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MAY 2019

Dragon Boat Festival Selection

**Super Star
Hung Fook Tong**

OTHER GREAT OFFERS

Ztore **5% off**

Monica Vinader **15% off**



This magazine contains informative and inspiring articles about how to look after our mind and body, some easy recipes, as well as a summary of the latest new offers that we have sourced for you. Enjoy and be inspired!



Visit our website to download the latest e-Magazine and offers.

LIVE, PLAY, SAVE, CARE

LIFE'S VALUE
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TOTAL LOYALTY COMPANY

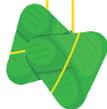
Brought to you by Total Loyalty Company (TLC), this monthly e-magazine highlights a variety of exciting staff discounts for you to enjoy as part of your staff benefits program. In addition, we have included some wellness tips to help enhance your life.

If you have any questions or feedback, please email info@totalloyalty.hk. We would love to hear from you!

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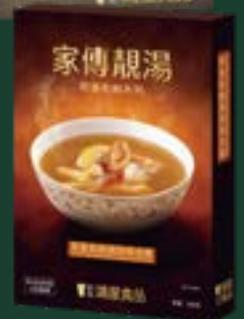
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Super Star

We are pleased to provide an **exclusive staff offer** on Super Star's Dragon Boat Festival food products, including glutinous rice dumplings and instant soups.

You can also get one free 'Nourishing Series' soup voucher upon purchasing over HK\$400 of glutinous rice dumplings.



REDEEM OFFER



Submit the order form (click above) via fax to 2628 0313, or email to eshop@superstargroup.com.hk. If you have any questions, please call 2628 0800.

DRAGON
BOAT
FESTIVAL
SELECTION



Hung Fook Tong uses genuine ingredients, adds no preservatives to their products, and provides herbal beverages to nourish and soothe your body. Herbal tea is not just a health drink, but also represents a unique culture that has been passed on from generation to generation.

Hung Fook Tong

As a staff privilege, you can enjoy

Up to

56% off

Hung Fook Tong's voucher packages, including Dragon Boat Festival glutinous rice dumplings, herbal teas, Guilinggao and more.

REDEEM OFFER



Click [HERE](#) to complete the order form and email to corpsales@hungfooktong.com.hk or fax to +852 3651 2255.

Hung Fook Tong staff will confirm your order within 3 days. You may contact 3651 2267 for inquiries.



Ztore is an online supermarket providing an exclusive range of high quality products and convenient delivery service, while preserving the traditional Hong Kong stores' values.

Ztore

We are pleased to offer you an exclusive offer at Ztore, where you can find everything you need for your family and home. You can enjoy a

5% off discount on purchases over \$350.

REDEEM OFFER



Register as a member by clicking the above link. Use promo code "ZPN11104" when making purchases over \$350.

SAVE



Since its launch in 2008, Monica Vinader has become a byword for beautifully designed luxury jewellery that bridges the divide between fine and fashion.

Shops:

1025C, Podium Level One, ifc mall, 1 Harbour View Street, Central
Tel: 3568 6628

Harbour City, Shop OT310B, Level 3, Ocean Terminal, Canton Road, Tsim Sha Tsui
Tel: 3102 9262

B1/F, New Wing, Sogo Department Store, 555 Hennessy Road, Causeway Bay

Shop No. 392, Level 3, New Town Plaza, 18 Sha Tin Centre Street, Sha Tin
Tel: 2606 7207

Monica Vinader

Enjoy one of your latest staff perks -

15%^{off}

regular-priced jewellery at Monica Vinader Hong Kong boutiques.



REDEEM OFFER



Present your TLC membership card or eCoupon upon payment.

SAVE



With 70+ stores in Japan, Hong Kong, and the United States, and available in 40 other countries worldwide, John Masters Organics does their best to inspire people all over the world to discover and cultivate their own beauty, naturally.

Shops:

3005A, 3/F, ifc mall, Central, Hong Kong
Tel: 2117 0721

B236, Basement 2, Times Square, Causeway Bay
Tel: 3421 0726

B211, Basement 2, K11, Tsim Sha Tsui
Tel: 2110 3923

John Masters Organics

Visit the John Masters Organics store to receive a free Hair Care or Body Care Trial Set (two 60ml products) and a

10%

discount card for your next purchase.



REDEEM OFFER



Present your TLC membership card or eCoupon (click button above) at the store to redeem the offer.



Is chocolate your guilty pleasure? Stress no more and think big. A 2012 study established a correlation between the consumption of chocolate per capita in a country and their number of Nobel Prize winners. The higher the consumption, the higher the rate. Coincidence? We think not! Here are 8 reasons why chocolate is good for you.

8 Reasons Why You Should Eat Chocolate

1. Chocolate may improve cognitive functions

Thanks to flavonol, a natural nutrient found in cacao, chocolate may improve your cognitive function by boosting brain blood flow. Flavonol is also known to reduce memory loss and increase verbal fluency for the elderly. Too good to be true? Read up the British study that proves chocolate may help you think better and faster.

2. Chocolate may reduce high blood pressure

A 2007 study has shown that people consuming chocolate regularly lowered their risk of heart disease, cholesterol, and calcified plaque in their arteries. Thanks to its flavonoids such as epicatechin and catechin, chocolate allows arteries and veins to stay supple.

3. Chocolate may help enhance attention span

Chocolate with at least 60% cacao have a high amount of theanine which is known to enhance attention span and relaxation.

4. Chocolate has an antioxidant effect

Chocolate has many compounds such as polyphenols, catechins and flavanols that have a very active antioxidant effect. Antioxidants are good for the heart and may lower risks of some types of cancers. Levels are said to be 3 times higher than in green tea and two times higher than in wine.

5. Chocolate may help improve your mood

Due to its high levels of theobromine and magnesium, chocolate has a positive impact on stress, anxiety and depression. Studies have shown that chocolate-eaters are calmer and happier. Chocolate also contains phenylethylamine which is a chemical that pushes your brain to release endorphins. These hormones trigger a feel-good feeling in the body.





6. Chocolate contributes to skin protection against the sun

A study conducted by the London University of Arts has shown that people who were eating dark chocolate could handle sun exposure longer without burning compared to non-chocolate eaters or people eating chocolate with low flavonols. Flavonols improve skin hydration and density which in turn help protect you against sun damage.

7. Chocolate may help reduce weight

Eaten in moderation, chocolate contributes to lower body mass index (BMI). The catechin within chocolate helps reduce weight and leads to slimmer muscles. Moreover, dark chocolate helps triggering the satiety feeling that can prevent you from over-snacking.

8. Chocolate is good for expecting mothers

Because chocolate helps reduce stress, a 2004 Finish study has linked smiling and laughing babies with the fact that their mothers were eating dark chocolate during pregnancy.

Plus, chocolate could reduce pregnancy complications such as preeclampsia (characterised by very high blood pressure) thanks to the theobromine that dynamizes the heart, dilates blood vessels and relaxes muscles.

Practical tip: What sort of chocolate should you chose?

Definitely not milk or white chocolate. The above listed health benefits are for dark chocolate with at least 70% cacao.

70% + dark chocolate contains:

- Fiber
- Iron
- Magnesium
- Copper
- Manganese
- Potassium
- Phosphorus
- Zinc
- Selenium

But beware: dark chocolate is very rich and is best consumed in moderation!

This article was brought to you by [Healthy Matters](#)



Turkish figs are lux but what can be even more lux is when it you incorporate it into a breakfast smoothie made with almond milk, frozen banana and a dollop of chocolate tahini.

Turkey is renowned as the world's largest producer of figs. Figs are rich in Vitamins A, B1 and B2, manganese and potassium, magnesium, copper, iron, and phosphorus.

Yields: 1 Serving
 Prep Time: 10 min
 Active Time: 5 Min
 Total Time: 15 Min

INGREDIENTS:

- 1 cup of icy cold almond milk
- 1 small frozen banana, cut into chunks
- 1-2 Turkish figs
- 1 teaspoon of chocolate tahini

Figs with Chocolate Tahini

To get a quick creamy effect for smoothies, use frozen banana chunks like ice cubes every time.

I made my own unadulterated almond milk here by blending a cup of almonds (soaked overnight) with water and then straining it through a cheesecloth. Almonds contain lots of healthy fats, fiber, protein, magnesium and vitamin E. The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss.

METHOD:

1. Make the almond milk by blending almonds (soaked overnight or for at least 2 hours) with water. Strain through a cheesecloth.
2. Cut figs into quarters and throw into the blender along with the almond milk, frozen banana and chocolate tahini. Turn blender on high till all ingredients are mixed.
3. Serve ice cold in a cup. Garnish with a sliced fig on the side (optional).

This article was brought to you by [Kitchen Mess](#)

Brought to you as part of your staff engagement program,
Asktlc™ is a Buying Advisory Service for household electronics.

Just let us know the brand and model of the electronic items you are looking for,
then Asktlc™ can source the best price for you.

You can enjoy exclusive offers and savings from
the following brands (plus many others):



This month, our featured product is the Panasonic Diamond "Kamado"
Induction Heating Rice Cooker that's made in Japan.

Price: ~~\$4,198~~
\$2,950



SR-HB104 Rice Cooker IH

- Capacity: 1.0 L / (0.5-5.5 cups) 1,200W
- 5 IH strips includes 4 layers IH coil in addition to Panasonic's patented lid IH technology to achieve uniform heating and caloric power.
- Diamond "Kamado" Pan. The heat convection of fine bubbles caused by the diamond reinforced fluorocarbon resin coating heats each individual grain of rice.

We have many other electronic items available at great prices! Just send an e-mail to asktlc@totalloyalty.hk or call 2536 9010 and let us know what you're looking for.

Super Star

1. Promotion valid until 28 May 2019.
 2. The offer is not applicable to any purchase via Super Star Restaurants and other outlets.
 3. Coupon validity: Rice Dumpling until 4 June 2019, Soups until 31 Dec 2019 and others until 29th Feb 2020.
 4. Order over \$400 or above can enjoy free delivery. Delivery charge \$50 for order below HK\$ 400. (No delivery services for Outlying Islands)
 5. Once an order has been confirmed, it cannot be cancelled or changed and the amount paid will not be refunded.
 6. Coupons will be delivered to designated commercial/residential address within 4 working days(except Saturday, Sunday, and Public Holidays) once the order is confirmed and payment settled.
 7. Super Star Group reserves the right of final decision in case of any dispute.
-

Hung Fook Tong

1. Offers valid until 30 June 2019.
 2. Free delivery to office address for orders of \$1500 and above.
 3. For more T&Cs please refer to the order form.
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Ztore

1. Offer valid until 31 May 2019.
 2. Only one promotion code can be applied per each other.
 3. Offer cannot be used in conjunction with other promotion code, cash vouchers or discounts.
 4. Ztore HK Limited reserves the right to suspend, amend or modify any of these terms and conditions at any time at its sole discretion, without any prior notice or liability.
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Monica Vinader

1. This offer is only redeemable at Monica Vinader Hong Kong boutiques: ifc mall, Harbour City, SOGO Causeway Bay and New Town Plaza upon presentation of TLC membership card.
 2. The offer is only applicable to full priced items and cannot be used in conjunction with any other offers.
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John Masters Organic

1. Offer valid until 31 March 2020.
 2. Each member can only redeem the gift and enjoy the 10% discount offer once.
 3. Any dispute connected in any way with this promotion will be resolved by John Masters Organics at their absolute discretion.
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AskTLC

1. Pricing will fluctuate.
2. We will respond to you with our advisory price within 7 working days.
3. Note not all products and model numbers are available, but TLC will do its best to help source your suggested make/model. If we cannot get it, we will let you know accordingly.
4. Total Loyalty Company Limited reserves the right of final decision.