

DISCOVERING ODYSSEY

探索妮生活

EMPOWERING LIFE WITH WELLNESS & ENERGY

打造健康與活力的全方位日常

SATURDAY
星期六

DEC 06
十二月 2025
CHINESE
中文

14:00PM
|
15:00PM

NEFFUL KUALA LUMPUR
SEMINAR ROOM
妮芙露吉隆坡研修室

LEARNING HIGHLIGHTS

講座大綱

- ◎ **Wear Wellness from the Outside - Exploring functional fibers and comfort-focused properties**
從外穿上健康 - 探索纖維的機能與舒適特性
- ◎ **Strengthen Vitality from Within - Examining the role of antioxidants in sustaining vitality**
從內提升元氣能量 - 解析抗氧化在維持活力中的重要性
- ◎ **Build a Better Well-Being Lifestyle - Integrating healthy habits to elevate daily well-being**
建構更好的身心生活方式 - 透過日常習慣提升整體健康



DORIS LOK
駱湘澄



**Elevate your seminar experience
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解鎖妮的美麗生活，
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立即報名!

- SPEAKER'S PROFILE

講師簡介

- ◎ **Friendly personality and humorous**
性格友善 幽默風趣
- ◎ **Has been working as a lecturer in Nefful Malaysia for more than 10 years**
在妮芙露馬來西亞擔任講師已超過10年，累積豐富的教學經驗
- ◎ **Knowledgeable about Nefful product features**
十分了解商品特色

*Redeemable with a minimum purchase of RM1,800 and is valid for use on the day of the seminar only. Limited quantity available.

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T HURSDAY
星期四

DEC 18
十二月 2025
CHINESE
中文

19:30PM
|
20:30PM

NEFFUL PENANG
SEMINAR ROOM
妮芙露檳城研修室

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SATURDAY 星期六 | **DEC 27** 十二月 2025 CHINESE 中文 | 14:00PM - 15:00PM | NEFFUL KUALA LUMPUR SEMINAR ROOM 妮芙露吉隆坡研修室

LEARNING HIGHLIGHTS

講座大綱

- ◎ **Reset Your Inner System - Recognize the deeper causes behind declining vitality**
重啟內在活力系統 - 認識活力下降背後的深層原因
- ◎ **Activate Antioxidant Support - Master core strategies to sustain your internal energy**
啟動抗氧化管理 - 掌握支持元氣的核心策略
- ◎ **Prepare Strong for the New Year - Step into the new year with clarity, readiness, and purpose**
迎接新年 - 啟動健康計劃 - 帶著清晰、準備與方向迎接新的一年



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