

Press Release



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Fit & Fab Booklet
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Her World is a magazine for the woman who is smart and stylish, reflecting its tagline: So Chic, So Real. It is for the mature woman who is balancing various roles in life. It also offers ideas on fashion and beauty as well as ways to improve well being and happiness in general.

A YOUTHFUL GLOW

Longing for beautiful, flawless looking skin? Try NatureCare's BerryGen and Nutrimerics! This power duo promises to take years off your face.



Skin ageing is deeply affected by the lifestyles we lead. Factors that make your skin age fast include: overexposure to direct UV sunlight, smoking, stress, and lack of sleep. With so much to do and so little time, it's almost impossible for anyone to avoid stress or live a healthy lifestyle.

While some may opt for medical treatments such as hyaluronic acid injections, facelifts and other cosmetic surgeries to overcome this problem, there's a less painful (and cheaper!) way to age gracefully.

The NatureCare BerryGen, from Tupperware Brands, was formulated using a combination of hydrolysed marine collagen and different berries to help slow the process of skin ageing.

Rich in blueberries, raspberries, red grapes, oranges and organic barley grass, this drink is filled with antioxidants that will enhance your overall radiance. Convinced yet? This drink also includes:

helps lighten the colour of your skin.

Premium Berry Extract
Skin inflammation is another reason why our skin loses its natural glow. Rich in vitamin C, anthocyanins and quercetin, the combination of different berries used in this product helps reduce skin inflammation caused by UV radiation.

Apple Stem Cells
Due to lower turnover rate of stem cells, skin age at a faster rate. The growth of stem cells are increased with the help of this drink, as it's loaded with vitamin C, collagen-building peptides and plant oils.

Gluta White
Because of the constant exposure to UV rays, the amount of melanin produced by our body increases, causing our skin to darken and making it look tired. Gluta White reduces the production of melanin in the skin, which

Hydrolysed Marine Collagen
One of the best ways to treat saggy skin is by nourishing the skin with sufficient amount of collagen. With the help of this ingredient, collagen levels are increased in our skin and will form stronger bundles of elastin fibers, making it firmer and tighter.

TOP THREE CELEBRITIES WHO HAVE FLAWLESS SKIN



TIPS: Drinking lots of water and exercising regularly certainly helps, but you may just need more than that. **Drink BerryGen daily before sleeping or before breakfast and this will prevent your skin from ageing.**

Using your knuckles, start by drawing circles to massage your cheeks. Then, rub the cheekbones using long, upward strokes. Lastly, lift and hold both brows to open up the eye area. Rub this area using your fingertips in circles. Feeling more relaxed already?

NatureCare and Nutrimerics are exclusively available at all Tupperware Brands authorized business centres. Call 1 300 88 5500 or visit www.tupperwarebrands.com.my for more information.

CELEB PHOTOS: TUPPERWARE.COM

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TUPPERWARE BRANDS SPECIAL

nutrimetics

With the right colours and brushstrokes, you too can look as good as Halle Berry! Start by choosing the right makeup colour for your skin from Nutrimetics.

WARM UNDERTONES

If you have warm undertones, use peach, orange or coral as it will give you a more natural look.



Always Warm Color Collection

Golden Peach Quad Blush

Get the look

If you have warm undertones, stick to peach, orange or coral for a more natural look. Not sure how? Follow these steps!

STEP 1: Start with a mocha or whipped cream coloured foundation to create a more natural look.

STEP 2: Pick a colour from Nutrimetics Quad Blush – Golden Peach for your cheeks. Then, for your eyes, start by applying the Rosewood Peach across your eyelid right up to your brow bone. Then for the centre, apply the Golden Beach colour on the crease.

STEP 3: Once that is done, apply a little Twinkle Shimmer on the inner corner of your eyes. Lastly, dab the same colour on your brow bone using your middle finger, moving outwards from the centre.

STEP 4: To enhance the contour of your face, use the shaping bronzer. Using a contour brush, apply it under your cheek bones, and then blend upwards onto the cheeks.



COOL UNDERTONES

If you have cool undertones, use pink, blue and violet makeup colours as it will best compliment your skin tone.



Radiant Pink Quad Blush

Face 3D Highlight

Always Cool Color Collection

Get the look

For the smoky eye effect, follow these steps using Nutrimetics Always Cool Colour Collection.

STEP 1: Start by applying a light shade of concealer under your eyes and above your eyelid. Go for a beige or coffee coloured foundation and choose a concealer that is two shades lighter than the colour of your foundation.

STEP 2: Using a medium sized brush, apply Nutrimetics Mystery Black above your eyelids.

STEP 3: Trace the upper lash line using a black eye pencil and

gently smudge it using the tip of your pointer. Using a smaller brush, highlight the lower lash line of your eyes with Nutrimetics Autumn Silver colour.

STEP 4: Lastly, blend the Autumn Silver colour with Snow White, and apply it in the inner corners of your eyes to lighten the overall effect. To enhance your facial features, brush Nutrimetics face 3D highlight along your jawline and tip of your chin, and above the bridge of your nose.



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& feel fabulous!

4 EAT FOR YOUR AGE

Different life stages need different dietary requirements. This is why you should consider eating for your age to stay healthy and fit.

*"Just as your lifestyle changes in each decade, so do your nutritional needs," says Melina B. Jampolis, author of *The Busy Person's Guide to Permanent Weight Loss*. "For example, a 20-something needs to take calcium and vitamin D for strong bones while a woman in her 40s should eat*

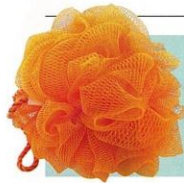
"For example, a 20-something needs to take calcium and vitamin D for strong bones while a woman in her 40s should eat plenty of lean protein to help maintain muscle mass."

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AS A QUICK GUIDE: If you're in your 20s, load up on a diet rich with fish and grains to offset your busy lifestyle, long hours at the office, and occasional unhealthy food choices.

IN YOUR 30S? Pick food packed with antioxidants to slow down the effects of ageing, and fill your plate with superfoods to reduce the risk of diseases.

THOSE IN THE 40S should opt for protein to fuel muscle growth and fight belly flab that's common in this age group.



5 DRY SKIN BRUSHING

Want your skin to glow? Use a loofah or a brush to give your entire body a good scrub before you turn on the shower. This may hurt a little but it's more effective to get your circulation going and to help with cellulite. Just make sure to load up on body lotion after your shower to pump back the moisture.

6 LOAD UP ON ANTIOXIDANT

There's no denying the benefits of antioxidants can do for your skin. **Extracted from fruits and plants, antioxidant is the key for healthy and radiant skin.** Besides that, antioxidants can fight damage caused by environmental pollutants and rejuvenate skin cells for a brighter appearance. **When used correctly, the antioxidant-rich products can also help prevent future damage.**

66 UP YOUR GAME!

Add antioxidants into your diet too! Load up on salmon, berries and garlic as they contain antioxidants good for your skin and body. Get it all with Natur Care BerryGen, infused with three power antioxidants. It contains Apple Stem Cell and multi-berries extract to enhance radiance and health. Take a sachet daily, twice before meals and bedtime for better results

7 BUILD MORE MUSCLES

WANT TO LOOK LEAN AND TONED?

Muscle definition is the way to go! Leave the dumb bells alone – getting muscles doesn't have to hurt!

INSTEAD, TRY THIS:

Eat protein because it triggers muscle growth. Any time your body doesn't have enough protein, it will break down muscles. Eat protein for all three meals – eggs and milk for breakfast, meat for lunch and dinner.

