敏 楊偉俊	YU WING SHAN GRACE 余詠珊	KONG WAI PING 江慧冰	CHAN HING LEUNG 陳慶良
LAU WAI KUEN 劉偉權	ZHOU BO 周博	FANG MENG FAN 方夢帆	HO YUEN LAM 何沅霖
LEUNG SZE YU 梁司宇	NIZAL JUSTIN AARON MANALO 札斯廷	CHEUNG CHUN 張駿	HO SUI YI 何瑞宜
YEUNG LAM CHING 楊霖青	LEUNG CHING SHUEN FIONA 梁靜璇	HE MEILING 何美玲	TAM KA PO YOKO & HO KIN HANG 譚嘉寶 何劍行
LEE TSZ HIM 李梓謙	LO CHI YUEN BORIS 盧志遠	LAI CHOI KIU CARMAN 賴財嬌	HO JOY MAN 何載文
LAU HOI YUNG 劉凱榕	WONG YUEN MEI 王苑微	KONG CHUN HAU 江俊孝	WONG TAK FAI & TSANG YIN KWAN 黃德輝 曾燕群
WONG YIU HING 黃耀興	YIP WING YI 葉泳怡	TSUI YING TING 徐應婷	NG KIM FONG 吳劍芳
WONG CHEONG SAN 黃長新	YEUNG WAN MAN 楊蘊汶	LEI HOI IAN 李凱欣	CHAN KIN HUNG RICKY & LAU CHOW MING 陳健雄 劉秋明
FONG YICK SAU 方亦脩	CHAU MAN HING & WAI YEE 周文興 吳慧儀	YU NAI TIM & DU YUAN WEI 余迺添 杜苑薇	CHAN OI YEE 陳靄儀
CHAN KA WAI 陳嘉慧	CHIU LAI WA 趙麗華	TO KAI YUNG 杜啟蓉	TSANG CHO YIU 曾楚堯
SAU CHING YU 蕭清玉	CHAN MIU HUNG BRIDGET & CHAN WING KAI 陳妙紅 陳永佳	LEUNG WAI MAN & NG KA PO 梁惠雯 吳家寶	LEE HO CHUEN 李皓泉
WONG SZE YAN 黃思恩	TANG MAN SING & NG LAI CHUN 鄧文昇 吳麗珍	CHAN HOI KI & CHAN HIN MAN 陳凱琪 陳憲文	LAU WING SZE & YU KWOK CHIU 劉詠詩 余國超
SIN MAN YEE ISABELLA 冼敏兒	LAM CHUN YINLAM CHUN YIN 林峻賢	TSUNG KA KINTSUNG KA KIN 曾嘉健	LIU KIN HUNG 廖健雄
HUI SAU MAN 許秀雯	CHAN WING LAM 陳詠琳	TSE TSZ WUN 謝梓桓	LO CHOI KING 勞彩瓊
LIANG YANPING 梁燕平	HON SO MUI 韓素梅	CHAN YING LAM 陳映霖	TSO HEI TAT 曹熙達
NG MANG 吳萌	YEUNG YEE HAH 楊綺霞	LAU KA WUN RACHEL 劉家媛	FUNG SIU HING 馮少卿
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# 全新直銷商及 優惠顧客網上加入方法

## Online Sign-up for New Distributors & Privileged Customers

現已推出  
Available  
Now!

★ 方便快捷  
More Convenient

★ 即時生效  
Effective Immediately

★ 隨時隨地  
Available Anytime, Anywhere

★ 一站式體驗  
One-stop Experience

為配合安利數碼化發展，公司現已推出全新直銷商及優惠顧客網上加入方法，以簡化現有程序。直銷商及優惠顧客可於網上享用一站式推薦、加入，以及繳付參加費用的安排，簡便快捷！

直銷商更可透過各種通訊軟件將加入連結分享給新夥伴，拓展業務更高效方便！

As part of the company's digital transformation strategy, Amway has launched a new online sign-up method that simplifies the application process for Distributors and Privileged Customers. This new function enables you to perform one-stop sponsoring, joining and participation fee payment through the Internet in a simple and effective way.

Distributors can share the application links with new partners through various communication platforms, making business development even more efficient and convenient.

掃描QR碼觀看短片，  
感受一站式加入新體驗！



「家」

多一點好滋味

Savor the Taste of Home



In recent weeks, most of us have been staying at home more often for the sake of our own health and the health of our families and the broader community.

When stuck indoors, the easiest option is to order food deliveries or turn out quick dishes using packet or canned ingredients – but cooking at home can be a great way to spend time with your loved ones.

Enjoy time together creating healthy and nutritious meals that not only supplement your body's needs but can also help to boost your immunity.

近日大家留在家的時間比以往多。不想餐餐叫外賣，又不想與罐頭為伴，不如在家玩玩煮飯仔，從飲食著手，以營養補充身體所需；增強抵抗力，吃得更健康。

*Stay Healthy. Stay Happy.*

# 健康新煮意

## Healthy Cooking Ideas

### 煙三文魚羽衣甘藍藜麥沙律

Smoked Salmon, Kale and Quinoa Salad



材料		Ingredients	
羽衣甘藍	1束	Kale	1 bunch
藜麥	30克	Quinoa	30g
麵包粒	適量	Breadcrumbs	An appropriate amount
煙三文魚	2片	Smoked salmon	2 slices
水	2碗	Water	2 bowls
檸檬汁	2湯匙	Lemon juice	2 tbsp
鹽	1/2茶匙	Salt	1/2tsp
橄欖油	1茶匙	Olive oil	1tsp

- 1 羽衣甘藍沖洗乾淨，切絲並瀝乾。
  - 2 藜麥沖洗後，放入小鍋，加水慢火煮約8至10分鐘，瀝乾並放涼。
  - 3 拌勻羽衣甘藍、藜麥、檸檬汁、鹽及橄欖油。
  - 4 最後鋪上煙三文魚、麵包粒，即成。
- 1 Wash, drain and slice the kale.
  - 2 Rinse the quinoa and add to a small pan with water. Bring to a boil and cook on a low flame for eight to ten minutes. Drain and allow to cool.
  - 3 Mix together the kale, cooked quinoa, lemon juice, salt and olive oil and place in a dish.
  - 4 Add the smoked salmon slices and breadcrumbs on top, serve.

**羽衣甘藍** 蘊含豐富抗氧化物，可幫助降低膽固醇，減少患上心臟病的風險。

**藜麥** 是近年最受歡迎的健康食品之一；含有豐富的蛋白質，亦是少數包含九種胺基酸的植物性食品。

**Kale** is rich in antioxidants that help to lower the body's cholesterol level and reduce the risk of contracting heart disease.

**Quinoa** has become one of the most popular health foods in recent years. It is rich in protein and is one of the few plant foods to contain nine amino acids.

### 薑黃咖喱雞肉飯

Turmeric Curry Chicken and Rice

材料

無骨雞脾肉(切件)	1塊
洋蔥(切絲)	半個
蒜頭(切粒)	3粒
白米	1杯
水	1杯
車厘茄(切半)	5粒
芫荽	少許

Ingredients

Boneless chicken thigh (in pieces)	1pc
Onion (sliced)	1/2
Garlic (diced)	3pcs
Rice	1 cup
Water	1 cup
Cherry tomatoes (halved)	5
Fresh parsley	A few sprigs

- 1 白米洗淨瀝乾；鍋中加入少許油，雞件煎至金黃色，盛起備用。
  - 2 同一鍋內，加入蒜粒和洋蔥絲輕炒，然後加入八角、肉桂條、薑黃粉和咖喱粉，炒出香味。
  - 3 雞件加回鍋中，加入白米炒勻；倒入清水並煮至水滾，然後加入香葉、鹽和車厘茄攪拌。
  - 4 加蓋轉中火煮12分鐘，熄火再焗15分鐘；開蓋用飯勺翻鬆米飯，放上芫荽作裝飾，即成。
- 1 Wash and drain the rice. Add a splash of oil to the pot and fry the chicken pieces until they turn golden. Set aside.
  - 2 Add the diced garlic and sliced onion to the same pot. Fry on a gentle heat for a while, then add the star anise, cinnamon stick, turmeric powder and curry powder. Combine and continue to fry gently.
  - 3 Add the chicken pieces and rice to the pot and stir thoroughly. Add water and bring to a boil, then add the bay leaf, salt and cherry tomatoes. Stir well again.
  - 4 Cover with the lid and cook on a medium heat for 12 minutes. Turn off the flame, cover and set aside for another 15 minutes. Open the lid, fluff the rice and sprinkle with the chopped parsley, then serve.

無論是中式或西式菜式，總離不開以豬、牛、羊、雞、魚、蔬菜等食材入饌，要為普通的家常菜式加添新意，可以選用一些新興的食材或特別的調味料；無論輕食、主菜或甜品，既可滿足視覺和味覺享受之餘，更可品嚐健康和愛心滿分的新煮意。

Pork, beef, lamb, chicken, fish and vegetables are the most commonly found ingredients in both Chinese and Western cuisines, but making delicious and attractive dishes out of these ingredients may be a difficult task for some. The following recipes and tips help you to create healthy and tasty dishes with ease, from light meals to main courses and desserts.



#### 香料調味料

薑黃粉	2茶匙
咖喱粉	2茶匙
八角	1粒
肉桂棒	半枝
月桂葉	1片
鹽	1/2茶匙
椰子油	2湯匙

#### Spice Seasoning

Turmeric powder	2tsp
Curry powder	2tsp
Star anise	1pc
Cinnamon stick	1/2pc
Bay leaf	1pc
Salt	1/2tsp
Coconut oil	2tbsp

**薑黃素**是一種強效抗氧化劑，可抵禦自由基對身體的損害，減慢細胞老化；薑黃素更有助提升新陳代謝，促進減重效果。

Found in turmeric, **curcumin** is a powerful antioxidant that helps protect body cells from damage caused by free radicals, as well as slow down the aging of cells. Curcumin also helps to boost metabolism and aid slimming.

## 牛油果雪糕

### Avocado Ice Cream



#### 材料

牛油果	3個
煉奶	50毫升
淡忌廉	200毫升
檸檬汁	適量

#### Ingredients

Avocado	3
Condensed milk	50ml
Whipped cream	200ml
Lemon juice	A splash

- 牛油果去核，放進攪拌機打成蓉；然後加入檸檬汁以防止牛油果氧化。
  - 淡忌廉加入煉奶，然後以電動打蛋器打發至企身，再加入牛油果蓉拌勻。
  - 倒進溶器，放入冰箱冷藏約3小時；按喜好加上果仁，即成。
- Remove the stone and scoop out the avocado flesh. Add the flesh to a blender, along with the lemon juice that helps prevent the avocados from oxidizing.
  - Put the whipped cream and condensed milk into a bowl and whisk into stiff peaks using an electric blender. Add the blended avocado to the whipped mixture.
  - Transfer the avocado mixture to a container and freeze for at least three hours. Add your favorite nuts as a topping and serve.

**牛油果**含豐富的維他命E和不飽和脂肪酸，有助維持皮膚和心臟健康；不飽和脂肪酸更可促進飽和脂肪酸的代謝，減少脂肪的形成和囤積，有助體重管理。

**Avocados** are rich in vitamin E and unsaturated fatty acids that help maintain a healthy heart and skin. Unsaturated fatty acids help promote the metabolism of saturated acids and reduce the formation and accumulation of fat, aiding the weight management process.

# 食物保存大法

## A Complete Guide to Storing Food in the Fridge



為了方便及節省時間，很多人都會到街市或超級市場購買數天食用量的蔬菜，然後放進雪櫃保存。不過，也不是把買回來的食物全塞進雪櫃就行，必須注意食物的保存期限，才能確保食材新鮮、衛生。

People often buy food in bulk to fill the fridge and save on both shopping time and money. It is important to learn basic storage techniques that can help keep your family's food supply safe and healthy.

### 肉類 Meat

新鮮牛肉可在雪櫃儲存3至5天，但是免治牛肉及內臟如肝臟等，只可在雪櫃儲存1至2天；已煮熟的牛肉，只可在雪櫃儲存不多於3至4天。

新鮮豬肉雪櫃儲存期為3至5天，已煮熟的豬肉則可儲存2至3天。

Fresh beef can be stored in the fridge for three to five days; however, minced beef and offal such as liver should only be kept in the fridge for one to two days. Cooked beef should be kept for no longer than three to four days.

Fresh uncooked pork can be refrigerated for three to five days. Once cooked, pork dishes should be kept for two to three days in the fridge.

### 魚類、海鮮 Fish and Seafood

魚類及海鮮，在處理前均可在雪櫃儲存1至2天；煮熟後的魚類可儲存3至4天。

Fish and seafood can only be refrigerated for one or two days before needing to be thrown away. You can keep cooked fish for three to four days.

### 水果與蔬菜 Fruits and Vegetables

水果一般可儲存於室溫，部分容易腐壞的水果如士多啤梨和提子，建議放於雪櫃儲存。

新鮮綠葉蔬菜可儲存約一星期，建議以廚紙包裹整棵蔬菜後冷藏，毋須預先清洗或切開；至於蘿蔔、馬鈴薯、洋蔥等，可放置於室溫保存。

Fruits are generally best kept at room temperature, though it's recommended to keep strawberries and other berries in the fridge as they go rotten quickly.

Leafy greens can be kept in the fridge for around a week. It is recommended to wrap them in a paper towel and refrigerate in a container. There is no need for them to be cut or rinsed before use. Carrots, potatoes, onions and other root vegetables can be stored at room temperature.



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Flavor



香辣青檸味  
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(1箱12包)  
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 XS NATION HK 

# XS Energy Drink

咖啡因  
caffeine

卡路里  
calories

脂肪  
fat

糖分  
sugar

# 紐約、巴黎、曼谷…下一站 來到您意想不到的 東京仙境！

這座引領世界潮流的大都市是全球最大的城市之一，  
從現代清新風格，到古典的傳統氣息，  
為您帶來無窮無盡的彩妝靈感。

全新Artistry Studio™東京彩妝系列捕捉日系潮流，  
大玩色彩，融入可愛甜美的東京風。

Kawaii的意思是「可愛」，  
這個系列集有趣、艷麗及好玩於一身。  
產品及色調的靈感源自東京的三大隱世寶藏：  
涉谷、銀座、原宿的繁華；  
傳統和服的柔和典雅；春天盛放的粉嫩櫻花。

從時尚眉型、水潤雙唇，  
到娃娃眼唇彩妝，叫您絕不能錯過的系列，  
成為雅姿的Passionistas，玩轉東京！

# ARTISTRY STUDIO

—tokyo edition—



請即掃描QR碼，  
了解更多有關Artistry Studio™  
東京彩妝系列。



# NYC, Paris, Bangkok...where to next? Join us in the whimsical wonderland of Tokyo!

One of the largest cities in the world, this trend-setting metropolis is home to an endless array of inspiration from modern fresh colors to stunning traditional looks.

Our newest Artistry Studio™ Tokyo collection captures the fashion, colors, and of course kawaii of Tokyo.

Kawaii means “cute,” and this collection is all about being fun, pretty and playful. The products and shades are inspired by Tokyo’s hidden treasures: The prosperity of Shibuya, Ginza and Harajuku. The softness of a traditional kimono. The sweetness of Sakura in Spring.

From brows that wow to jelly lips to multi-effect eye and lip palettes plus so much more, this on-the-go collection is not to be missed. Are you ready to take on Tokyo, Passionistas? Let’s play!



T O K Y O  
B L O S S O M



**香氛噴霧 (甜蜜櫻花/清新柚子)**  
**Fragrance Mist (Sweet Sakura/ Refreshing Yuzu)**

這款香氛噴霧注入泉水、荷花水及綠茶萃取物，全天候為肌膚保濕。經過特殊設計的泵咀可噴出超幼細的噴霧，散發著陣陣幽香，讓您瞬間進入恬靜平和的狀態。瓶身細小方便攜帶，隨時隨地在身體及秀髮上噴一點\*，讓心境回復平靜。

\*產品不適用於臉部，適合敏感性肌膚人士使用。

This fragrance mist is infused with spring water, lotus water and green tea extract. A specially designed pump creates an ultra-fine, enveloping mist that captures the tranquility of a stroll through the Imperial Gardens in every spritz. This uplifting scent sparks your senses without overpowering them. Apply liberally all over body and hair for a moment of Zen any time\*.

\*The fragrance mist should not be used on face as a facial mist. Suitable for sensitive skin.

**涉谷修容粉盒(亮膚/淺杏/中杏/深杏/檀杏)**  
**Correct and Perfect Face Palette (Shibuya Light/ Shibuya Light Medium/ Shibuya Medium/ Shibuya Medium Deep/ Shibuya Deep)**

達至完美東京造型的第一步：透亮無瑕的肌膚，配以富現代感的不造作造型。這款多功能修容粉盒令一切變得非常簡單。涉谷修容粉盒提供由淺到深的遮瑕效果，與自然膚色融合，淡綠色有效撫平泛紅、遮蓋瑕疵、減淡黑眼圈；淡紫色或橙色有效增強肌膚光澤、均勻膚色。

The perfect start to every Tokyo look: bright, flawless skin, with a modern natural finish. And this all-in-one, on-the-go foundation compact makes it easy. With buildable sheer-to-medium coverage, Correct and Perfect Face Palette glides over skin and blends easily, covering imperfections and evening out your skin tone. Light green cream effectively diminishes redness, covers blemishes and reduces dark circles; lilac or orange cream brightens skin color and fades irregular tone.



如何打造  
透亮無瑕肌膚？

**眼唇彩盤(日系歌舞/日系佳人)**  
**Eye & Lip Beauty Box (Kabuki Pop/ Kabuki Glam)**

色調經過精心設計，由淺到深，集霧面、珍珠光澤及閃亮效果於一身，鼓勵您嘗試不同風格的妝容。唇膏有乳霜狀及粉狀，合共5款，另有5款眼影膏，可單獨或混合使用。無論您是崇尚可愛動漫風、成熟日本風，或是高端潮流風，這盒眼唇彩盤必定能讓您的創造力大爆發。

Eyes are wide with light-to-bold tones in matte, pearly or shimmer finishes, all curated to encourage experimentation. The go-anywhere palette comes with a combination of 5 lip shades and 5 eyeshadow shades that can be worn together or alone. Whether your style is anime-bold, Tokyo-sophisticated or high-fashion glam...let your creativity be inspired by the most modern city of all.





### 水潤唇釉(櫻花粉紅/柿子紅) Jelly Plumping Lip Tint (Sakura/Persimmon)

您的雙唇必定會愛上這款輕盈水潤的唇釉。啫喱狀配方令雙唇持久滋潤，受日本水彩畫的啟發，締造健康的唇色，展現東京流行的啞緻效果。心形塗抹棒易於上色，先塗一層，等待15秒，再塗一層，以加強色彩效果，讓您的每個笑容都彷彿會說「arigato謝謝」。

Lips will love this sheer, water-based stain. The longwearing jelly formula leaves lips feeling plumped with moisture. Inspired by Japanese watercolors, the shades wash on for a hint of healthy-looking tint and a Tokyo-trending matte finish. A heart shaped applicator makes it easy to apply — let set for 15 seconds then reapply to build the color impact. With every smile, your lips will say “arigato.”

### 娃娃美眸睫毛液(亮古銅/海藍) Oh-So-Colorful Mascara (Harajuku Brown/ Harajuku Blue)

這款睫毛液可瞬間打造娃娃大眼，搖身一變成為可愛教主！漫步在東京原宿街頭即可發現可愛造型的靈感：動漫主角水汪汪的雙眼，睫毛顏色鮮艷閃亮。娃娃美眸睫毛液可增強睫毛的捲翹度及豐盈感，易於攜帶。配方蘊含維他命E、泛醇、透明質酸和月桂酰賴氨酸，有助保護睫毛。

Be the queen of kawaii. This tinted mascara instantly creates wide-open, babydoll eyes. A stroll through Tokyo's Harajuku district reveals the inspiration: super-cute anime eyes with bold, colorful flashes on the lashes. This all-around mascara intensifies lash volume for extra impact. Coats lashes with color. And puts the pop in your pocket with its go-go-tube. The formula contains vitamin E, panthenol, hyaluronic acid and lauroyl lysine that help to protect lashes.



### 銀座時尚塑眉筆(棕啡/檀黑) Power Brow Pen (Ginza Chai Latte/ Ginza Cocoa)

打造大膽的造型！這款塑眉筆可打造長達12小時的飄眉效果，輕鬆畫出時尚眉型。利用精密的筆頭輕輕一掃便能填滿及梳理眉毛，線條如頭髮般幼細，可持續12小時以上。防汗、防暈染及防水的配方，讓您帶著神采飛揚的眉毛，在銀座瘋狂購物一整天！

Get all-day, Insta-worthy brows now! This Power Brow Pen instantly creates a 12H microbladed effect, shaping and filling your brows with ease. Like a truly magic marker, the precision felt-tip pen fills in, combs and creates hair-like strokes with every sweep and lasts for 12+ hours. Sweatproof, smudgeproof and waterproof formula keeps up with non-stop days shopping in Ginza or anywhere life takes you.

### 和風粉霜胭脂(珊瑚/裸粉/粉紅) Oh-So-Cheeky Blusher (Kimono Coral/ Kimono Nude/ Kimono Pink)

不要害羞，讓這款和風粉霜胭脂為您的妝容增添玩味！蘊含人參及綠茶萃取物，柔軟的枕頭狀粉撲會自動填充瓶內的胭脂碎粉，只需輕輕拍按，即可打造粉嫩雙頰，為膚色增添自然光澤。臉紅的女生真可愛！

Don't be shy. Let this plush blush inspire you to play with fun color that blends effortlessly and never comes on too strong. It contains ginseng and green tea extract. Open the top find a soft, pillowy puff that automatically fills with the loose powder underneath — just tap onto cheeks and blend. Adds sheer, radiant color with a natural finish. You're cute when you blush!



如何為膚色  
增添自然光澤？

# ARTISTRY

## SIGNATURE SELECT™

### 雅姿個人專屬修護面膜

# ARTISTRY

## SIGNATURE SELECT™

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了關更多有關雅姿個人專屬  
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全新雅姿個人專屬修護面膜，  
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可同時解決不同的肌膚問題，  
節省時間，為您打造最好的皮膚狀態。  
顏色鮮艷、質地細滑、香氣自然，  
添加源自紐崔萊™自家農場的植物，  
雅姿個人專屬修護面膜  
為您帶來個人化的護膚藝術！

The brand new  
Artistry Signature Select™ Masks  
can be personalized to  
treat multiple skin concerns.  
Save time and see your best skin, instantly.  
Fresh colors, textures and fragrances and  
infused with Nutrilite™-sourced botanicals,  
use the recipes of Artistry Signature Select™ Masks  
to master the art of multi-masking!



# ARTISTRY™

# 在家也能輕鬆體驗專業染髮及修護效果

## Simple, Professional Hair Color Treatment at Home

不少人都喜歡在家DIY染髮，既可省卻在髮型屋等候的時間，又可節省金錢。香港人凡事講求效率，染髮產品的設計及使用也講求方便、快捷；即使沒人幫忙，也可以輕鬆DIY染髮，無論如何「手殘」，也能為秀髮大變身。SATINIQUE™美髮護髮系列，針對美髮和護髮的不同需要，助你打造時尚、健康、亮澤的秀髮。

Efficiency is key for every Hongkonger so many will look for hair dye products that are convenient and easy to use, the SATINIQUE™ collection targets people's different haircare needs and helps you to create stylish, healthy and beautifully colored hair with ease.



### 染髮前後你要知

#### Things to Know About Dyeing Your Hair

- 染髮前及後1-2天避免洗頭，以保護頭皮，也可令染後髮色更持久
- It is better not to wash your hair for one or two days before and after coloring your hair. This helps to protect the scalp and makes the hair color last longer
  - 選用具修護成分的染髮霜
  - Choose colorant that contains both protective and repairing ingredients
- 洗髮用水溫度切勿過高，容易使髮質受損，加速頭髮褪色
- Do not use hot water on your hair as it will damage the hair quality and cause color to fade more easily
  - 使用護色洗髮乳，有效保護髮質及髮色
  - Choose shampoo that helps to retain your hair color
- 定期使用髮膜，幫助滋潤髮絲，修護受損髮質，讓髮絲看起來更健康
- Use a hair mask regularly to help hydrate and repair damaged hair

## 針對白髮，打造自然亮麗髮色

Targets white hair for a natural and bright look



仙姬染髮霜EX (橙啡/深啡)

SATINIQUE LUSTERTONE™ EX Colourant (Orange Brown / Dark Brown)



- 日本製造
- 護髮染髮劑從髮芯開始為您打造轻柔亮澤秀髮
- 結合SATINIQUE™的獨特成分ENERJUVE™和護髮成分，打造絲質秀髮
- 採用乳霜狀配方，可避免滴落衣物；搭配安利獨家設計易染梳，輕易染出亮麗髮色
- 含髮質修護成分(脂質、18-MEA、肌酸)
- Made in Japan
- Dye from the core with treatment colourant that leaves you with smooth, rich and shiny hair
- Combines unique SATINIQUE™ ingredient ENERJUVE™ and special treatment ingredients to create a silky touch
- Creamy texture helps to avoid dripping on clothes while the exclusive non-drip applicator makes the colourant easy to apply
- Contains powerful hair repair ingredients including lipids, 18-MEA and creatinine

## 不要忽視染髮後的保養， 有助鎖住染後髮色

Do not overlook hair treatment  
after coloring your hair as it will  
help your hair color to last longer

鎖色·潤澤·修護  
Color-Lock • Moisture • Treat

SATINIQUE™潤澤修護洗髮乳及潤髮乳  
SATINIQUE™ Glossy Repair Shampoo & Conditioner

- 適合受損及經染燙髮質
- 蘊含石榴及葡萄籽萃取物，幫助乾旱髮質回復健康
- 防止染後脫色
- 經45次洗護後，染燙髮色依然亮澤如昔
- For damaged color-treated hair
- Formulated with a botanical blend of pomegranate and grape seed extracts, helping to protect as it revitalizes dull, dry hair
- Prevents colored hair from fading
- Keeps color truer for longer, lasting for up to 45 washes



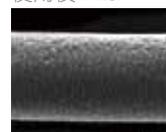
深層呵護·滋養髮絲  
Intensive Repair •  
Deep Nourishment  
盈彩更新護髮膜  
SATINIQUE™ Revitalizing Mask

使用前 Before



角質層脫落不平整  
The cuticle is lifted  
and uneven

使用後 After



角質層平整，髮絲  
健康富光澤  
The cuticle is smooth  
and hair is stronger

- 適合染燙、極度乾燥及受損髮質
- 讓秀髮強韌6倍
- 蘊含堅果籽油，修復極度受損髮絲
- 建議每星期使用兩至三次
- Suitable for damaged and color-treated hair
- Strengthens hair by up to six times
- Formulated with a botanical blend including kukui seed oil to help repair extremely damaged hair
- Use two to three times a week

# 淨水沐浴新體驗 A New Bathing Experience

每天沐浴後，總發現皮膚乾燥、頭髮乾旱，難以打理？別以為只有飲用水的質素需要關注，沐浴用水一樣大有學問。如果沐浴時的自來水含有經消毒後殘留的游離餘氯，便會令肌膚和頭髮受到損害，引致皮膚乾燥、頭髮乾旱；長期使用更會影響肌膚健康。全家人每天都用來沐浴的水，如何能確保水質，讓家人得到更貼心的保護？答案就是BathSpring™浴室淨水器。

BathSpring™  
浴室淨水器

## 8 大優勢

Key Features of the BathSpring™  
Bathroom Water Treatment System



1  
濾除超過99%游離餘氯  
及多種污染物  
Removes over 99% of  
free residual chlorine and  
various contaminants



2  
榮獲美國國家衛生基金會  
NSF第177項全機認證  
NSF 177 Certification –  
BathSpring™ has been tested and certified by  
NSF standards for all components and production procedures



3  
特大濾淨量，濾淨效能出眾  
Outstanding filtration capacity

# 為肌膚及秀髮帶來極緻呵護

## Nurturing Care for Skin and Hair

Is your hair dry and difficult to manage, or your skin much drier than you'd like?

It's not just the quality of drinking water that's important – we also need to pay careful attention to the quality of the water in which we bathe. Free residual chlorine in the water we use for showering can be damaging to both skin and hair, especially for those who are more prone to skin allergies.

How can you ensure your family gets the best protection by showering in quality water every day? The BathSpring™ Bathroom Water Treatment System is your answer.



4 濾心監察系統，用量一目了然  
Filter Tracking System – monitor your filter usage at a glance



5 專用花灑頭，提供兩種出水模式  
Exclusively designed shower head features two modes

6 耗電量低，安全可靠  
Low energy consumption, safe and reliable



7 簡約設計，適合不同設計的浴室  
Minimalist design that fits various bathroom spaces

8 安裝簡易，無需額外工具  
Easy installation, no extra tools needed

推廣將於5月下旬開始 Promotion Starts in Late May



BathSpring™浴室淨水器濾心優惠

BathSpring™ Bathroom Water Treatment System Filter Promotion

凡於2020年4月30日或之前曾購買BathSpring™浴室淨水器，均可獲得BathSpring™浴室淨水器濾心優惠價購買配額乙個，於有效期內以優惠價HK\$1,230購買原價HK\$1,530的浴室淨水器濾心，讓您享受純淨的沐浴用水。

Customers who purchased the BathSpring™ Bathroom Water Treatment System on or before April 30, 2020 are entitled to receive a purchase quota to purchase BathSpring™ filter at the discounted price of HK\$1,230 (original price HK\$1,530), enabling you to enjoy pure bathing water.

\* 優惠詳情及條款細則、優惠使用細則，請參閱有關宣傳單張。

Please refer to related promotional materials for promotion details, terms and conditions, and promotion usage details.

Amway

家中空氣滿佈污染物，危機四伏  
看不見，卻時刻影響著您與家人的健康

選用Atmosphere Sky™空氣清新機

強效濾淨逾**340<sup>+</sup>**種污染物

讓您每一口，都感受得到

**潔淨好空氣**



ATMOSPHERE  
**SKY**™



## 材料 Ingredients

泰式河粉	120克
蝦(去殼)	100克(約6-8隻)
水	適量
米酒	10毫升
油	30毫升
乾蔥頭	30克
紅蝦仔乾	20克
甜菜脯	20克
豆腐乾(切片)	100克
雞湯	100毫升
雞蛋(拌勻)	2隻
花生碎	15克
蔥段	20克
銀芽	5克
青檸	1/4個
Flat rice noodles	120g
Shrimp (deshelled)	100g (6-8 pcs)
Water	An appropriate amount
Rice wine	10ml
Oil	30ml
Shallots	30g
Dried small red shrimps	20g
Sweet preserved radish	20g
Dried tofu (sliced)	100g
Chicken stock	100ml
Egg (whisked)	2 pcs
Ground peanuts	15g
Spring onion (green part)	20g
Baby bean sprouts	5g
Lime	1/4pc

## 醬汁材料 Sauce ingredients

羅望子醬	30克
魚露	40毫升
椰糖	50克
米酒	10毫升
老抽	15毫升
Tamarind sauce	30g
Fish sauce	40ml
Palm sugar	50g
Rice wine	10ml
Dark soya sauce	15ml

# 泰式炒河粉

Pad Thai



安利皇后牌3公升平底煎鑊  
Amway Queen™ 3L Fryer

## 做法 Method

- 1 泰式河粉浸軟備用。  
Soak and soften the flat rice noodles.
- 2 蝦洗淨灼熟，取出後浸冰水，備用。  
Wash the fresh shrimps then blanch in boiling water. Refresh in an ice bath.
- 3 拌勻羅望子醬、魚露、椰糖、米酒及老抽，製成醬汁備用。  
Stir together the tamarind sauce, fish sauce, palm sugar, rice wine and dark soya sauce thoroughly.
- 4 加入30毫升油並預熱3公升平底煎鑊，加入乾蔥頭、紅蝦仔乾和甜菜脯，炒至乾蔥頭呈半透明，再下豆腐乾略炒。  
Preheat the 3L Fryer with 30ml of oil. Add the shallots, dried shrimps and sweet preserved radish to the hot oil. Cook until the shallots become translucent then add the dried tofu.
- 5 加入泰式河粉及雞湯炒勻，有需要可加入適量水分。  
Add the flat rice noodles and chicken stock to the pan, adding water if needed.
- 6 河粉煮至半熟時，加入蛋液、部份醬汁及蝦肉。  
Cook the noodles until they are half done. Add the egg mixture, part of the sauce and cooked shrimp.
- 7 當蛋液炒至熟透時，可按口味加入餘下醬料。  
Stir-fry the noodles until the egg mixture begins to set. Add the rest of sauce according to your preference.
- 8 加入蔥及灑上花生碎，上碟時伴以青檸及銀芽，即成。  
Sprinkle the green onion and ground peanut over the top. Serve with lime and baby bean sprouts.



# 美甲時尚

## Hitting Fashion on the Nail



愛美是女士的天性，除了經常轉換髮型、造型外，更仔細得連指甲的顏色也可配襯節日及服飾，一絲不苟。Nail Bar連鎖美甲集團於全港擁有10間分店，自2000年起，一直致力為顧客提供專業的美甲、修甲、Gel甲、手部及足部護理等服務，為不同的顧客帶來優質的美甲體驗。



In addition to enhancing their appearance through regular hairstyle and outfit changes, many women also put a lot of time and effort into caring about their nails. Nail Bar, a chain of nail salons that currently has 10 branches, has been providing professional manicures, pedicures and gel manicure treatments since 2000, demonstrating its professionalism to customers with different needs.

A : Amagram

N : Nail Bar連鎖美甲集團創辦人文雪兒  
Candy Man, Founder of Nail Bar

A : Nail Bar提供的服務有何特別之處？

N : 隨著時代發展，女士的愛美指數不斷上升，要求也越來越高；除了美甲、手足部護理服務外，Nail Bar更為顧客提供睫毛護理、化妝、髮型等一站式的全面服務，滿足顧客的不同需要。與一般美甲店不同，我們一直採用由上海師傅傳授的修剪手部死皮技術，以剪刀代替鉗子修剪死皮，這樣可令新生長出來的手皮更整齊。每一位新入職的美甲師，都需要接受此培訓，雖然學習用鉗子修剪死皮需時較長，我們仍堅持把優質的服務與顧客分享。





**A** : 請分享2020年的美甲趨勢。有何護甲貼士可跟我們分享？

**N** : 近年，大家可說是「反璞歸真」，從以往偏好選用假甲及閃閃的顏色，到今天喜歡啫喱甲及土地色系的色調，崇尚自然，貫徹simple is the best的理念。為指甲油上顏色或畫上圖案，當然會為指甲「加分」，但是不少人也有些壞習慣如咬手指及「啲」手指，除了會影響手部的美觀外，更可能對關節造成傷害，必須多加留意。此外，我們建議客人也要注意手部的肌膚質素，定時塗抹手部乳霜。

**A** : 如何為顧客提供一個舒適的環境作美甲體驗？

**N** : 美甲時所使用的產品一般含有酒精成分，我們會確保店內的空氣流通，更特別安裝了安利 Atmosphere Sky™ 空氣清新機，有效濾除逾340種污染物及過濾小至0.0024微米的空氣污染物，為顧客及員工提供一個清新、舒適的環境，享受貼心的美甲服務。

**A** : What unique services does Nail Bar provide?

**N** : The idea of beauty is always shifting, and in recent years has become more inclusive than ever. Besides manicure and pedicure treatments, Nail Bar provides an array of professional services from eyelash care and makeup to hairstyling services, fulfilling the needs of different customers. Different from other nail care shops, Nail Bar has used a traditional cuticle-removing technique, taught by a Shanghai master, since its launch. We use scissors instead of cuticle pliers to remove the cuticle, making newly grown skin look neater and tidier. Each new manicurist joining Nail Bar is required to learn and master this technique, even though it takes a longer time to learn. Our aim is always to provide professional and quality services for our customers.

**A** : What are the nail trends in 2020, and can you also share some important nail care tips?

**N** : Simple is the best – customers have a preference for gel nails with an earth tone color in recent years. Adding colors or patterns onto the nails will of course give a more striking look! In order to take better care of your nails, always remember to avoid biting your fingernails, and also don't crack your knuckles as it will affect the outlook of your hands and is more likely to result in painful joints. We also recommend applying hand cream regularly to keep your hands smooth and moist.

**A** : How do you provide a comfortable environment for your customers?

**N** : Many nail products contain alcohol, which can be an irritant to some people. In order to provide a fresh and well-ventilated environment for our customers, we opted to use the Amway Atmosphere Sky™ Air Treatment System, which helps remove more than 340 contaminants and particles down to 0.0024 microns in size. It helps to prevent the transmission of viruses and bacteria and provides our customers and staff with a worry-free environment.

## Atmosphere Sky™ 空氣清新機

☺☺☺ 過濾效能高達99.99%

☺☺☺ 有效濾除逾340種污染物及過濾小至0.0024微米的空氣污染物

☺☺☺ 榮獲美國家電製造商協會(AHAM)、英國過敏協會(Allergy UK)、過敏症研究基金會歐洲中心(ECARF)及美國環保署ENERGY STAR® 四大權威認證

## Atmosphere Sky™ Air Treatment System

☺☺☺ 99.99% effective filtration

☺☺☺ Effective in removing more than 340 contaminants and particles down to 0.0024 microns

☺☺☺ Accredited by 4 authoritative certifications for its performance: The Association of Home Appliance Manufacturers (AHAM), Allergy UK – Seal of Approval, ECARF and ENERGY STAR®



the power of 5

NUTRILITE  
Exclusively from Amway

每月捐款

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澳門幣約83元

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100%全數捐款

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紐崔萊™ Little Bits™ 營養包。

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