

## DIY Home Remedies



### Berries

Berries have the function of blood sugar regulation, contain high fiber and help to boost metabolism. Berries are rich in antioxidants which help with weight control.

Suggestion:

- Eat a cup of mixed berries (blueberries, blackberries, strawberries, cranberries) every morning.

## Success Story

Sheryl Lee, a 46 year-old mum after the birth to her second baby, her weight sky rocketed. No matter what she tried, she was unable to return to her pre-pregnancy weight. She is health conscious, hence she decided to seek help from Slimming 101, and then she found out that she had a high visceral fat index.

Slimming 101 consultant recommended a treatment that will break down the visceral fats in her body, use of TCM methods such as natural herbal dressing, was also used to discharge excess accumulation of toxins. With these customized treatments, Sheryl managed to regain her pre-pregnancy weight.



Slim down  
Naturally in  
2 months



Before  
**60kg**

After  
**51kg**

Sheryl Lee, 46 years old,  
Secretary



## New Product Feature

# Hydro Minerals Masque

Types of treatments available

**Drainage Treatment**

**Firming Treatment**

**Fat Burning Treatment**

- Sea Mud rich in natural minerals
- Increases blood circulation and metabolism rate to improve the absorption of nutrients and oxygen
- For best results, apply with Slimming 101 Anti-Oxidant Ampoules and Slenderize Cream



Hydro Mineral Masque

@ **\$38** (UP \$300)