



JUNE 2019

kikki.K
20% off



OTHER GREAT OFFERS

OHANA MAHAALO **15% off**

Maverick & Co. **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.

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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Recipe



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HOT DEAL
OF THE
MONTH



kikki.K

kikki.K is an award winning retailer offering stylish gifts, stationery and functional organising tools in Scandinavian designs.

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Central
Tel: +852 2116 0870

Shop 203, Cityplaza, Taikoo
Shing
Tel: +852 2117 0916

Shop 411, Ocean Centre,
Harbour City
Tel: +852 2110 4520

kikki.K

Time to add some beautiful colors to your desk! We are excited to share that we have just added kikki.K to our staff perks program! You can now enjoy

10% off

purchases HK\$300 or above, and

20% off

purchases HK\$500 or above.

REDEEM OFFER



Show your TLC membership card or eCoupon upon payment.



OHANA MAHAALO
no na kau a kuu.

OHANA MAHAALO is a popular perfume brand from Japan. A perfect gift for a loved one, each bottle is creatively packaged in an assortment of designs.

Shops:

Eslite Spectrum Bookstore,
Star Annex L2-3, Harbour City,
Tsim Sha Tsui

Eslite Spectrum Bookstore,
10/F, Hysan Place, 500
Hennessy Rd, Causeway Bay

OHANA MAHAALO

OHANA MAHAALO products are normally sold at full price all year-round, but you can now enjoy

15% off

through your staff perks program!



REDEEM OFFER



To place your order, please complete the order form and email to sean@redpop.com.tw. Once you receive a confirmation of your order, you can pay and collect your products in store.

SAVE



MAVERICK & CO.

Founded by financial industry professionals who were looking for a document bag that was functional and professional yet stylish, Maverick & Co. creates elegant briefcases, backpacks and document bags for gentlemen who appreciate minimalism.

Maverick & Co.

We are pleased to bring you an

exclusive

15% off

corporate discount on all products from Maverick & Co. with free shipping!



REDEEM OFFER

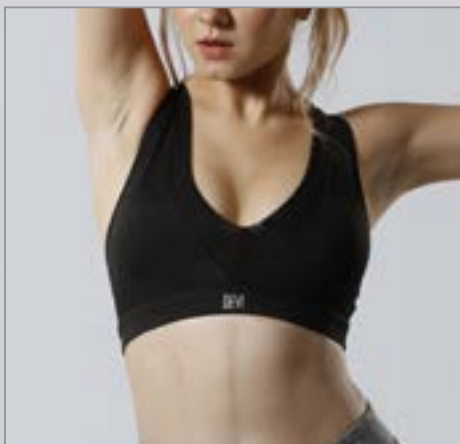


Click the button above to visit the Maverick & Co website, and enter discount code "MyRewards" upon checkout.

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SAVE



DEVI is a fashionable sportswear brand created exclusively for women and was co-founded by Ms. Lynn Xiong, a well-known artist. DEVI hopes to elevate the workout look so that every woman can feel her own charm during sports.

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Devi Sportswear

As one of the latest additions to your staff perks program, you can now enjoy

25%

all products from DEVI.

REDEEM OFFER



Enter the coupon code "TLC252019" upon checkout at mydevi.com



Have you ever found yourself puzzled about all the various types of yoga out there?

If you're new to yoga, deciding what style to choose can easily become quite a challenge. As the distinction isn't always so clear, many styles may appear as almost identical, especially to a novice. So before you decide which type of the yoga class is best for you, let's find out what the differences are. To make it easier for you, we've created a little Cheat-Sheet list that will help you figure it out and find the match.

Beginner's Guide to Styles of Yoga

What is yoga?

Yoga is an ancient Hindu practice that is used in wellness and relaxation. It's been around for at least 5,000 years. It progressively gained global popularity due to the countless positive effects of the mind and body. It combines meditation and deep breathing with the various poses that stretch and strengthen muscles.

Generally speaking, it's a practice that focuses on the physical and mental well-being of a person and teaches that the body is the vehicle of the spirit.

There are a lot of different yoga types (many have their roots in Hatha Yoga, but we'll talk more on that later). All these styles strive to balance body and mind. They do so through the use of asanas, pranayamas, mantras, and savasanas. The emphasis on those components varies depending on the style practiced. Some styles put more emphasis on the strict alignment of the body while others focus more on the coordination of breath and asana.

How to choose a yoga type?

There are many types of yoga and thus many ways to practice it. Some are physically demanding, others more meditative. Choosing one depends on your expectations, on what you wish to achieve and enhance with it. Depending on the type, yoga can be relaxing and gentle, or it can be very intense and fast.

Outside of the types of yoga, classes can be adapted to the needs of specific groups, such as yoga for pregnant women, or children.

To read more about different types of yoga, continue reading at [Look Diary's blog](#).

This article was brought to you by Look Diary





Prep time: 10 min
Cooking time: 10 min
Serves: 2

INGREDIENTS:

- 680g fresh Boston lobster (approx)
- 1 cup mayonnaise
- 2 tbsp lemon juice
- 2 inner celery stalks, peeled and chopped finely
- 1 tsp paprika or cayenne pepper
- 1 tbsp olive oil
- 1 tsp salt and ground black pepper, mixed
- 1 tbsp butter
- 2 hot-dog buns
- 20g chives, chopped

Lobster Rolls

Bungalow Head Chef Daniel Dungca shares some of his favourite recipes with us. Here is his take on the famous creamy, buttery lobster roll.

METHOD:

1. In boiling water, add the lobster to a large pot and cover for about 10 min. Put the cooked lobster in ice water to stop the cooking process. Remove the lobster meat from the shell and chop into bite-size pieces.
2. In a bowl, combine the lobster meat, mayonnaise, lemon juice, celery, paprika or cayenne, olive oil and salt and pepper. Keep inside the fridge for 10 min for the meat to absorb the flavours.
3. Cut the top of a hot-dog bun open in a V shape, spread with half the butter and toast in the oven for 2 min at 180°C. Repeat with the second bun.
4. Place the marinated lobster on top of the buns and sprinkle the chopped chives on top.

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





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PACIFIC

SAMSUNG

Whirlpool

**This month, our featured product is the Panasonic R32 Refrigerant
Window Type Air-Conditioner.**

Price: ~~\$5,480~~
\$4,080



**R32 Refrigerant Window Type
Air-Conditioner**

- 1 HP (with remote control)
- 9,100 Btu/h
- Grade 1 Energy Label
- New R32 Refrigerant: High Cooling capacity, High efficiency, Eco

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.

kikki.K

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Maverick & Co.

1. Offer valid until 31 December 2019.
 2. Free shipping for orders made in Hong Kong only.
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Devi Sportswear

1. Offer valid until 31 December 2019.
 2. Free shipping on orders over HK\$300.
 3. Orders of less than HK\$300 will be charged by cash on delivery.
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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.