AMAGRAM

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ARTISTRY
SIGNATURE SELECT

個人專屬身體護理系列

熱情經濟和保健創玩家的冒起

The rise of the passion economy and wellness creators

美國安利公司首席執行官潘睦鄰
Amway Corporation Chief Executive Officer Milind Pant

在擔任首席執行官的首100天，我到世界各地進行聽學之旅，旅程中我受到一位居住在日本京都的知名安利創業者所啟發。當我們在東京一同下廚，烹調具印度風味的健康菜式時，她與我分享她對創業和健康生活的看法，以及如何擴展有關她的個人品牌的網上社群。她尤如禪宗般鎮靜、沉著，透過介紹Kantan食譜(Kantan泛指輕鬆、健康的日本料理)，帶領數以千計來自世界各地的網上追隨者。縱然她認為自己只是一個充滿熱忱的人，我卻看到了一位創業者正在傳播著強而有力、有關健與美的個人訊息。那時候是2019年初，我在想她是否只是與別不同；然而，我很快了解到，她只是即將到來的保健創玩家新浪潮中的一小部分。

熱情經濟圍繞著追求自由和熱忱的創業者建立。這些創業者或創玩家大多是素人，他們就健康、冒險、健美、美容、烹飪、育兒等不同方面的熱忱，建立社群追隨者，從中賺取收入。

在安利全球不同的市場，包括香港市場，擁有無數保健創玩家的先鋒，他們透過社交和數碼平台推動社群的改變。他們每一個人，都擁有鼓舞人心的故事、獨特的背景及出身；能夠讓他們團結起來的，就是他們對創業及健康的雙重熱愛。

在安利，我們對能成為這個全球改變的一小部分感到自豪。自由和機會，是安利基因的核心。展望未來，我們致力透過社交電商，在全球迸發創業精神。我們將積極投資及測試，以成長型思維汲取經驗並從中學習，同時透過我們在有機耕種的影響力，與社交平台合作，加強「任何人於任何地點及時間」都可成為創玩家的機會；我們相信，我們能夠幫助無數人過更好、更健康的生活。

While traveling across the world in my first 100 days as CEO, I was inspired by an established Amway entrepreneur who lives in Kyoto, Japan. As we cooked a healthy, Indian-inspired meal together in Tokyo, she shared with me her mantras for entrepreneurship, healthy living and growing her community online around her authentic, personal brand. With a Zen-like calmness, she leads thousands of online followers through the world of Kantan Recipes (easy, healthy Japanese meals). Though she saw herself as just a person with a passion, I saw an entrepreneur, spreading a powerful personal message of health and wellness. At that time in early 2019, I wondered if she was an outlier. I soon learned she was just the tip of a new wave of wellness creators to come.

The passion economy is built around entrepreneurs who are looking for freedom along with flexibility to pursue their passion. These entrepreneurs or creators are largely micro-influencers who are building and monetizing a community of followers around their passion for wellness, adventure, fitness, beauty, cooking, parenting and so much more.

At Amway globally, and across Hong Kong, there are countless pioneering wellness creators using social and digital platforms to spark change in their communities. Each has their own inspiring story, and their own unique background and origin, but what unites them all is a twin love of entrepreneurship and wellness.

At Amway, we are so proud to be a small part of this global movement. Freedom and opportunity are core to Amway's DNA. Going forward, we are committed to unleashing entrepreneurship across the world with social commerce. We will accelerate our investments, test and learn with a growth mindset, leverage our capabilities in organic farming, and partner with social platforms all in the service of helping scale 'anyone, anywhere, anytime' to be a creator — with the potential to help a billion people live better, healthier lives.

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美國安利機構於1959年在美國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。• 香港安利「Amagram」由美國安利(香港)日用品有限公司出版。• 香港鰂魚涌英皇道979號太古坊濠豐大廈15樓。• 英皇道郵政局郵政信箱34864號。• 電話：2969 6333 • 香港直銷協會及世界直銷協會會員 • 香港安利互聯網址：www.amway.com.hk • 電子郵件信箱：ahkinfo@amway.com • 安利體驗館及安利購貨中心：新界、澳門 • 版權所有，翻印必究。

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ARTISTRY
SIGNATURE SELECT™

雅姿個人專屬身體護理系列

Artistry Signature Select™ Body Care Collection

締造身體肌膚的護理方案！雅姿第一款全方位身體護理產品，以先進肌膚科研**配合紐崔萊™有機農場的強效天然成分**，讓身體肌膚展現從未有過的最佳狀態！

產品不含對羥基苯甲酸酯、硫酸鹽表面活性劑、礦物油及鄰苯二甲酸酯，未經動物測試，通過皮膚科醫生及過敏測試，適合所有肌膚類型。

Power-up your body beauty routine with our first collection of five high performance body products, all derived from nature and perfected by science. Experience the benefits of powerful, nature-inspired ingredients from Nutrilite™'s organic farm, and reveal the best skin your body has seen!

Formulated without parabens, sulfate surfactants, mineral oils and phthalates. Not tested on animals. Dermatologist tested, allergy tested and suitable for all skin types.

CONTAINS SOURCED BY NUTRILITE PHYTO-NUTRIENTS

No Mineral Oil
零礦物油

NO ANIMAL TESTING

No Phthalates
不含Phthalates
鄰苯二甲酸酯

No Parabens
不含Parabens
對羥基苯甲酸酯

了解更多
雅姿個人專屬
身體護理系列

皮膚是身體最大的器官，但很多人都只會關注臉部護理，
卻忽略了身體肌膚的護理。身體肌膚每天都面對各種挑戰，
因此更需要悉心呵護。

Skin is the body's largest organ, yet many people don't know how to take proper care of it. Our body skin faces a variety of challenges every day.

肌膚水分不足會令人不舒適，甚至可能會因痕癢、繃緊而感到煩躁。
Dehydrated skin will feel tight and uncomfortable and may also get itchy and irritated.

乾燥不適
Dryness and Discomfort

懸浮微粒(PM2.5)污染物及其他環境侵害會積聚於肌膚表面並堵塞毛孔，導致肌膚缺氧，阻礙細胞正常運作，令肌膚變得黯淡無光。
Pores will be clogged by PM2.5, pollution and other external assaults, causing the decrease of oxygen level in skin. It affects the normal functions of skin and makes the skin look dull.

污染物、懸浮微粒(PM2.5)及其他環境侵害
Pollution, PM2.5 and other external assaults

新陳代謝減慢
Reduction in Metabolism

隨年齡增長，新陳代謝減慢，令角質層變厚，形成粗糙的外觀。
Metabolism slows down as you age, causing a thicker layer of stratum corneum and skin may also get rough and flaky.

自由基
Free Radicals

加速皮膚「氧化現象」，令皮膚出現泛黃、暗沉、皺紋，提早出現衰老現象。
Accelerates the oxidation of skin, speeds up the development of premature signs of aging such as dull skin and appearance of fine lines.

橙皮組織
Cellulite

橙皮組織是指在肌膚上凹凸不平或呈塊狀的地方，通常在腰腹、大腿和臀部出現，使肌膚下垂，失去彈性。
Cellulite refers to a dimpled or lumpy texture on the skin, often found around the stomach, thighs and buttocks. It can make skin appear saggy and as if it has lost its firmness and elasticity.

淨化・潔淨・
Purify. Cleanse.
柔軟・加強
Soften. Strengthen.

淨肌修護身體潔膚乳
Purifying Body Cleanser

淨肌修護身體潔膚乳輕柔地潔淨肌膚上的汗水、污垢、懸浮微粒(PM2.5)等雜質。配方注入了紐崔萊™的柑橘萃取物、紫蘇油及月見草油，有助增強肌膚屏障，並防止乾燥，使肌膚感覺柔軟、光滑、滋潤，為接下來的全身護理做好準備。

半透明的啫喱狀質地，泡沫豐盈，感覺清爽。醒神的果香伴您展開充滿活力的一天。

Gently cleanses impurities from skin, including sweat, dirt and pollution micro-dust (PM2.5). The formula of this daily cleanser is infused with Nutrilite™-sourced citrus extract, perilla and evening primrose oils which proactively work to strengthen the skin's barrier and help defend it against dryness. The end result is skin that feels soft, smooth, moisturized and ready to receive all the benefits from your full body care routine.

The translucent gel foams into a rich, refreshing lather, with a bright and fresh fragrance that gives an uplifting start to your day.

提亮修護身體乳霜
Brightening Body Cream

展現肌膚光澤，喚醒女神氣質。注入雅姿獨家提亮複合物，4倍美白功效配方，膚色更明亮、均勻。蘊含紐崔萊™白奇亞籽萃取物、針葉櫻桃萃取物及月見草油，有助滋潤、加強和保護肌膚的保濕屏障，使肌膚全日透亮、健康。

質地豐盈濃厚，可被迅速吸收，倍感柔軟滋潤。自然光學反射因子即時為肌膚帶來嫩白光感。加上陣陣花香味道，散發女性誘人魅力。

Show off your skin's glow and reveal your inner goddess! Powered by Artistry™ Skin Brightening Complex, the 4X-action formula reveals renewed skin that's visibly brighter. With every application, Nutrilite™-sourced white chia seed extract, acerola cherry extract and evening primrose oil work in combination to nourish, strengthen and protect your skin's moisture barrier, ensuring it looks luminous and healthy all day long.

The cream has a rich, luxurious texture and is absorbed quickly to leave skin feeling soft and moisturized. Natural light diffusers create an instant, show-stopping glow the moment you apply, while the bright, uplifting floral scent is both feminine and strong.

提亮・保濕・
Brighten. Moisturize.
重塑・煥活
Retexturize. Revitalize.

深層保濕・防禦・
Deeply Hydrate. Protect.
加強・抗氧化
Strengthen. Anti-oxidation.

保濕修護身體凝膠
Hydrating Body Gel

為乾燥的肌膚帶來長達48小時*的保濕效果！具有一種蘊含糖分子的自我調節補水功能智能配方，可根據您的肌膚狀況度身訂制，在肌膚最需要的位置補充水分。配方加入紐崔萊™綠茶萃取物、桃花萃取物、紫蘇油及月見草油，為肌膚提供抗氧化保護，免受自由基、污染物和雜質的侵害，並加強肌膚保濕屏障，使肌膚日夜都充滿水分。

超輕盈的質地容易推開並迅速吸收，不黏笠。清新的香氣可放鬆身心。

Quench the thirst of dry skin with deep hydration that lasts for up to 48 hours*! This amazing hydro-gel formula contains a sugar molecule that teaches skin to hold moisture where it is needed the most. Formulated with Nutrilite™-sourced green tea and peach flower extracts, perilla and evening primrose oils, which together provide antioxidant protection from free radicals, pollutants and other impurities. Your skin's moisture barrier will be strengthened – the key to keeping skin well-hydrated day and night.

The ultra-lightweight gel is absorbed quickly with no greasy or sticky residue, while the crisp, fresh fragrance is revitalizing and relaxing at the same time.

* 每日使用兩次後，於48小時後的量度結果。
Measurement taken 48 hours after twice daily use.

緊緻修護身體乳液
Firming Body Lotion

有效對抗橙皮組織及收緊鬆弛肌膚，為您塑造誘人身段。緊緻修護身體乳液注入緊緻複合物(咖啡籽油、咖啡因、藻類及微脂囊)，可明顯撫平和收緊肌膚，持續使用可令腿部、腹部和手臂更加緊實。添加紐崔萊™石榴萃取物，具有抗污染效果，可保護及舒緩肌膚，免受6種污染物(包括PM2.5、PM10、柴油廢氣、煙草煙霧、城市灰塵和多環芳烴)帶來的刺激。

絲滑質感易被肌膚吸收，提供快速的緊緻功效。清新的香氣，以及涼爽的感覺，使您的感官煥發活力。臨床證實可明顯收緊大腿、小腿、腹部和臀部。

Against the appearance of cellulite and tighten the sagging skin to create an attractive figure for you. This serum-lotion – powered by Artistry Signature Select™ skin firming complex (with coffee seed oil, caffeine, algae and liposomes) – helps visibly smooth and tighten skin to give your legs, belly and arms a firmer appearance after continued use. It also contains Nutrilite™-sourced pomegranate extract which provides anti-dust benefits to protect and soothe skin from irritation caused by six types of pollutants including PM2.5, PM10, diesel exhaust fumes, cigarette smoke, urban dust and polycyclic aromatic hydrocarbons.

The lotion has a silky-smooth texture and is absorbed quickly to deliver rapid skin-firming benefits. It has an instant cooling effect while the fresh, invigorating scent revitalizes your senses. Clinically proven to visibly firm thighs, legs, abdomen and buttocks.

緊緻・拉提・
Firm. Tighten.
平滑・再生
Smooth. Renew.

去角質・磨砂・
Exfoliate. Polish.
清新・賦活
Refresh. Re-energize.

身體磨砂膏
Polishing Body Scrub

可速效去角質，由超微細的竹粒製成，可溫和地掃走暗沉、乾燥的表皮細胞，重現清新、光滑的肌膚。蘊含紐崔萊™黑加侖子萃取物，配合多款精油(巴西莓精油、月見草精油及紫蘇精油)，滋養肌膚，保持嬰兒般的柔軟嫩膚。

濃厚的乳霜質地令肌膚倍感絲滑、健康。莓果香氣散發出令人振奮的活力。

This instant-action body scrub uses extra-fine bamboo grains that gently work to sweep away the buildup of dull, dry surface cells and reveal fresh, smooth, glowing skin underneath. Nutrilite™-sourced blackcurrant extract and a blend of essential oils (açai fruit oil, evening primrose oil and perilla oil) help to nourish the skin and leave it feeling baby-soft for days.

The rich, creamy texture of the scrub leaves skin feeling silky-smooth and rejuvenated, while the vibrant berry scent provides a burst of uplifting energy.

緊緻魅惑組合
The Firming Solution

給予身體肌膚全新「鍛煉」，締造緊緻魅惑體態。此組合有助明顯收緊大腿、小腿、腹部和臀部等位置。
Give your skin a whole new kind of "workout" and get a toned and attractive body shape. This powerful body skin routine will help to visibly firm cellulite-prone areas such as the thighs, legs, abdomen and buttocks.

保濕抗氧化組合
The Hydrating Solution

當肌膚感到乾燥、繃緊，需要持續補水，這款組合可使肌膚全日保持水潤、光滑和充滿彈力。
When your skin's feeling dry and in need of a continuous moisture infusion, it's time to hydrate! Use this terrific trio to help your skin feel hydrated, smooth and elastic all day long.

絲滑煥白組合
The Brightening Solution

這款組合有助展現肌膚的內在光采，煥發肌膚活力光采。
Use this all-conquering combo to help reveal your skin's inner glow and radiance. The end result is skin that's revitalized and luminous.

全方位美肌組合
The Ultimate Solution

想擁有最全面的身體護理？360°美肌方案，為您帶來無暇美肌，塑造完美誘人身段。
Want to have a comprehensive body care regimen? Here's the ultimate solution solution that brings you flawless beauty and a perfect body shape.

推廣將於7月上旬開始
Promotion Starts in Early July

雅姿個人專屬身體護理推廣
Artistry Signature Select™ Body Care Promotion

推廣期內，凡購買最少兩件雅姿個人專屬身體護理系列產品*，配搭任何光感煥白系列△或個人護理產品**滿直銷價目港幣$1,880**，即可獲贈**雅姿清潔按摩雙效水療美體儀**乙部(價值港幣$1,250)。

During the promotion period, upon purchasing at least two products of Artistry Signature Select™ Body Care Collection* and any Ideal Radiance™△or personal care products valued at DP HK$1,880, you will receive an Artistry Signature Select™ Body Spa Duo (valued at HK1,250) for free.

買 Buy

* 可重複
Repeatable

△ 不包括光感煥白CC霜SPF50 PA+++、個人專屬基底精華液、個人專屬淡斑修護安瓶及個人專屬提亮修護安瓶
Ideal Radiance™ Illuminating CC Cream SPF50 PA+++, Signature Select™ Base Serum, Signature Select™ Anti-Spot Amplifier and Signature Select™ Brightening Amplifier are not included

禮品數量有限，送完即止。Gift is available while stocks last.
澳門幣約為港幣價x 1.032。MOP equals HK$1 x 1.032.

雅姿清潔按摩雙效水療美體儀，提供全身深層護理及放鬆，尤如享受豪華水療。
Artistry Signature Select™ Body Spa Duo offers holistic body care and relaxing comfort as if enjoying luxury spa.

贈品 Gift

按摩滾輪
Spinning Roller

在需要的位置或肌肉部位按摩。配合個人專屬保濕修護身體凝膠、個人專屬緊緻修護身體乳液及個人專屬提亮修護身體乳霜一起使用。
Massage on desirable area or where muscles are lumped. Use with Hydrating Body Gel, Firming Body Lotion, and Brightening Body Cream.

沐浴潔淨刷頭
Bath Body Brush

用足夠的水沾濕刷頭，用於需要按摩或深層去角質的位置。配合個人專屬身體磨砂膏及個人專屬淨肌修護身體潔膚乳一起使用。
Put enough water on the brush and use it for areas where massage or intensive exfoliation is needed. Use with Polishing Body Scrub, Purifying Body Cleanser.

May和Sidney早於80年代已加入安利，「我們十分喜歡安利事業，能夠透過安利平台與別人建立關係和互信，個人得以成長，更可從中提升人際關係和溝通技巧，得著十分多。」

一趟長途旅程

「在安利30多年的旅程中，業績有起有跌，遇到夥伴加入後離開，有時候也會懷疑自己的能力。感恩遇上一眾領導人和夥伴，他們的支持和體諒，讓我們勇於檢討自己的不足，不斷進步。」二人的安利事業一直平穩發展，May分享道：「安利讓我和丈夫在傳統工作以外兼職發展，發展的速度也可以由自己決定，有絕對的自主權；我十分享受與安利一同成長呢！」

May十分鼓勵年青人加入安利的大家庭，「我也是在年青的時候加入安利呢！安利是一個給予年青人機會的平台，除了賺取額外收入外，你更可以在安利平台『學習做人』，這是一件困難的事，亦是我們一輩子都需要學習的事。透過在安利接觸不同階層的夥伴，你能把目光放得更高、更遠。」

人生下半場

「與領導人一席話後，我想now is the time，現在正是回饋團隊的時候，希望培育更多領導人，同時鎖定翡翠直系的目標。」May指出，「要邀請六名夥伴發展不難，難在要大家朝著相同目標一同努力。安利的業務計劃一直支援直銷商發展事業，一切早已準備就緒，只要你鎖定目標並願意付出，成功就在不遠處！」

如二人所言，在達成目標的過程中遇上疫情，令很多計劃好的事情也要作出改變，面對的挑戰也更大，「我們必需調整自己的心態和節奏，團隊上下一心，以幫助更多夥伴成功為目標。」只要找到一個讓你堅持下去的原因，定能在安利事業取得成功，「安利陪伴我們度過了人生很多不同的階段，我們很想與身邊的朋友分享這一段寶貴的經歷；安利，正是我們人生下半場的開始。」

新晉翡翠直系直銷商

New Emerald Direct Distributors

陳偉忠、李麗美

Chan Wai Chung & Li Lai Mei

May and Sidney joined Amway in the early 1980s. “We like the Amway business very much. We feel grateful that we have been able to build close relationships with others through the Amway platform, at the same time as enjoying personal enhancement and improving our presentation skills,” beamed the pair.

A Lifelong Journey

May recalled that there have been many ups and downs during the pair’s 30-year Amway’s journey. “Sometimes we even started doubting ourselves when partners left the business, but at the same time we were always grateful for the support and understanding given by leaders and partners. They encouraged us to be brave enough to face our shortcomings and strive for excellence.”

The pair have enjoyed steady development of their Amway business over the years. “Amway has enabled me and my husband to develop our own business on a part-time basis and devote ourselves to our traditional careers at the same time. We have been able to develop Amway at our own pace, which demonstrates the true autonomy of the business. We have enjoyed growing together with Amway so much!”

May is keen to encourage young blood to join the Amway family. "I joined Amway when I was young, too! Amway is a platform that offers youngsters the opportunity to earn extra income and learn how to become better, more well-rounded people – something that might otherwise take their whole life to learn. What’s more, you are able to meet partners from many different backgrounds, so you learn how to get a broader perspective on life.”

Moving to the Second Chapter

“Now is the time! This is our time to give back to the team and cultivate more new leaders, and we have also set our goal of becoming Emerald Direct Distributors!” May exclaimed, sharing the determination she felt about achieving her goal after a chat with a leader. She explained that while it is not difficult to invite six friends to develop the business with you, it can be trickier to develop Amway wholeheartedly as you work towards the same goal together. “The company’s sales plan has always been about supporting its Distributors to develop the business in an easier way. Everything is well prepared for you – success is at hand if you set your goal and are willing to devote yourself to achieving it,” she said.

The pair have faced many challenges during the pandemic, having to change many of their plans as they continue the journey to achieving their goal. “All we needed to do were to adjust our mindset and embrace change, always keeping in mind our aim to help more partners achieve their goal and our commitment to working together as one,” the pair explained. “Amway has been with us through different stages of our lives. We want to share this precious journey with more of our friends now – this is just the beginning of the second chapter in our lives!" the pair smiled.

發展安利事業，為Victor和Wendy帶來具保障的收入和未來。二人擁有幸福的家庭生活，同時享受著安利帶來的長遠保障；這緣於二人對事業的絕對信任，以及對目標的不斷堅持。

難以媲美的安利事業

「我們最欣賞安利自由、希望、家庭和獎勵的四大基石，亦是一直吸引我們在這平台發展的原因。」Wendy分享道：即使於傳統工作發展不如意，安利也是我們的另一個選擇，既可賺取額外收入，同時享受自由時間；最重要的是，能夠帶給別人希望。「賺取額外收入，是不少人選擇發展安利的原因。但是當發展下來，你便會被其長遠的保障吸引；經營傳統事業，無論經濟環境好與壞，支出不會減少，而付出的心力更是難以計算。相反，安利是一門團隊事業，每位夥伴同心協力，是傳統事業難以媲美的。」Victor感謝團隊夥伴與他們一同前行，使他們在達成目標的旅程中如虎添翼。

「安利更是一間與時並進的企業。在疫情期間，我們難以舉辦不同的會議和講座；感謝公司的貼心，提供不同的網上支援，幫助我們突破地域上的限制，把事業擴展至不同的國家及地區。」Victor由衷說道。

體驗．傳承

初發展安利的時候，二人並沒有非常長遠的計劃，「傳統的家庭事業，生意發展越大，遇到的問題可能越多；但是在安利，一家人一同發展，有相同的目標，即使意見偶有不同，我們仍會『有商有量』，更讓我們體會到安利這門事業傳承的意義。」二人的兩名兒子，也主動發展安利，「年輕人需要一個選擇，安利正正就是讓他們實踐自由、自主的平台。」讓Victor和Wendy更覺感動的是，「透過安利，我們一家人的關係更緊密，兒子們也為各自的目標努力；更重要的是，我們正在幫助更多不同的家庭，過更美好的生活。」Helping people live better lives，就是這個意思。

新晉翡翠直系直銷商
New Emerald Direct Distributors

湯紹裘、張敏儀
Tong Siu Kau & Cheong Mun Yee

The Amway business has resulted in extra income and a more secure future for Victor and Wendy. The trust in the business, together with their continued persistence in working to achieve their goals, have enabled them to enjoy a happy family life underpinned by the life-long protection offered by Amway.

A Business without Comparison

"We choose to stay with Amway because we have a deep appreciation for the Founder's Fundamentals of freedom, hope, family and reward," shared Wendy, adding that Amway is a good option for those who are not able to enjoy positive development in a traditional business. "You can enjoy extra income and greater freedom at the same time. Even more important, Amway brings us hope!" she smiled.

"Most people choose to develop Amway because they are attracted by the additional income at the beginning, but then they begin to see the benefits of its long-term protection," Victor said. "In a traditional business, your costs generally stay the same, no matter what the current economic environment is, and you need to show your personal dedication and devotion to the business. Amway, on the other hand, is a team business where every partner works to achieve their goals together, which is unlike anything you'll find in a traditional business."

Victor thanked his team and partners for their hard work and commitment. "We walk further and achieve our goals together. It's like giving wings to a tiger when we work as one!" He added that Amway is a company that moves with the times. "During the pandemic, it was difficult for us to organize face-to-face meetings and talks. I'm very grateful to the company for providing us with various means of online support so we could continue to share the Amway business without any geographical restrictions."

The Power of Inheritance

The pair did not make any long-term plans for their Amway business at the beginning. "If you're working in a traditional family business, you may encounter more problems as it grows and expands. But things are totally different in Amway. As a family, we share the same goals and solve problems together, even when we have different opinions. It's a very clear demonstration of the power of inheritance in the Amway business," Wendy said.

The pair were both delighted when their two sons took the initiative to develop Amway. "Young people need a choice and Amway is a platform that enables them to achieve a free and independent life," the pair said. "We feel blessed that our family relationship has become a lot closer because of Amway, and our sons are both working hard towards their goals. The most important thing is that we are all working together as a family to help other families live better lives."

Rocky和Rosetti於大學時期已加入並發展安利，「年青就是優勢。初出茅廬的年青人，在生活或經濟上並沒有太大負擔，並不如『大人』般需要同時兼顧家庭和事業；只要下定決心，就能全程投入，在年青時為自己的未來努力打拼。」

未來的轉捩點

大學畢業後，Rosetti投身銀行業，對工作充滿憧憬，相信憑著努力，花上幾年時間定能擢升至管理層職位；然而一場金融海嘯，把Rosetti從建構的理想藍圖中「驚醒」過來，「當看到上司成為被裁員的對象時，讓我明白到原來很多事情，無論如何努力，自己也不能控制；就在此時，我決心在傳統工作外，同時發展安利事業，為自己建立未來的保障。」

「基於父母經營製衣廠的緣故，我早已認為自己必須經營事業，才能成功。」Rocky肯定的說道。Rocky曾創立自家時裝品牌，但是箇中辛酸，只有自己最清楚，「從庫存、推廣、銷售全都需要一手包辦，但是仍難以找到一個可以『延續』的模式，而挽留人才更是最大難題。」認識安利事業後，Rocky發現安利可解決傳統的創業問題，「與單打獨鬥的傳統事業不同，安利是一門團隊事業，讓你可以看到發展的前景，領導人更願意無條件的協助你成功。」

一家人的幸福時光

今天，Rocky和Rosetti已榮升父母，更體驗到保障的重要性，「作為父母，所有的心思都放在子女身上，對他們的教育、未來的成長路，都希望能好好計劃。我們於年青時已開始發展安利，事業已有一定的基礎，無論環境如何，安利的保障讓我們感到更安心。」重視家庭的二人，希望能「透過安利事業享受自由時間和額外收入，同時全職發展安利，這樣我們便可以有更多時間陪伴孩子成長。」作為媽媽，Rosetti直言，「我希望孩子的童年回憶內，充滿著我們和他快樂的成長片段。」

新晉翡翠直系直銷商

New Emerald Direct Distributors

陳嘉軒、黎艷紅

Chan Ka Hin & Lai Yim Hung

Rocky and Rosetti started their Amway journey when they were still studying at university. “Being young is an advantage. Young people don’t have too much of a burden on their shoulders and do not need to take care of family and their career at the same time, in the same way as ‘adults’ do. It is definitely a good choice to devote themselves to the Amway business and work hard for their future,” Rocky shared.

Future Turning Point

Rosetti joined the banking industry straight after graduation. She expected that her career development would be full of possibilities and believed she could be promoted to a management position within a few years, if she was willing to work hard. However, her ideal career blueprint was fundamentally disrupted by the financial tsunami. “My boss lost his job and I realized there were many things you could not control, no matter how hard you tried. So I became determined to develop the Amway business on a part-time basis so that I could establish some protection for the future.”

Having seen his parents develop their own garment business, Rocky came to the realization that he needed to set up his own business in order to succeed. At one point he established his own brand, devoting his time to everything from managing inventory to promotions and sales. Yet he still found it difficult to build a sustainable business, saying that the most difficult part was retaining talent. Rocky found the solution when he encountered Amway. “Different to a personal traditional business, Amway is a team business where you can have a clear vision of your development path and future. More importantly, leaders are all willing to give their unconditional support to help you succeed.”

Precious Family Time

Rocky and Rosetti are proud parents whose experience in Amway has underscored the importance of protection. “As parents, your children always come first and all you want is to be able to plan for their growth and education,” Rosetti said. “We feel blessed to have set up our Amway business when we were at a young age so now we can enjoy positive business development built on a stable foundation. Amway has provided us with peace of mind through the protection it offers, no matter how much the external environment changes.”

Now the pair have set their sights on enjoying free time and extra income through developing Amway on a full-time basis in the future. “This will give us the freedom to spend more time with our son and grow up with him together,” Rosetti smiled. As a mother, she hopes to create more happy moments with her boy. “My desire is to leave him with some fond childhood memories!”

新晉直銷商 OUR NEW QUALIFIERS

直系直銷商 PLATINUM DISTRIBUTORS

冼敏兒
Sin Man Yee Isabella

會計主任
Accounting Officer

安利事業讓我「成為自己的老闆」。我一直嚮往自由的生活，喜歡與人溝通並幫助別人；透過發展安利，讓我充分發揮「幫助別人過更美好的生活」的企業理念。

Amway has enabled me to be my own boss. I have been longing to live a freer life, and I also like to communicate and help others in need. I feel blessed that I have been given the chance to help people live better lives through developing this business.

相片欠奉
Photo Not Available

孔美琴
Hung Mei Kam

物業估價主任
Valuation Officer

從使用安利的營養補充品開始，健康有顯著的改善，亦加深了我對安利事業的認識。透過安利平台增進我的營養知識，幫助更多朋友改善健康，別具滿足感。

My health has seen a significant improvement since using Amway's health supplements, and I have also been able to get a deeper understanding of the Amway business. I have seen a big increase in my nutrition knowledge and I'm happy that I can use it to help more of my friends improve their health.

張智游
Cheung Kelvin Chi Yau

企業客戶經理
Corporate Account Manager

投身社會後，發現有很多事情也未能由自己掌控，相反安利事業卻讓我可享受自由時間和被動收入。年輕人具拼勁，只要鎖定目標，定能一往無前，達成夢想。

I found there were many things I didn't have control of after entering the working world, so I'm grateful that Amway has enabled me to enjoy more free time along with a passive income. The enthusiastic young people in Amway are all hardworking – as long as we set clear goals, for sure we will be able to keep moving forward.

金章直銷商 GOLD PRODUCERS

王麗琼
Wong Lai King

理財顧問
Financial Consultant

安利是一門助人自助的事業，只要相信、堅持、不放棄，定能在安利取得成功。

Amway is a helping business. Success is at hand if you believe in the business and are willing to show persistence and determination.

劉偉權
Lau Wai Kuen

護士
Nurse

安利事業增進了我的營養知識，以營養幫助朋友改善健康，我覺得十分有意義。

My nutrition knowledge has been boosted thanks to the Amway business. It is very meaningful to me as I can use this new knowledge to help my friends become healthier.

陳慶良
Chan Hing Leung

資訊科技顧問
IT Consultant

安利是一門以人為本及助人自助的事業，與夥伴一同合作，達致共贏，一同成功。

Amway is a helping business that is very people-oriented. I feel blessed that I can work so closely with my partners and enjoy success together.

GOLD PRODUCERS 金章直銷商

札斯廷
Nizal Justin Aaron Manalo

學生
Student

感謝安利為我和家人帶來的正面轉變；我決心在安利平台積極發展，幫助身邊更多朋友改善健康，為夢想奮鬥！

I am grateful for the positive changes Amway has brought to me and my family. I will strive to continue growing in the platform and help more of my friends improve their lives. Let's fight for our dreams together!

李恩蓓　邵晉燁
Lee Yan Pui & Shiu Chun Yip

護士 / 護士
Nurse / Nurse

加入安利後，健康有顯著的改善，更吸引了家人和朋友一起改善健康；事業擴濶了生活圈子外，亦提升了生活質素。

My health has seen a significant improvement since joining Amway – and my family and friends have also been attracted by the health benefits. Amway has helped me to widen my social circle and improve my standard of living.

SILVER PRODUCERS 銀章直銷商

黎秉權　游慧妮
Lai Ping Kuen & Yau Wai Ni

退休人士 / 家庭主婦
Retiree / Housewife

我喜歡與別人分享；安利是一門我十分欣賞的事業，希望讓更多人認識安利事業。

I love to share the things I appreciate with others. Amway is a business I appreciate very much, and I'd like to share this opportunity with more people.

蔡松宏　徐冬妮
Cai Songhong & Tsui Tung Ni

運輸業 / 銷售員
Transportation Industry / Salesperson

家人透過安利改善了健康，從而認識安利；這是一門讓大家快樂和健康的事業。

I learnt more about Amway after seeing how its products helped to improve the health of my family. Amway is a business that brings us happiness and health.

Limbu Kharka Raj & Kandangwa Lilish

護衛 / 餐飲經理
Bodyguard / F&B Manager

透過安利的優質產品改善了健康，同時賺取被動收入，為家人帶來更好的生活。

I have seen a clear improvement in my health thanks to Amway's quality products. I feel blessed that I can enjoy passive income through Amway and provide my family with a better life.

Limbu Uttam Kumar

建築業
Construction Industry

安利公平的制度讓每人都可透過努力，獲取成功；我希望幫助更多人改善生活。

The fair system in Amway enables anyone to achieve success as long as they are willing to put in the effort. I look forward to helping more people live better lives.

梁玉群
Leung Yuk Kwan

理財顧問
Financial Consultant

加入安利後，明白到選擇的重要性；只要相信並跟隨領導人的步伐，定能成功。

I have got to understand the importance of making a choice since joining Amway. Success is at hand as long as you believe in the business and follow in the successful footsteps of leaders.

吳乃彬
Ng Nai Pan

建築設計師
Architectural Designer

「沒有能不能，只有願不願意」，感謝團隊與我一起排除萬難，決心達成目標。

If you are willing to put in the effort, you can succeed in Amway. Thanks go to my team for facing difficulties together with me and their determination to achieve our goal.

SILVER PRODUCERS 銀章直銷商

孫惠芳
Suen Wai Fong

藝術行政
Arts Administration

要建立穩健的安利事業和團隊，除了建立良好的人際關係外，更需要從心出發。

It is important to establish a stable Amway business and team structure by maintaining good interpersonal relationships and sharing with sincerity.

翁愛同
Yung Oi Tung

汗蒸館東主
Owner of Jjimjilbang

透過安利事業，除了可賺取額外收入外，更可建立團隊，體驗團隊合作的重要性。

I am able to enjoy extra income through the Amway business. I have also been able to establish my own team and demonstrate the power of teamwork.

莫浣雯
Mok Yuen Man

行政
Administration

安利為我和家人提供了長遠的經濟保障，同時幫助更多人過更美好和健康的生活。

Amway has provided me and my family with long-term financial protection – and I can help more people live better and healthier lives at the same time.

盧浩欣
Lo Ho Yan

空中服務員
Flight Attendant

我喜歡安利助人自助的文化；我可按自己的步伐，透過安利完善的系統發展事業。

I love the helping spirit in Amway. I feel blessed that I can develop the Amway business, with its comprehensive system, according to my own pace.

江俊孝
Kong Chun Hau

學生
Student

透過安利平台及團隊的帶領，讓我可發展個人事業之餘，更可學習到不同的知識。

I feel grateful for the opportunity the Amway platform has provided and the guidance of the team. I can now develop my own business at the same time as learning a wide range of new knowledge.

陳綺鑾
Chan Yee Luen

飲品食品進口及批發
Beverage & Food Importer and Wholesaler

我最欣賞安利團隊合作的精神，感謝領導人及夥伴的支持和鼓勵，助我達致成功。

What I appreciate most about Amway is the spirit of teamwork. Thanks go to my upline leader and partners for their support and encouragement to help me achieve success.

施子超
Sze Tsz Chiu

田徑教練
Track Coach

一個人，可以跑得很快；一群人，卻可以跑得更遠。安利是一門讓你成長的事業。

You can run very fast alone, but we can run even further if we work together. Amway is also a business that enables you to grow and improve.

銅章直銷商表揚名單

LAI HUI WAH CHERYL
黎栩華

HO KA YAN
何嘉欣

LAU YUET MEI
劉月媚

CHEONG WENG SUT
張詠雪

MAN KIN HO
文建皓

LAM WING TUNG JESSICA
林泳彤

CHAN SAU KING
陳秀琼

WONG YU SUM TAMMY
黃榆芯

CHOW YUEN MAN YOLANDA
周婉雯

LAU NGA LAI
劉雅麗

LAI IVAN
黎頌曦

HO SUK YEE
何淑儀

MOK NGA TING
莫雅婷

TONG SABRINY SZE PING
唐詩萍

YAU WING KI
邱詠琪

CHAN KA YAN
陳嘉茵

TSE LAI FUN FLORENCE
謝麗芳

LEUNG SHUN YAN & NG YAT CHUN
梁舜欣 吳逸駿

WONG YAU KWAN FONG & WONG SIU FAI
王游群芳 王紹輝

LIU BO YEE
廖寶儀

Bronze Distributors Recognition

WONG KIN HANG ALVIN
黃健鏗

TSEUNG YEE MAN
曾綺文

KO NGA MAN
高雅敏

YEUNG HO YAN & WU CHE HANG
楊可恩 胡志恆

LAM LOK
林樂

NGAI KEI FUNG HENRY
魏祺峰

YIM KA WAI & CHIU WAN HUNG
嚴嘉偉 趙雲虹

LI CHUN TAT
李振達

TSUI KA KI KEN & LEUNG CHUI YEE
徐嘉麒 梁翠儀

SIU KWONG YIU & LEUNG WAI HAN
蕭光耀 梁慧嫻

TSE SUN KONG & CHU LAN FONG
謝申江 朱蘭芳

相片欠奉 Photos Not Available

LAW KAM WING & PIK SHUI
羅錦榮 陳碧穗

LAM WAI KIN
林瑋鍵

CHAN YEE LUEN
陳綺鑾

KONG MAN KIN & LAM SZE KA PHEBIA
江文健 林詩嘉

POON SIU FUNG

LI WING KWUN
李榮觀

YIP CHEUK NING
葉倬寧

LAU YAN YAN
柳茵欣

NG MING KIT
吳銘杰

PANG WAI YAN
彭蔚恩

CHU PO YU
朱保俞

KWAN YUK FUNG & KWAN WING SIU
關玉鳳 關永紹

WONG YIN KAM & CHAN WAI NAR JR
黃燕金 陳慧娜

IP WANG FUNG
葉泓鋒

CHEUK EDWARD
卓友森

CHAN KA YEUNG
陳加洋

CHAN KA KEI
陳嘉祈

安利實力雄厚　業務遍佈全球

安利自1959年創立以來，現已成為全球直銷市場的領導者。
憑藉不斷創新、積極進取的精神，安利於市場拓展、產品研發，
以至科研成果，皆有卓越成就。

實力 Strength

全球第一直銷公司*
World's Largest Direct Selling Company*

NO.1 全球第一直銷公司(銷售額排名第一)*

NO.1 Direct selling company in the world (in terms of revenue)*

* 根據2020直銷企業業績排行，於2019年美國直銷新聞(Direct Selling News)網站發佈。
Published in the 2020 edition of Direct Selling News, based on 2019 revenues.

2020年安利全球銷售額達 **$85億美元**

US$8.5 billion annual sales in 2020

業務遍佈全球 **超過100個** 國家和地區

100+ countries and territories in the world where Amway operates

根據直銷新聞網排名，安利公司
連續8年位列「全球直銷企業百強」榜首

Ranked No.1 in the Direct Selling News Global 100 listing for eight consecutive years

科研 Scientific Excellence

生產超過400款獨特產品　400+ products manufactured

安利公司在全球組成 **接近800位** 科研專家

Nearly 800 scientists worldwide

安利公司在全球獲得專利 **超過700項**，尚有200多項正在申請中

More than 700 patents held, with 200+ patent applications pending

Amway - World Leader in Direct Selling

Established in 1959, Amway has grown to become the market leader in the direct-selling industry. The company is committed to excel in every way and has made remarkable achievements in terms of market development, product innovation and scientific research.

產品 Products

- 紐崔萊™是世界銷售額第一的維他命和營養補充品品牌。*
  Nutrilite™ is the world's No.1 selling vitamins and dietary supplements brand.*

  * 根據歐睿國際有限公司；維他命和營養補充品，世界，全球性品牌名稱；RSP零售價值，百分比明細，2019。
  Source: Euromonitor International Limited; Vitamins and Dietary Supplements, World GBN, Retail Value RSP, % breakdown, 2019.

- 紐崔萊™是全球唯一於自設已獲認證的有機農場內種植、收割及提煉植物原料的維他命及營養補充品品牌。**
  Nutrilite™ is the only global vitamin and dietary supplement brand to grow, harvest, and process plants on their own certified organic farms.**

  ** 根據歐睿國際有限公司就2020年全球維他命及營養補充品生產商，從有機農場到生產的整個生產過程。歐睿國際有限公司不對任何第三方承擔有關此聲明的任何責任。
  Source: Euromonitor International Limited: Based on a 2020 review of global vitamin and dietary supplement manufacturers; their ownership or the entire production process, from organic farm to manufacturing. Euromonitor does not accept or assume responsibility to any third party in respect to this claim.

- 雅姿是全球尊貴美容品牌之一。
  Artistry is a top brand of skin care and cosmetic products.

- 紐崔萊™是世界銷售額第一的蛋白質營養補充品品牌。***
  Nutrilite™ is the world's No.1 selling protein supplements brand.***

  *** 根據歐睿國際有限公司；蛋白質營養補充品，百分比零售價值，2019數據。
  Source: Euromonitor International Limited; protein supplements category, % retail value share, 2019 data.

- Atmosphere Sky™空氣清新機是全球銷量第一的空氣淨化產品。^
  Atmosphere Sky™ is the world's number one selling air purifier product.^

  ^ 根據Verify Markets對2019年全球銷售收入研究所得。產品的定義為一個品牌或產品線中的單一型號。
  Based on a Verify Markets study of 2019 global sales revenue. Product is defined as a single model number within a brand or product line.

- 安利的eSpring™是全球銷量第一的家居淨水系統品牌。+
  Amway's eSpring™ is the world's number one selling brand of home water treatment systems.+

  + 根據Verify Markets對2020年環球銷售研究所得。
  Based on a Verify Markets study of 2020 global sales.

係靚同責任呀！
It's all about appearance and responsibility!

不要看我現在身型纖瘦，減重前我可是身型圓潤，缺乏自信。去年開始參加體重管理比賽，最主要的原因就是為了靚；人人都想靚，但是成功與否與行動力有不可分割的關係。

參加比賽後，我減少外出用餐，午餐多以自備飯盒為主，食物一般少油，且含豐富蛋白質。另外，每天我也會進行最少30分鐘運動，如瑜伽或跑步；假日則會進行高強度間歇式訓練。現在，買褲都可以買細一個碼呢！

除了因為『貪靚』外，讓我如此努力的，還有責任呀！我和隊友都以爭取重量級團隊獎為目標，我不想令隊友失望，所以便更加努力。我們每天都在群組滙報進度，互相提醒：今天喝夠水了嗎？今天補充足夠蛋白質嗎？很高興最後我們得到了重量級團隊獎呢！不要忘記，在適當的時候也要獎勵自己，覆磅完成後，我便吃了一碗拉麵，十分滿足；食完就要繼續努力！

I used to be quite chubby, which affected my self-confidence. I began participating in the weight management competition last year for the simple reason that I wanted to look more attractive. Everyone is capable of improving their appearance and it all depends how you are able to put your plan into action.

I've been dining out less ever since I joined the competition. I usually prepare my own lunchbox rather than going to restaurants, choosing food with less oil yet rich in protein. Moreover, I have been doing exercises such as yoga or running for 30 minutes each day together with high-intensity interval training on holidays. I'm so happy that I can now buy pants one size smaller!

In addition to becoming more attractive, what motivated me to work so hard was the responsibility I had. My teammates and I set out with the aim of achieving the Advance Group Slimming Award, and in order not to disappoint them I put in a lot of effort to achieve an even better result. We shared our progress every day within the group and I felt so blessed when we got the team award!

It's important to reward yourself. For example, I enjoyed a bowl of ramen after completing the weight management results measurement. It was a good motivation for me to keep working hard!

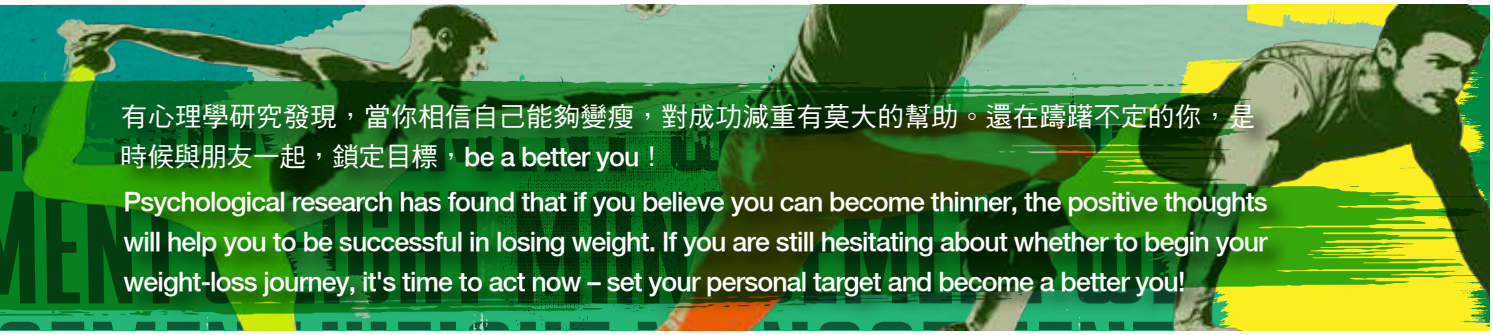
劉雅麗
Lau Nga Lai

體重管理比賽成績優異者
Achieved outstanding performance in the weight management competition

2021紐崔萊™體重管理計劃產品推廣
2021 Nutrilite™ Weight Management Product Promotion

推廣期內，凡購買**2021紐崔萊™體重管理產品套裝**，
即可**免費獲贈自選禮品**乙份。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 **2021 Nutrilite™ Weight Management Product Promotion Package as detailed.** The offer is available while stocks last.



有心理學研究發現，當你相信自己能夠變瘦，對成功減重有莫大的幫助。還在躊躇不定的你，是時候與朋友一起，鎖定目標，be a better you！

Psychological research has found that if you believe you can become thinner, the positive thoughts will help you to be successful in losing weight. If you are still hesitating about whether to begin your weight-loss journey, it's time to act now – set your personal target and become a better you!

伍文生
Ng Man Sang

體重管理比賽成績優異者
Achieved outstanding performance in the weight management competition

一字記之曰：避！
Learn to avoid temptations!

『避』係一個負面嘅詞語？不一定！我經常跟朋友分享：剛開始減重，如果定力不足，『避』不失為一個好方法；避開所有引誘，避開魚蛋檔和珍珠奶茶這類導致我們肥胖的『幕後黑手』！

由從前做藝人開始，在保持體型方面，我也十分自律；平常也會打籃球，保持運動的習慣。在今次體重管理比賽中，我在隊伍中擔當鼓勵者的角色，鼓勵隊友持續做運動，同時提醒他們攝取充足水分。運動量不足的隊友，我更要鼓勵他們，即使晚上到商場走走，也不失為一個郁動身體的好方法。

在鼓勵隊友的同時，在是次比賽中，我的體重和脂肪率也有所下降；減重過程並不辛苦，更可幫助隊友，一舉兩得！（小編：文生哥哥的隊伍得到團體獎呢！）

To “avoid” something doesn’t necessarily have to be negative. I often share with my friends that if our determination is not sufficient at the start of our weight loss journey, then a good strategy is to try and avoid all the temptations put in our way, from fish ball stalls to bubble tea cafes!

I consider myself to be a disciplined person and I have been working hard to maintain my body shape, starting from the time when I was an artist. I’ve continued to do exercise and often play basketball. I’ve been acting as a cheerleader in this competition, encouraging my teammates to keep doing exercise and make sure they’re drinking enough water. For those teammates who aren’t getting enough exercise, I need to encourage them even more. I explain to them that it’s good to keep moving their body, even if they just have a walk to the shopping mall at night.

At the same time as encouraging my teammates, I’ve also seen my own weight and fat percentage decrease during the competition. Luckily, the weight loss process is not difficult for me; what makes me happy is helping my teammates at the same time!
(Editor’s note: Man Sang's team won the group award!)

禮品A — 體組成磅(黑色)
Premium A - Digital Scale (Black)

Tanita十合一體組成磅(黑色)
Tanita 10-IN-1 Digital Scale (Black)

或
OR

禮品B — 按摩槍
Premium B - Massage Gun

RENPHO MINI按摩槍
RENPHO MINI Massage Gun

(加購優惠價港幣$199)
(Redemption Price HK$199)

* 推廣詳情、條款及細則請參閱AmShop。Please refer to AmShop for all promotion details, terms and conditions.

NUTRILITE™
紐 崔 萊™

你有煩惱
Do You Have Any Health Concerns

出現以下徵狀，好可能同氣血不足有關。
You may need to replenish your qi if you have below symptoms.

臉黃唇白
Face and lips look pale and yellow in color

周期問題
Period problems

疲倦懶言
Feel tired and sluggish ; no desire to talk

畏寒怕冷
Afraid of cold

紅粉緋緋Get！
Tricks to get glowing skin!

補氣養血　煥活紅顏
Replenishes your qi and nourishes your blood to help you look more radiant

補氣潤燥　不上火
Replenishes qi, reduces heat and moisturizes the lungs

養血補虛　益精氣
Nourishes blood and enriches yin

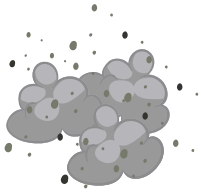
活血調經　美容養顏
Restores and stimulates proper circulation, and helps smooth and refine the feeling of skin for a more radiant appearance

每一日，我哋都生活喺空氣污染嘅危機中。
We are living with air pollution every day.

二手煙
Secondhand smoke

汽車廢氣
Vehicle exhaust fumes

細菌
Bacteria



灰塵
Dust

條氣順晒！
Ways to breathe better!

養肺益氣　清潤舒暢
Replenishes the body's qi and nourishes yin

人參
Ginseng

補氣益肺　生津安神
Replenishes qi and moistens the lungs; helps to calm the mind

茯苓
Poria Cocos

健脾寧心　利水去濕
Strengthens the spleen and comforts your mind; promotes the body's fluid circulation

百合
Lily

養陰潤肺　清心安神
Nourishes yin and moistens the lungs; clears the heart

羅漢果
Monkfruit

清熱潤肺　利咽開音
Corrects dryness in the lungs; clears and comforts the throat

雪梨
Pear

清肺潤燥　清熱化痰
Clears dry heat in the body; moistens the lungs and comforts the throat

清潤舒暢
Moistens Dryness of the Lungs

紐崔萊™ 漢本萃清潤飲品 Nutrilite™ Lung Health

煥活紅顏
Replenishes Qi and Nourishes Blood

紐崔萊™ 漢本萃活妍飲品 Nutrilite™ Qi-Blood

漢 Chinese
漢方傳承，源自傳統養生智慧
Drawn from traditional Chinese health wisdom

本 Herbs
草本溯源
Guaranteed traceability for herbal ingredients

萃 Extract
科學精萃，質量保證
Best of science; quality assurance

免煎煮沖泡，撕開即飲
Decoction-free; ready to drink

獨立包裝
Individual packing

方便攜帶
Handy

隨時分享
Easy to share

紐崔萊 Nutrilite Hong Kong

NUTRILITE™ 紐崔萊™

期間限定
Limited Offer
燒脂與補充能量兼備
隨時隨地燃發燒脂力
Ignite the burn and
unleash the energy!
即將登場
Coming Soon
UP
燒脂
Fat Burn
「非洲野生芒果種子萃取物」
+
「綠咖啡豆萃取物」
有助提高脂肪利用
減少熱量囤積
African mango seed extract
+
Green coffee bean extract
help to boost the breakdown of fats and
suppress the conversion
of sugar into fats in the blood
XSTRABURN™
BLUEBERRY LIME
250 mL
UP
能量
Energy
維他命B +「瑪卡萃取物」
有助補給能量
Vitamin B + Maca extract
work together to replenish
and boost your energy
XStraBURN™
藍莓青檸味 Blueberry Lime
零卡路里
calorie-free
、
零糖分
sugar-free
、
零脂肪
fat-free

了解更多
雅姿植萃滋養系列

ARTISTRY

SKIN NUTRITION

雅姿植萃滋養系列

雅姿植萃滋養系列 保濕護膚方案

Artistry Skin Nutrition™ Hydrating Regimen

保濕是所有護膚方案的重要一環。當肌膚缺乏水分，會加速暗沉、細紋、粗糙、早衰等跡象的出現。根據雅姿對肌膚關鍵營養需要的研究結果，以及數十年來在針對保濕及照顧日常肌膚需要的經驗，雅姿植萃滋養系列保濕護膚方案能「煞停」因乾燥帶來的衰老變化，24小時源源不絕為肌膚注入水分，將肌膚狀態提升至極致，只需兩星期即可展現水潤青春光澤。

Ensuring sufficient hydration is fundamental to every activity related to the skin. When skin lacks moisture, the appearance of other visible signs of premature aging – from dullness and fine lines to roughness and worse – can be accelerated. The Artistry Skin Nutrition™ Hydrating regimen brings together Artistry's vital findings about key skin nutritional requirements with its decades-long expertise of hydration and caring for the multiple needs of "normal" skin. The regimen helps "stop the clock" for dryness-related aging effects by flooding the skin with all-day moisture. It is the ideal approach for transforming "pretty good" skin into "pretty amazing" skin, giving you a fresh, glowing and younger look in just two weeks.

保濕潔面泡沫 Hydrating Mousse Cleanser

保濕潔面泡沫充滿空氣感，無皂配方可清除皮膚上的污垢、碎屑和其他雜質。從瓶中泵出的泡沫細滑柔軟；溫和的氨基酸表面活性劑(清潔成分)，有助肌膚維持最健康的酸鹼值。

This aerated, cushiony and soap-free cleansing mousse sweeps away dirt, debris and other impurities from the skin. It rushes out of the pump as a sensuously satisfying foam that works quickly and easily. The cleanser uses gentle amino acid surfactants (cleansing ingredients) and has been carefully formulated to help keep skin at its healthiest pH level.

*美國專利編號 U.S. Patent No. 8,057,830

消費者測試結果
Consumer testing result

93% 用家同意肌膚立即感覺柔軟、光滑及保濕
agree it simultaneously leaves skin feeling soft, smooth, supple and hydrated

97% 用家表示沖洗後非常乾淨
say skin feels very clean after rinsing

保濕爽膚水 Hydrating Smoothing Toner

清新、保濕的配方不含酒精，可快速被皮膚吸收，肌膚感覺水潤，充滿活力。添加白奇亞籽啫喱，可直接為肌膚的微生物組提供重要的支持，並透過抑制生物薄膜的形成，以穩定及強化肌膚，保持肌膚平衡。

Features a fresh, hydrating and alcohol-free formula that absorbs quickly and easily into skin. It leaves skin feeling smooth with a vibrant, healthy-looking complexion. Infused with white chia seed gel, the toner provides vital support directly to the skin's microbiome, proactively stabilizing and strengthening the skin and helping to keep the skin in balance by minimizing the formation of biofilms.

消費者測試結果
Consumer testing result

- 98% 用家同意肌膚感覺柔軟光滑 agree it leaves skin feeling velvety smooth
- 94% 用家表示可立即為肌膚保濕 say it immediately hydrates the skin
- 94% 用家同意肌膚看起來充滿活力 agree it helps make skin look vibrant
- 93% 用家表示肌膚更健康、更有光澤 say it provides a healthy-looking glow

保濕日間防曬凝露SPF30 PA++++ Hydrating Day Lotion SPF30 PA++++

保濕日間防曬凝露蘊含舒緩成分，24小時保濕，可滋養和放鬆肌膚，改善肌膚的天然水分屏障，收細毛孔；有助防止細紋出現、暗沉、粗糙和膚色不勻等提早衰老跡象。有效抵禦UVA/UVB紫外線、藍光、紅外線及污染傷害。

This lightweight lotion floods skin with 24-hour hydration. Contains soothing ingredients to nourish and comfort the skin, improving the natural moisture level. Flush with moisture, pores appear reduced – but hydration alone is not sufficient to maintain the skin's youthfulness. This product impacts and helps prevent visible signs of premature aging, including fine lines, dullness, poor texture and an uneven skin tone. The lotion also provides protection from UVA/UVB ultraviolet rays, blue light, infrared rays and pollution damage.

消費者測試結果
Consumer testing result

- 96% 用家同意肌膚感覺水潤 agree it leaves skin feeling hydrated
- 91% 用家認為可為肌膚提供水潤彈滑效果 believe it provides a dewy finish to skin
- 94% 用家同意產品不黏笠 agree it does not leave a greasy feel
- 94% 用家表示肌膚看起來更水潤 say it leaves skin looking hydrated
- 87% 用家表示有助減少細紋 say it helps minimize the appearance of fine lines

了解更多
雅姿植萃滋養保濕系列

保濕啫喱霜 Hydrating Gel Cream

先進的保濕配方即時滋養和舒緩肌膚，改善肌膚的天然水分屏障，長效保濕24小時。保濕啫喱霜有助防止細紋出現、暗沉、粗糙和膚色不勻等提早衰老跡象，同時增強肌膚防禦力，防止環境侵害；保持肌膚彈性，打造年輕的「V」字臉型和輪廓。專為底妝而設，適合妝前使用。

The cream uses an advanced hydrating formula that immediately nourishes and comforts the skin. It improves the natural moisture level and leaves skin feeling supple and smooth. Hydrating Gel Cream helps prevent visible signs of premature aging, including fine lines, dullness, poor texture and an uneven skin tone. It helps strengthen skin to protect against environmental aggressors. By maintaining the skin's elasticity, it helps keep the ideal "V" shape and contours of a youthful face. The cream has been specially designed for use before makeup.

消費者測試結果 Consumer testing result

- 95% 用家同意肌膚即時感覺水潤保濕 agree that, immediately after application, it leaves skin feeling drenched with hydration
- 96% 用家表示令肌膚看起來更光澤明亮 say it leaves skin looking radiant and luminous
- 94% 用家同意肌膚即時感覺水潤飽滿 agree that, immediately after application, it leaves skin looking plumped with moisture
- 95% 用家表示有助改善肌膚透明度 say it helps improve the clarity of skin

保濕眼霜 Hydrating Eye Gel Cream

保濕眼霜瞬間提亮並滋潤眼部肌膚；質地輕盈，保濕力極佳，塗抹後帶來清新、舒緩的效果。精心挑選的光學亮澤因子，有效提亮膚色，減退多種衰老跡象，減淡黑眼圈和浮腫，幫助保持眼部肌膚平衡，應對日常生活的挑戰。

Lightweight and super-hydrating, this product creates a fresh, soothing effect as you apply. Radiant optical diffusers were carefully selected to complement and brighten all skin tones. It helps reduce the look of multiple early signs of aging, lessens the look of dark circles and also reduces puffiness. Hydrating Eye Gel Cream helps keep the eye area in balance to protect against life's daily challenges.

消費者測試結果 Consumer testing result

- 90% 用家表示塗抹後即時提亮眼周 say that, immediately after application, it illuminates the eye area
- 98% 用家感覺輕盈無負擔 agree it feels lightweight
- 95% 用家表示有效減少眼底浮腫 say it minimizes the look of under-eye puffiness
- 89% 用家表示有效減退黑眼圈 say it minimizes the look of dark circles

淨透深層卸妝潔膚水 Micellar Makeup Remover + Cleanser

毋須沖洗的配方，就像磁石一樣，瞬間抹去一天的妝容，包括持久、防水、抗暈染的化妝品，同時帶走臉上的污染物。

The rinse-free formula acts like a makeup magnet, quickly removing your daily makeup including long-wear, waterproof, transfer-resistant or smudge-proof formulas. Along with makeup, it also removes pollutants that have accumulated on the skin.

消費者測試結果 Consumer testing result

- 92% 用家同意有效去除持久、防水、抗暈染的化妝品 agree it effectively removes long-wear, waterproof, smudge-proof or transfer-resistant makeup

夏天，都要大掃除？
Enjoy a Quick Summer Cleanup

抹玻璃窗可說是最讓人討厭的清潔項目；裝有窗花的窗戶，不易清潔，即使沒有安裝窗花，窗戶面積太大，清潔也不容易。還停留在用報紙抹玻璃窗的年代？專為清潔玻璃鏡面上的污漬、塵污及指印而設計的**Amway Home™ L.O.C.™玻璃亮潔劑**，使用後不留水漬髒痕及有害物質，玻璃從此閃令令。

而客廳內的傢具如櫃子、茶几及桌椅等，亦要定期清潔。**Amway Home™ L.O.C.™多用途濃縮清潔劑**以天然椰子油為基礎，溫和安全不傷手，適用於所有可水洗表面；超濃縮配方毋需過水，一瓶在手即能清潔客廳每個角落，輕鬆方便。

Window cleaning can be one of the most annoying cleaning tasks. Cleaning windows with small frames and grills can be tricky, while for windows with big areas of glass it is hard to get them looking completely clean. **Amway Home™ L.O.C.™ Glass Cleaner** effectively powers away soil, grease and fingerprints from glass surfaces. Without the need for rinsing, the Glass Cleaner leaves a streak-free finish with no harmful residues left behind.

In addition to glass, furniture such as cabinets, coffee tables, tables and chairs all need to be cleaned regularly. **Amway Home™ L.O.C.™ Multi-Purpose Cleaner** contains a coconut oil derivative that is gentle and safe to use. The cleaner is suitable for all washable surfaces and features a no-rinse formula that leaves no residue behind.

清潔死角1 Cleaning Hack

客廳窗戶
Windows and Glass

9859

0001

清潔死角2 Cleaning Hack

廚房抽油煙機
Kitchen Range

疫情下，留在家中煮食的時間增多，抽油煙機及爐頭的「工作量」大增；每次使用後必須注意清潔，**Amway Home™ L.O.C.™廚房清潔劑**以獨特分解油垢配方製成，可徹底滲透及分解頑固污漬，清潔後毋需過水，非常方便。

至於煲具上的頑固污漬，則可以交給**Amway Home™ L.O.C.™金屬軟性沙粉**，其採用天然礦物質和植物製成，成分可生物降解，既不會殘留有害物質，又可有效去除不銹鋼及各類銅製鍋具上的頑固污漬，是清潔煲具的好幫手。

Nowadays, people are cooking more at home rather than dining out. This has led to an increased workload for range hoods and stoves in the kitchen, which means they need to be cleaned more often. Rinse-free **Amway Home™ L.O.C.™ Kitchen Cleaner** powers away tough dirt, grime and cooking oil residues, leaving surfaces clean, hygienic and smelling fresh.

For stubborn stains on pots, **Amway Home™ Metal Cleaner** is your friend. It helps remove stains easily, leaving pans looking like new, and contains natural minerals and plants that are biodegradable and leave no harmful residues.

9857

0449

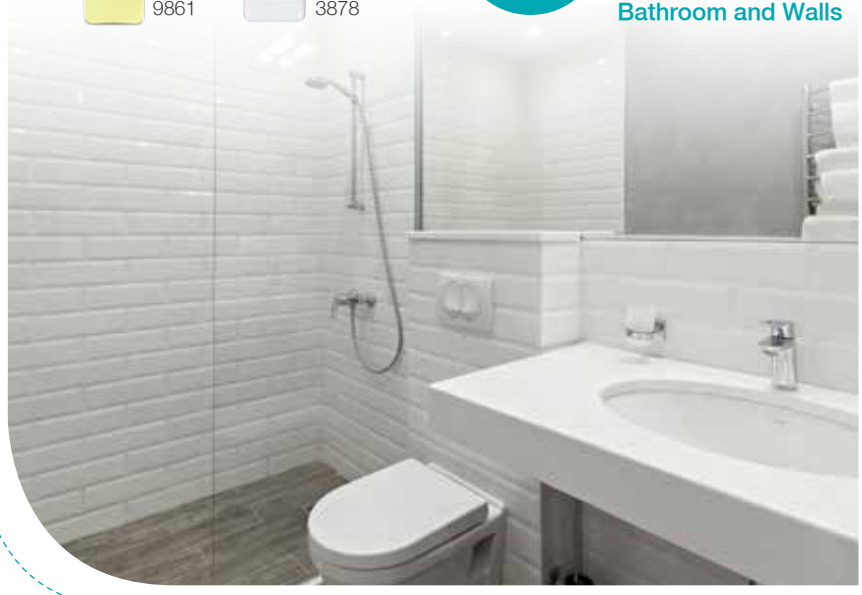
熱辣辣嘅夏天，返到屋企只想攤喺度歎世界？夏天悶熱潮濕，如果無進行定期清潔，容易令家中變成細菌的溫床；唔好再等新年先大掃除啦，立即搵出家中的清潔死角，再配合使用合適的家居護理產品，迎接清爽夏天。

Doing regular cleanups in the warm summer weather is important, helping to prevent the creation of environments where bacteria can breed. Follow our home-cleaning hacks at home and conduct a quick summer cleanup using the best homecare products from Amway. Get ready to enjoy a cleaner and more refreshing summer!

9861

3878

清潔死角3 Cleaning Hack 浴室牆身 Bathroom and Walls



浴室的濕氣容易令浴室牆身及鏡面殘留頑固的水漬及污垢，難以清除。**Amway Home™ L.O.C.™浴室清潔劑**專門針對肥皂及清潔用品留下的偏鹼性污漬，輕輕一抹，浴室立即回復光潔如新。

潮濕的浴室容易滋生霉菌；**保室潔消毒清潔劑**功能全面，集殺菌、防霉、清潔、消毒、防真菌、除臭等多功能於一身，能有效殺滅超過20種微生物，保持浴室清潔衛生。

Water is found everywhere in bathrooms, leaving stubborn water stains and trails on bathroom walls and mirrors that can be difficult to remove. **Amway Home™ L.O.C.™ Bathroom Cleaner** has been specially designed to clean away alkaline dirt in the bathroom without leaving any marks – and with a refreshing fragrance.

The moist and humid atmosphere of the bathroom provides the perfect environment for mold to thrive. Offering all-in-one sterilization, cleaning, disinfection, odor removal and fungus and mold prevention, **PURSUE™ Disinfectant Cleaner** kills more than 20 microorganisms to leave your bathroom fresh, clean and hygienic.

清潔死角4 Cleaning Hack 睡房床單被鋪 Bedsheets and Quilts

夏天容易出汗，床單被鋪更需要勤加清洗；**Amway Home™ SA8™超濃縮洗衣粉**擁有強效潔淨效能，可輕易洗淨床單被鋪上的各種污垢，為你和家人帶來最舒適的呵護。

衣物最好即日清洗；可先以**Amway Home™ SA8™衣物預潔劑**去除袖口、領口上的污漬，其獨特超強去污配方，毋需浸泡或刷洗，便能輕鬆去除衣物上頑固的污垢，讓衣物潔淨如新。

0403

9848/9849

It is recommended to wash bedding more frequently during the warm summer months, as you are more likely to get sweat on your sheets and duvets. The white crystals in **Amway Home™ SA8™ Premium Concentrated Laundry Detergent** deliver effective cleaning power to ensure bedclothes stay white, easily washing away all kinds of dirt and stains to pamper you and your family.

For the clothes we use during the day, it was better to wash them after each wearing to help ensure good personal hygiene. With its unique blend of powerful cleaning ingredients, **Amway Home™ SA8™ Prewash Spray Soil & Stain Remover** removes tough dirt and stains on cuffs or collars, working instantly without soaking or scrubbing.

- 濾淨率高達99.99%，有效濾除小至0.0024微米的懸浮微粒
- 強效濾除逾340種污染物
- 3合1濾網，集前置濾網、氣味濾網及高效能微粒濾網功能於一身
- 設計小巧時尚，易於擺放，照顧家中每一個角落
- 3大國際認證，配合智能淨化體驗，值得信賴

- Up to 99.99% effective filtration, removing particles down to 0.0024 microns
- Effective in removing more than 340 contaminants
- 3-in-1 filter combines the functions of a Pre-Filter, Odor Filter and HEPA Filter
- Stylish mini design, a perfect fit for all-around protection in your home
- Accredited with certification from three authorities for its performance

韓國五色手製麵經典再現

Korean Five-Color Suyeon Noodles Are Back!

炎炎夏日，冇胃口？人氣韓國五色手製麵返嚟啦！經典重現，不妨DIY這款五色冷麵沙律，美味開胃兼色彩繽紛，絕對讓你食指大動！

The popular Korean Five-Color Suyeon Noodles have returned! Try them in a do-it-yourself Five-Color Suyeon Noodle Salad that offers a tempting and refreshing taste to satisfy your appetite during these hot summer days!

韓國五色手製麵　9846
Korean Five-Color Suyeon Noodle

直銷價目DP：港幣HK$188
包裝Package： 1.6kg，一盒32份a box of 32 bundles
BV=1/2 DP

- 以傳統方法手拉製成，經過20個製作步驟，當中包括8個天然發酵程序，製作一絲不苟
- 口感彈滑，嚼勁十足
- 嚴選天然成分，製成五色手製麵

- Meticulously handmade using a 20-step traditional recipe, which includes an eight-step fermentation process
- Chewy and delicious
- Strictly selected natural ingredients

五色冷麵沙律
Korean Five-Color Suyeon Noodle Salad

五色冷麵沙律食材
Korean Five-Color Suyeon Noodle Salad Ingredients

韓國五色手製麵5束(250g)・各種沙律菜適量・彩椒(切幼條)300g・中蝦5-7隻
5 bundles (250g) of Korean Five-Color Suyeon Noodle・appropriate amount of assortment of salad vegetables・bell peppers (sliced) 300g・5-7pcs of shiba shrimp

醬汁材料
Dressing

醬油及醋各4茶匙・砂糖3茶匙・LAKONIA特級冷壓橄欖油、紫蘇油、紐崔萊™植物營養果汁粉(檸檬味)各2茶匙・青芥末粉1茶匙
soy sauce and vinegar 4tsp each・sugar 3tsp・LAKONIA Extra Virgin Olive Oil, perilla oil and Nutrilite™ PhytoPOWDER™(Refresh Lemon) 2tsp each・wasabi powder 1tsp

1 韓國五色手製麵按顏色依次放入沸水烹煮，浮面後倒入1/3杯冷水繼續煮，重複3次後撈起過冷河，用篩盛起，瀝乾水分。
Add the Five-Color Suyeon Noodles to boiling water bundle by bundle, adding 1/3 cup of cold water and waiting until they float again. Repeat three times. Rinse the noodles in cold water, then drain and set aside.

2 除蝦尾外，其餘部分剝掉蝦殼，灼熟後放涼；將所有醬汁材料混合，備用。
Deshell the shrimps leaving the tail on. Blanch and let them cool down. Then mix all the dressing ingredients together.

3 沙律菜及彩椒鋪在碟上，五色手製麵按顏色分別盤成一圈，放上熟蝦即成，食用時可按口味加入適量醬汁拌勻。
Spread out the salad vegetables and bell peppers on a platter. Twirl the noodles and add a shrimp on top. Serve with the dressing according to taste.

Okra in Golden Sauce
金湯秋葵

掃描QR碼，
觀看烹飪短片

秋葵(切圈)	1包
薯仔(去皮切塊)	550克
南瓜(去皮切塊)	300克
忌廉	200毫升
雞湯	150毫升
水	200毫升
鹽	適量
黑椒碎	適量
Okra (sliced crosswise)	1 Bag
Potato (unpeeled and chopped)	550g
Pumpkin (unpeeled and chopped)	300g
Cream	200ml
Chicken stock	150ml
Water	200ml
Salt	to taste
Ground black pepper	to taste

夏天當造的秋葵，含豐富的維他命C和膳食纖維，營養價值極高。秋葵表面的小絨毛，會影響進食時的口感，所以在烹調前，特別是作涼拌菜式時，不妨先以熱水拖水，令表面的絨毛變軟，口感更佳。

Okra is typically in season from the summer; it is nutritious and rich in vitamin C and dietary fiber. The fuzz on the surface of the okra skin can affect the taste, which is why it is recommended to blanch the okra before cooking, especially when preparing cold dishes. This helps to soften the skin and give the okra a better taste.

1 秋葵以鹽水洗淨，放入2公升鋼煲內汆水，撈起並切圈；然後放入大圓碗內，逐片貼滿圓碗內壁。
Wash the okra with salt water and quickly blanch in boiling water in the 2L Saucepan. Slice the okra crosswise into an even shape. Arrange the okra pieces in a single layer on the inner layer of a big round bowl.

2 配合多種用途承架，把薯仔和南瓜粒放入6公升焗鍋的焙碟上，蓋上鍋蓋蒸熟。
Place the Utility Rack on top of the 6L Dutch Oven. Add the chopped potato and pumpkin to the casserole, placing on top of the Utility Rack. Cover with the lid and steam until they soften.

3 薯仔取出壓成蓉，先加入鹽及黑椒碎拌勻，再加入100毫升忌廉拌勻。然後，把混合物加入已鋪滿秋葵的碗中至滿，再倒扣放於碟上。
Mash the cooked potato and season with salt and ground black pepper, stirring well. Add 100ml of cream to the mixture and stir thoroughly.
Add the mixture to the bowl that contains the okra until it becomes full. Invert the bowl and place the dish on a plate.

4 南瓜加入適量的水及雞湯，以攪拌機拌勻，於2公升鋼煲內煮滾，然後加入100毫升忌廉、適量鹽及黑椒碎調味；淋於秋葵上，即成。
Blend the pumpkin with an appropriate amount of water and chicken stock. Add to a 2L Saucepan and bring to a boil, then stir in the remaining 100ml of cream and season with an appropriate amount of salt and black pepper. Pour the creamed pumpkin on top of the okra and serve.

安利皇后牌2公升鋼煲
Amway Queen™ 2L Saucepan

安利皇后牌6公升焗鍋 Amway Queen™ 6L Dutch Oven
多種用途承架 Utility Rack
焙碟 Casserole

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細味正宗葡國滋味

Savoring an Authentic Taste of Portugal

一定要到澳門才可品嚐正宗葡國菜式？位於尖沙咀的葡匯咪走雞葡國餐廳(簡稱「咪走雞」)，絕對是品嚐正宗葡國菜式的「葡」點。餐廳由葡萄牙籍老闆兼大廚Michael Franco主理，以家傳食譜，務求為食客帶來正宗的葡國家常料理；美味的佳餚，配合餐廳親切的服務，為你帶來難忘的用餐體驗。

Located in Tsim Sha Tsui, Mike's Chicken Comida de Portugal Restaurant offers authentic Portuguese cuisine – and destroys the myth that the only good Portuguese food in this region can be found in Macau! Managed by Michael Franco, the Portuguese owner and chef, the restaurant aims to share with customers the mouth-watering tastes of Portuguese cuisine using traditional family recipes. The warm, professional service at Mike's Chicken ensures guests can always enjoy a memorable dining experience.

咪走雞老闆兼大廚Michael Franco

A：Amagram

C：葡匯咪走雞葡國餐廳董事范凌愉雅
Caroline Ling Franco, Director of Mike's Chicken Comida de Portugal Restaurant

A：葡萄牙菜式有何特色？

C：葡萄牙位於南歐洲沿海，海產非常豐富，其出口的沙甸魚可說是葡萄牙的「名物」，當然還有馬介休(鱈魚在醃製後就成為「馬介休」鹹魚)和葡國蠟腸。葡萄牙菜式最著重食材的新鮮度，由於食材並不大眾化，市面上難以購買，因此咪走雞特意從葡萄牙直接進口新鮮食材，確保食客品嚐到正宗的葡國滋味。

A：咪走雞有哪些招牌菜式？

C：咪走雞精心烹調的葡國菜式各具特色。傳統烤沙甸魚以新鮮沙甸魚烤製而成，味道與一般罐頭沙甸魚有非常大的分別；每年6月也是葡萄牙的沙甸魚節，時令沙甸魚體積特別大、味道亦更鮮甜。另外，葡式燒乳豬配肥仔炒飯亦是推介之一，炒飯更以大廚Michael祖母的家傳食譜烹調，風味十足。最後，要介紹咪走雞獨有的砵酒炆牛尾，以砵酒入饌，再經過6小時慢煮烹調，可以令牛尾肉質更鬆軟，進食時只需輕輕以刀叉分開骨和肉，即可輕鬆品嚐。

A：如何為食客提供一個安心的用餐環境？

C：自疫情後，我們更重視餐廳的用餐環境；為配合政府要求食肆的抗疫措施，確保換氣量，我們決定於餐廳裝設空氣清新機。細心挑選後，我們特意裝設安利Atmosphere Sky™空氣清新機，獨特三重濾網設計，單次濾淨率高達99.99%，其高效能微粒濾網有效濾除小至0.0024微米的懸浮微粒，強效濾除逾340種污染物，更榮獲4大國際認證，確保食客及員工能在潔淨清新的環境下用餐和工作。

A：What are the main specialties in Portuguese cuisine?

C：Portugal is a coastal nation in southwestern Europe and is blessed with a rich array of seafood. Favorites include sardines and bacalhau (salted and dried cod fish), while Portuguese sausage is also widely used in our cooking. Freshness and authenticity are important in Portuguese cuisine, so we order many of our ingredients directly from Portugal as many of them are difficult to source from local markets. We want to ensure that the dishes we serve always feature fresh and authentic tastes.

A：What are the signature cuisines at Mike's Chicken?

C：We design each dish with its own characteristics. Traditional grilled sardines are prepared with fresh sardines that offer a totally different taste to those that come out of a can. Every June, Portugal celebrates the sardine festival, and the sardines at that time are bigger and with a fresher taste. Portuguese roast suckling pig with "fat boy" fried rice is another one of our recommendations. The fried rice is made using the recipe that was handed down by Chef Michael's grandmother. Portuguese oxtail in port wine is another specialty of Mike's Chicken. After six hours of slow cooking, the oxtail is meltingly soft and the meat just falls away from the bone.

A：How do you provide a safe and carefree dining environment?

C：We have paid a lot more attention to the dining environment since the outbreak of the pandemic. In order to comply with the Hong Kong Government's requirements under the relevant anti-epidemic measures in catering premises, we chose to install an air purifier to ensure good ventilation. After making detailed comparisons, we chose the Amway Atmosphere Sky™ Air Treatment System as it is 99.99% effective in removing more than 340 harmful contaminants and particles as small as 0.0024 microns, providing extra protection for our customers and staff. Atmosphere Sky™ has been accredited with four authoritative certifications for its performance, which gives us further reassurance.

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®**

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安利定期訂貨計劃，以直銷價目每月定期自動購買指定產品組合，直銷商/優惠顧客於首6期(即連續六期)購買完成後翌月即可獲得相關購買產品組合之總直銷價目8%的電子產品券回贈；於往後每6期(即由第7期開始，每連續六期)購買完成後翌月即可獲得相關購買產品組合之總直銷價目10%的電子產品券回贈*。

Distributors/Privileged Customers who join the Standing Order Program and make automatic purchases of designated Product Sets for the first six consecutive times at the Products' Distributor Price are entitled to receive a Product e-Coupon in the following month that is valued at 8% of the total DP of all Product Sets purchased. For every subsequent six consecutive orders (starting from the seventh order), Distributors/Privileged Customers are entitled to receive a Product e-Coupon in the following month that is valued at 10%* of the total DP of all Product Sets purchased.

* 如中途退出或終止每月自動續約，然後再次加入，回贈比率將由第一期重新計算。
If you resign from the program or terminate the auto monthly renewal and rejoin the program, the rebate percentage will be recalculated from the first order.

• 每月自動送貨	• Automatic monthly delivery
• 一律免運費	• Free delivery
• 隨時查看訂單狀態	• Check order status at any time
• 隨時更改付款日期	• Change payment date at any time
• 隨時更改送貨地址/信用卡資料	• Change delivery address / credit card details at any time
• 每六期享暫停送貨乙次	• Suspend delivery once every six orders
• 每六期可轉換產品口味乙次	• Change product flavor once every six orders

香港區
網上定期訂貨計劃

澳門區
網上定期訂貨計劃

紐崔萊™ The Power Of 5 公益計劃
Nutrilite™ The Power of 5 Campaign

營養不良對兒童有深遠的影響 我們可以為此出一分力
MALNUTRITION HAS LASTING EFFECTS ON YOUNG CHILDREN. WE CAN HELP TO MAKE IT BETTER.

紐崔萊™ The Power Of 5公益計劃運用安利在營養範疇的專業及履行「幫助別人過更好、更健康的生活」的承諾。這計劃展示了安利如何以各種不同的方式堅守初衷和實踐承諾。同時，紐崔萊™ The Power Of 5公益計劃也是安利企業社會責任倡議的其中一部分。

The Nutrilite™ Power of 5 Campaign reflects Amway's expertise in nutrition and our commitment to helping people live better, healthier lives. This is a cause that Amway has taken up with true determination as part of our corporate social responsibility commitment. It's also a great demonstration of how we deliver on our promises in different ways.

真實個案分享 Helping Eric Enjoy a Better Life

源自The Power Of 5網站文章的摘錄
The following is an extract from the Power of 5 website

這故事的主角是來自南非的小男孩Eric。Eric故事的完滿結局有著深遠的意味。由於Eric患有常見變異型免疫缺陷，所以他的身體無法產生抗體或抵抗任何形式的感染。於2020年，面對因新冠肺炎而需要封城時，Eric的媽媽在各大商店都找不到合適的營養補充品，所以她向Acron(紐崔萊™The Power Of 5公益計劃的合作夥伴)求助。Acron為Eric提供了6個月的紐崔萊™Little Bits™營養包。隨後，Eric便開始進食紐崔萊™Little Bits™營養包，以及抗生素和其他營養補充品來增強他的免疫系統。

從那時起，Eric的健康有很多正面轉變；包括體重增加、生病次數減少、面色變紅潤、食慾增加等。Eric的免疫系統得到改善，免疫力提升，他可以與親友一起玩耍，Eric亦變得更善於交際。

這些成功幫助營養不良兒童的個案令我們感到鼓舞。你的支持對我們很重要！你的慷慨捐助可讓更多像Eric一樣的兒童受惠。感謝大家對The Power of 5的支持！

This is the story of Eric, a boy from South Africa who has faced significant challenges in life. His body is unable to produce antibodies or fight any form of infection due to a condition called common variable immune deficiency.

When he and his family were in full Covid-19 lockdown last year, his mother asked Acron, a partner of the Power of 5 Campaign, to help to provide decent supplements for Eric as she couldn't find any in the stores. Acron then provided a six-month supply of Nutrilite™ Little Bits™ that Eric has taken along with antibiotics and other supplements to boost his immune system.

Since then, Eric has gained weight and had few illnesses. He has better color in his cheeks, a bigger appetite, and he's also become more sociable and can now play with his cousins and friends since his immune system is stronger.

We love to hear these success stories, and we welcome your support. Donations to the Power of 5 Campaign can help us to provide assistance to more children like Eric. Thank you for your generous support!

安利(香港)捐助資料統計
2016年9月*至2021年5月
Amway Hong Kong Donation Statistics
From September 2016* to May 2021

參與捐贈的直銷商總人數
(包括香港和澳門)
Total number of donations
(both HK and Macau)
322名

受惠的兒童
Total number of children sponsored
802名

* 公益計劃於安利(香港)開始的日期
Date of the campaign started in Amway Hong Kong

了解更多有關
紐崔萊™ The Power of 5公益計劃

全球網站

香港區網站

每月捐款

港幣$80/
澳門幣約83元

能為一名有需要的兒童提供30日的
紐崔萊™Little Bits™營養包。

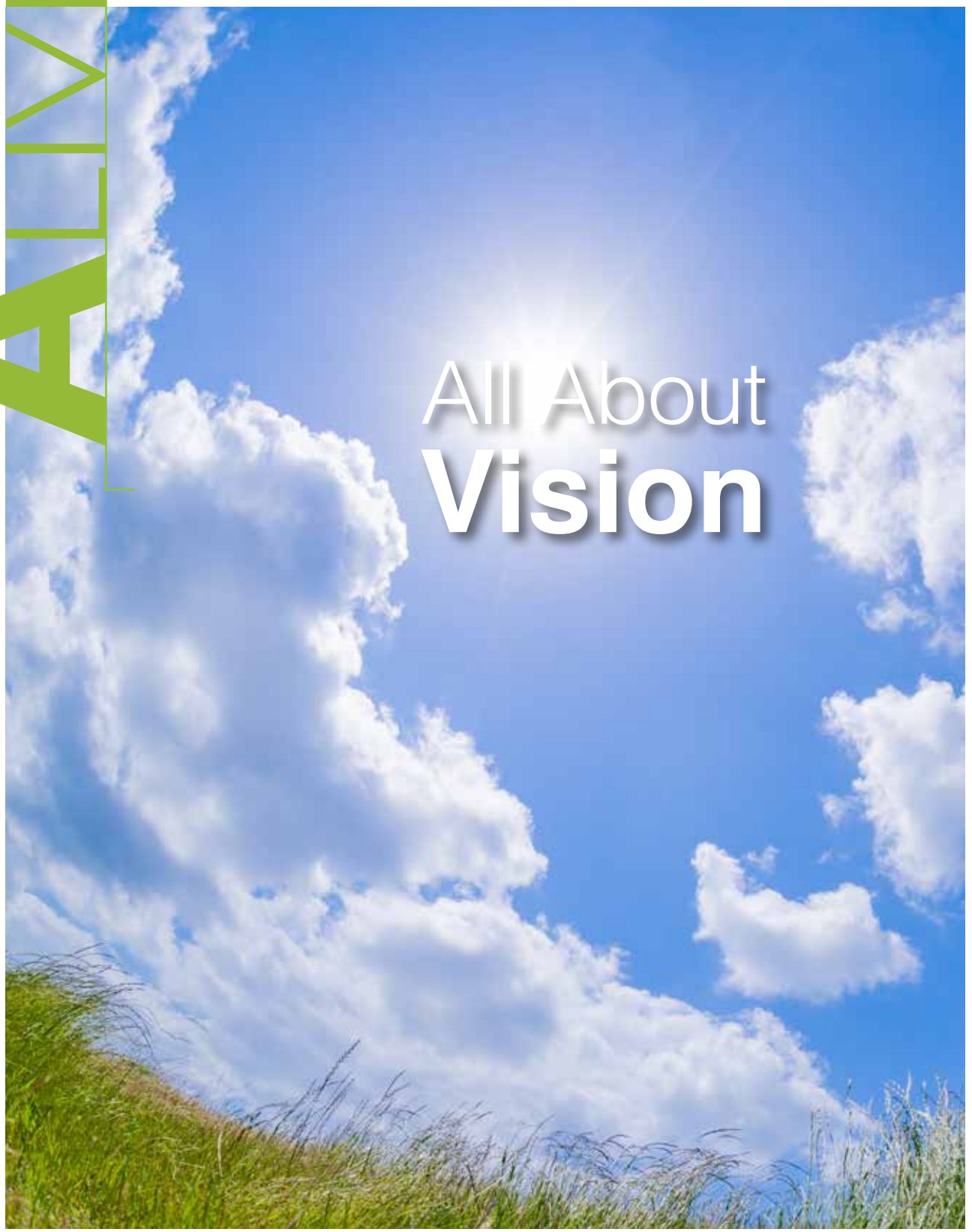
100%全數捐款

用作為營養不良的兒童提供
紐崔萊™Little Bits™營養包。

參加「紐崔萊™ The Power of 5 公益計劃」，你便可以幫助更多兒童。

可登入AmShop下載捐款表格或
前往任何一間安利購貨中心索取。

ALIVE
7/8 • 2021 | Amway



All About Vision

All About

眼睛是我們最重要的感知器官。

一天當中，

只有睡覺時，「靈魂之窗」才不受我們騷擾。

忙碌的工作，讓雙眼長期處於疲倦的狀態；

加上眼睛是非常容易衰老的器官，

如果經常忽略眼睛的休息和保護，

容易令視力受損，引發不同的眼睛健康問題。

精明的你，

又是否擁有一雙**精明眼**？

4 眉精眼企

6 數碼化生活的「數碼眼」

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眉精眼企

你對自己的靈魂之窗
認識多少？

眼皮跳 · 左吉右凶？

你有否試過眼皮跳？一般來說，眼皮跳的現象大多發生在上眼皮，也有可能上、下眼皮同時跳動，但只會持續數秒，最多1至2分鐘。眼皮跳的原因，大部分屬於生理性眼皮跳，並不是由疾病引起；當眼部肌肉處於壓力、受到刺激，又或睡眠不足、便會引致眼皮抽動，學名稱為眼瞼抽搐(eyelid twitching)。不用擔心的是，大多數的眼皮跳動並不會造成疼痛，對身體也沒有傷害，只需要多休息，或以暖毛巾敷眼，即可舒緩症狀。

眼壓是什麼？

眼球是一個充滿液體的球體，這些液體稱為「房水」(Aqueous humour)，在眼球內循環，負責運送營養，具滋潤眼球及維持眼壓等作用，一旦房水的循環出現不正常狀態，容易導致高眼壓。眼壓過高一般會引起頭痛和眼痛等不適，如果出現以上症狀，應找專科醫生進行檢查。

眼壓過高、40歲或以上、有深度近視或遠視的人士，建議定期驗眼。

經常揉眼，嚴重可致盲？

眼睛痕癢時，不少人都會「揉眼」，一解痕癢不適。過度揉眼會令角膜變形，形成「錐形角膜」，導致近視、散光，甚至致盲；10至40歲的人士更屬高危一族。過敏是眼睛痕癢的常見原因，香港中文大學調查發現，4成兒童曾有眼敏感症狀；建議平日避開致敏原，以減少揉眼次數。

不少人也有揉眼的壞習慣，香港眼科醫學院及香港眼科學會於2020年8月至11月，在網上訪問103人，發現有4成人因眼部不適而經常揉眼，更有2成人每小時揉眼3次或以上，情況令人關注。

點解睇到咁多飛蚊？

眼球中央透明的啫喱狀組織稱為玻璃體，出生時非常清澈，當年齡漸長，它會慢慢老化，出現混濁物，俗稱為「飛蚊」；這些玻璃體會離開視網膜，你會不時看到點狀、蟲形或環狀等形狀，如漂浮物般在眼前浮現。大近視(一般指600度或以上)或年長的人士，需要特別留意自己的眼睛健康。

眼紅係因為妒忌？

不同情況也有機會出現眼紅症狀；是眼睛充血、紅筋滿佈，還是眼白出現小血塊？通宵捱夜、長時間盯着電子屏幕可導致眼紅症狀，亦可能是由於眼部出現炎症所致。遇上眼睛不適，休息後仍沒有好轉，便應盡快求醫。

資料來源：衞生署學生健康服務、香港醫藥援助會、香港眼科學會、HK01網頁

數碼化生活的「數碼眼」

數碼化生活，確實為生活帶來無限便利，
可是卻為我們的「靈魂之窗」帶來重重的負擔。
日常生活已長時間對著電腦、電話，
而早前在疫情下，
辦公室一族面對排山倒海的online meetings，
而一眾莘莘學子亦要長時間對著電子屏幕上網課，
對眼睛健康造成更大的影響，
不少人出現眼矇、眼乾、眼痛等
長時間使用電腦的不適症狀，
隨時形成「數碼眼」。

什麼是「電腦視覺綜合症」？

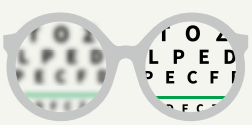
根據美國眼科協會指出，「電腦視覺綜合症」(Computer Vision Syndrome)是當我們在近距離使用電腦時，我們的眼睛與視力所產生的問題，而這些症狀往往只會在我們使用電腦時才出現。產生這些症狀的主要原因就是我們對視覺的需求已超出我們的視覺系統可以應付的能力。

「電腦視覺綜合症」的主要症狀包括：

眼睛不適，例如：乾澀、刺痛、痕癢及流眼水

眼睛或額頭有沉重感

視力模糊，難以集中精神



頭痛

為何會出現「電腦視覺綜合症」？

當我們的眼睛長時間固定在某一焦距，眼睛的調節能力變得疲乏，形成「視疲勞」(Eyestrain)。

電腦影像加重睫狀肌的負荷

眼睛對電腦屏幕上的圖案或文字，與一般紙張上的圖案或文字會有不同的反應；紙張上的「白紙黑字」，多是印刷清晰的文字或圖案，眼睛較容易對準焦點；但是電腦屏幕上的文字或圖案以圖素及小點(pixels)組成，令我們的眼睛難以保持焦點。因此，我們的眼睛便需要不斷聚焦，以維持清晰的影像。由於眼睛的睫狀肌需要長時間不斷放鬆及收縮，加重肌肉負荷，令我們的視力變得模糊或產生重疊影像。

眨眼次數減少

當我們全神貫注時，眼睛的眨動次數及頻率也會較平時看遠景時減少近一半。正常情況下，每一分鐘約眨眼12次，但是在使用電腦時，則會減少至5次。眼睛有一層很薄的淚液膜，覆蓋在眼角膜之上；而淚液的主要功用是潤滑眼球表面，為眼角膜提供營養，並有殺菌的作用。每次眨眼時，能使淚液膜均勻地分佈在眼球表面，幫助眼睛看得清晰。若眨眼次數減少，我們的眼球就少了淚液的滋潤，因而出現乾澀，容易引致眼累、眼痛等情況。

資料來源：衞生署學生健康服務、香港醫藥援助會、香港眼科學會、HK01網頁

愛惜你的眼睛

適當的時候，讓雙眼休息一會，
才能走更遠的路。

每15分鐘進行小休

工作或上課一段時間，當盯著屏幕時間太長，眼睛感覺疲倦時，就需要讓雙眼休息一會。建議每隔20分鐘讓雙眼休息一下，可以短暫合上眼睛；又或者眺望遠方，再作深呼吸數次，這樣就可以放鬆眼部繃緊的肌肉。

20-20-20 簡易護眼法

每看 **20** 分鐘 電子屏幕

遠離數碼裝置，休息 **20** 秒

望向 **20** 米 外的景物

提提你

衞生署學生健康服務建議，
6至12歲兒童使用
電子屏幕每天不應多於2小時，
12至18歲學童應避免
長時間面對屏幕；
途中應定立小休時間，
並進行20-20-20護眼法。

增加眨眼次數

全神貫注在電腦前，會令眨眼的次數減少；建議可以有意識的每隔10-15秒眨眼一次；這樣可以讓氧氣和養分滋潤你的眼角膜，保持眼睛濕潤。

10-15秒

保持適當距離

使用電腦時，眼睛應與屏幕保持40-60厘米的距離。使用電腦時，請注意坐姿，保持坐姿端正；電腦屏幕的位置應比眼睛的水平位置調低一些。

40-60厘米

注意光線

注意屏幕亮度，屏幕亮度要與房間亮度互相協調，亦可靈活使用枱燈，確保光線充足。

眼睛也要防曬

和皮膚一樣，我們必須保護眼睛，避免有害紫外線的傷害。紫外線會對眼睛造成不同的壓力，無論晴天或陰天，紫外線無處不在；長時間接觸紫外線會損害眼睛及其周圍的皮膚，除了眼睛有可能被曬傷外，嚴重者更會對視網膜造成永久的傷害。

外出時，可戴上具備全面紫外線防護功效的太陽眼鏡。

定期檢查

每年定期作視力檢查，確保眼睛健康。

護眼食物．你今日食左未？

飲食和身體健康息息相關；
從飲食著手，雖然不能
即時看到食物對身體的益處，
但是卻能為身體「打底」，
為你的健康護航。
眼睛和身體其他的器官一樣，
除了養成正確的
護眼習慣外，
也需要透過均衡飲食，
為眼睛補充必須營養素，
達到護眼的效果。

維他命A與類胡蘿蔔素

維他命A，又稱為眼睛的維他命，是感光細胞形成影像的重要物質，亦可滋潤眼睛、增進晚間視力；而β胡蘿蔔素是眼睛的關鍵營養之一，更能活化維他命A，促進視網膜和黃斑健康，舒緩眼睛疲勞。此外，有研究證實，葉黃素和玉米黃素的高抗氧化作用，能減低氧化傷害，進一步保護眼睛細胞。

可多進食

蛋黃、牛奶、乳酪、牛肝、鰻魚、黃綠色的蔬菜

維他命C

維他命C是天然的抗氧化劑，能保護細胞免受游離基侵害，延緩及預防眼睛老化所引致的問題，促進眼球健康。

可多進食

深綠色蔬菜如羽衣甘藍、菠菜、西蘭花；水果如橙、奇異果及士多啤梨

維他命E

維他命E是公認的極佳抗氧化劑，有助平衡游離基，加強身體抵禦游離基侵害的能力；維他命E可平衡眼球游離基產生，延緩眼球老化，促進黃斑健康。

可多進食

海鮮、蛋類、堅果如杏仁、腰果、核桃、開心果等

奧米加3脂肪酸

DHA是奧米加3脂肪酸的其中一種，是眼睛的重要營養素，對眼部健康尤其重要。DHA有助維持視網膜細胞健康，在視網膜中含量十分高，可幫助眼睛記住影像，再傳送到大腦。美國心臟協會建議，成人應每週進食2至3次深海魚類，每次三安士，以滿足人體對奧米加三脂肪酸的需要；可惜香港人飲食一般含有較少深海魚，建議選擇優質的奧米加三脂肪酸營養補充品。

可多進食

三文魚、沙甸魚、鱈魚、吞拿魚

葉黃素

皮膚需要防曬，眼睛也一樣！葉黃素是眼睛黃斑部及視網膜的重要營養成分之一，有助對抗電腦、電話屏幕的藍光，保護眼睛免受傷害，是眼睛最好的「防曬營養素」。

可多進食

深綠色蔬果如菠菜、芥菜等

玉米黃素

玉米黃素屬於類胡蘿蔔素之一，也是眼睛黃斑部的重要營養成分之一，能幫助眼睛阻擋藍光傷害。

可多進食

粟米、枸杞、蛋黃等

天然多種胡蘿蔔素

- 含乙種胡蘿蔔素、甲種胡蘿蔔素、葉黃素及玉米黃質，能夠確保獲取足夠的維他命A，有助眼睛適應光線變化
- 提煉自三種濃縮素，包括杜氏鹽藻、棕櫚果及金盞花

護眼精華

- 歐越莓滋潤眼睛黏膜，促進眼部血管健康及血液循環，維持正常眼壓
- 金盞花含豐富葉黃素，促進黃斑及視網膜健康
- 奧米加三脂肪酸有助眼部發展及保養
- 柑橘生物類黃酮提供抗氧化保護

蝦紅素

蝦紅素是一種類胡蘿蔔素，又稱為蝦青素；蝦紅素天然存在魚、蝦、藻類中，很多生物以藻類為食物，因此他們的身體也會出現鮮豔的紅色或粉紅色。蝦紅素是一種強效抗氧化營養素，可清除體內游離基、延緩眼球老化，更可改善眼球睫狀肌的調節張力，改善眼睛疲勞。

可多進食

三文魚、蝦、蟹

花青素

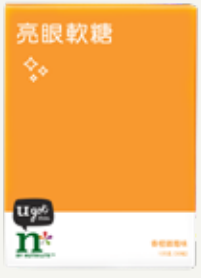
花青素是天然強效的抗氧化劑，可促進眼部血液循環、有助提高視覺的敏銳度；紫藍色的蔬果中含有豐富的花青素。

可多進食

茄子、藍莓、葡萄、車厘子

奧米加三脂肪酸

- 選自挪威及秘魯無污染海域的鮭魚、鯖魚、沙丁魚及鯷魚，含EPA和DHA等奧米加三脂肪酸
- 含維他命E，可防止奧米加三脂肪酸氧化
- 人體無法自行製造，必須從食物中攝取



亮眼軟糖

- 含葉黃素，有助對抗藍光，促進眼睛健康
- 延緩眼睛退化，提升視覺對比敏感度
- 香橙雜莓味

告別浮腫
熊貓眼

電話不離手，
有時又放肆地「煲劇」至通宵達旦，
常常換來一臉倦容，眼睛浮腫外，
一雙熊貓眼想遮也遮不住。

不少人都有黑眼圈的煩惱，
而黑眼圈的形成也有不同的成因；
除了改善生活習慣外，
找出讓你變成熊貓的「幕後黑手」，
配合特別呵護，
熊貓眼還是留給熊貓吧。

為何眼部會浮腫？

眼部浮腫，就是我們常說的「眼袋」，主要是由於水分積聚，而出現浮腫雙眼。除了水腫體質外，眼周的淋巴循環不良，都會造成眼部浮腫。

如何改善眼部浮腫？

除了保持充足的睡眠外，睡前不要吃太濃味或鹽分過高的食物，避免喝太多水分，稍稍墊高枕頭睡覺，有助避免水分在眼下積聚；冰敷亦是救急眼部浮腫的好方法。

黑眼圈・如影隨形？

睡眠不足、過度疲勞、女生生理周期前，都可能造成黑眼圈。

建議

這些因素所造成的黑眼圈比較容易解決。只要恢復正常睡眠、作息正常、保持均衡飲食，應該可以在短時間內改善黑眼圈的情況。

色素沉澱型黑眼圈

眼周皮膚厚度只有其他部位皮膚的三分之一，因此皮下血管更顯而易見，眼下肌膚亦顯得比較暗沉，容易形成黑眼圈。此外，隨著年齡增長和膠原蛋白流失，真皮層的膠原蛋白與彈性纖維會慢慢減少，眼皮的支撐力也會降低，形成眼周皺紋，下垂的下眼皮加上皺紋，使黑眼圈看起來更明顯。另外，也可能是基因遺傳令眼周肌膚色素較多，形成黑眼圈。

建議

以熱敷或按摩方式促進血液循環，或是使用添加具代謝功能的咖啡因、積雪草等成分的眼霜，可有效改善黑眼圈。

急救熊貓眼

3重護膚技術 有助眼周肌膚更健康

智能溫感美眼儀

微電流正離子

使用更溫和的正離子導入技術，可舒適地使用於眼周肌膚，有助吸收眼霜中的活性成分

微振動

透過微電流產生的振動健康地刺激皮膚，從而護理眼周肌膚的複雜問題

溫感技術

透過在眼周肌膚產生溫熱反應，增加血液循環，有助吸收質地較粘的眼霜

顯著改善皺紋，使眼部肌膚重獲新生

SUPREME LX™眼霜

- 為眼部肌膚提供360度全方位修護，減淡皺紋，改善眼袋、黑眼圈及眼部浮腫，提升眼周肌膚
- 不含香料，通過眼科醫生測試

從內到外緊緻肌膚

眼部炫亮精華液

- 為脆弱的眼部肌膚帶來水療般的舒適呵護
- 質地輕盈潤滑，帶珍珠光采的精華液修護脆弱的眼部肌膚，讓眼周肌膚水潤亮澤、緊緻提升
- 滋養、無香料配方即時潤澤肌膚

「睛」名茶飲

辦公室的低頭族，工作至疲累時，總愛喝一杯回魂咖啡。
不過，咖啡多喝無益，加上長期使用電腦，眼睛容易乾澀；
呷一口茶，清醒頭腦外，亦可緩解眼部疲勞。

蜂蜜菊花茶

將菊花清洗乾淨，以滾水沖泡3分鐘，待茶溫降至約60°C時加入蜂蜜，拌勻飲用。

功效

菊花中含有豐富的維他命A，是保護眼睛健康的重要物質，如常常感覺眼睛乾澀，又或是經常使用電腦，可以多喝菊花茶。

枸杞茶

將適量枸杞，以滾水沖泡，即可飲用。

功效

枸杞含豐富胡蘿蔔素、維他命B1、B2、維他命C及鈣、鐵等營養素，既可明目，又能抗衰老，可舒緩眼睛乾澀不適等症狀；適合需要長時間使用電腦的人。

決明子山楂茶

適量決明子及山楂清洗乾淨後，再加入滾水沖泡，加蓋浸泡約30分鐘，即可飲用。

功效

從中醫角度，決明子具清肝明目、滋潤腸道的功效；現代醫學研究亦發現，決明子可降低眼壓及增強眼睛抗氧化的作用。

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