

P'Health

people world

四大草药，
让您魅力再现！
4 HERBS
HELP YOU TO
GET CHARMING!

您是否有脱发症状？
DO YOU HAVE
THE SYMPTOMS OF HAIR LOSS?



Phyto-Lab
**HEALTHY SCALP
REVITALIZING TONIC**

Enriched with Hops,
Rosemary, Nettle and
Coltsfoot Extracts



Exclusively by
PHENIX



PEOPLE HAPPILY HELPING PEOPLE. TOGETHER WE SHARE PEACE, HARMONY, HEALTH & PROSPERITY.®



花草研头皮精华露

PHYTOLAB HEALTHY
SCALP REVITALIZING TONIC

详情请游览

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For more details please view



04 APR 2018

04.2018 Content



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前言 FOREWORD



前言 FOREWORD

什么代表岁月的痕迹，年轻的象征？恐怕大多数人都会打趣地说“皱纹”，是的，没错！所以很多中年人甚至年轻人也一起加入了抗皱的行列。但是，您可知真正决定您是否年轻的那一因素？您的头发是否充足会让人觉得“永无止境”，其衰老与憔悴程度比皱纹来得高，却常被我们忽略。

What are the signs and symbols of aging? No doubt, most of you will answer "wrinkles". Yes, that's right! Therefore, many middle-aged people and even young generation look for anti-wrinkle products. However, do you know that the condition of your hair could affect your appearance? The impact of people without hair always look older than people with wrinkles because people with sparse hair or baldness often look "prematurely old", but is often neglected by us.

06

头发生长周期 HAIR GROWTH CYCLE



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头发的正常生长周期可分成三个阶段：
The normal hair growth cycle can be divided into 3 stages:



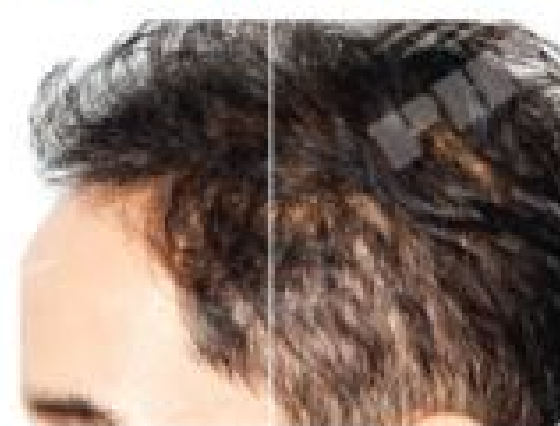
1
生长期 (平均2-6年):
Growth period (average 2-4 years):



2
退化期 (平均3个星期):
Degradation period (average 3 weeks):



您是否有以下脱发现状？ DO YOU HAVE THE SYMPTOMS OF HAIR LOSS?



A
头发变稀
Hair thinning



B
一天掉发超过100根
Lose more than 100 strands of hair per day



C
轻轻拉头发，超过两根头发掉落
Gently pull hair can lose more than 2 strands of hair



D
头皮明显可见，头发分界线变宽
The scalp is clearly visible and the hairline becomes wider

如果您面对其中一项症状或更多，您必须更加提高警惕。
If you face any of the symptoms listed above, then you must be more alert and take precaution steps.

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07

您是否有以下 脱发现状？

DO YOU HAVE THE SYMPTOMS OF HAIR LOSS?

08-10

脱发在于头皮问题

HAIR LOSS DUE TO SCALP PROBLEMS

那么，什么是头皮问题罪魁祸首？
SO, WHAT ARE THE ROOT CAUSES OF SCALP PROBLEMS?

A 空气干燥 Dry Air
空气干燥使头皮干燥，头皮细胞会因干燥而死亡，导致头皮屑和脱发。
Dry air de-conditioning your scalp will be dry and not moist enough, old cells can fall off rapidly, causing more damage.

B 化学因素 Chemical factors
化学因素，如染发剂、烫发剂、洗发水等，会刺激头皮，导致头皮问题。
Chemical factors, like hair dyes, hair straighteners, shampoos, etc., will irritate the scalp, leading to scalp problems.

脱发 在于头皮问题
HAIR LOSS DUE TO SCALP PROBLEMS

08 Health

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4大草药，让您魅力再现！

4 HERBS HELP YOU TO GET CHARMING!

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4 HERBS HELP YOU TO GET CHARMING!

- 1 酒花萃取物 - 减少DHT活性，减少脱发及促进头发生长。**
Hops extract - Reduces DHT activity, reduces hair loss and promotes hair growth.
- 2 迷迭香萃取物 - 改善头皮和发根的血流循环，清洁头皮，滋养毛囊。**
Rosemary extract - Improves blood circulation to the scalp and hair roots, clean scalp, nourish hair follicles.
- 3 荨麻萃取物 - 控制头皮油脂分泌，保持头皮清爽。**
Nettle extract - Controls oil secretion on the scalp, keeps scalp refreshing.
- 4 欧薄荷萃取物 - 舒缓发丝，缓解痒痛和发炎的头皮。**
Peppermint extract - Soothes hair, relieves itchy and inflamed scalp.

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头皮保养的重要性不容忽视

DO NOT NEGLECT THE IMPORTANCE OF SCALP CARE

头皮保养的重要性不容忽视
DO NOT NEGLECT THE IMPORTANCE OF SCALP CARE

保持自信与年轻是每个人一生渴望并不断追求的事。但是，生活中，人们只是关注面部护理，却忽视了头皮保养的重要性。令人惊讶的是，头皮老化速度是面部老化的速度的八倍。头皮和面部皮肤是相互关联的；当头皮受损，嘴角和眼角会下垂，脸部使用形成皱纹。

Self-confidence and youthfulness are the characteristics people always look for and pursue in their lifetime. However, people always pay attention to facial care, but neglect the importance of scalp care in their daily life. Surprisingly, the aging speed of the scalp is eight times faster than the aging speed of the face. The scalp and the facial skin are inter-related; when your scalp is loosened, the corners of your mouth and eyes will sag and your face will become wrinkled.

作为肌肤的一部分，头皮与面部一样需要用心呵护。就像显示于发际线边缘，若接受头皮健康保养，您会首先为头皮进行“地基”行有效“维护”。事实上，头皮就像土壤，只有经常浇水或适当施肥，才能让土壤肥沃（头皮），只有健康的头皮才会有健康的毛囊，健康的毛囊才会生长出健康的头发。

As part of the skin, your scalp needs the same care as your face. Strong foundation is important for hair to grow healthily, you need to take care of your scalp. In fact, the scalp resembles soil. Only healthy soil can provide sufficient nutrient supply for healthy hair. Only healthy scalp can produce healthy hair follicles.

结语 CONCLUSION
头皮保养的重要性不容忽视。头皮健康是头皮护理的基础。只有健康的头皮，才能长出健康的头发。头皮就像土壤，只有经常浇水或适当施肥，才能让土壤肥沃。只有健康的头皮才会有健康的毛囊，健康的毛囊才会生长出健康的头发。

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花草研头皮精华露

PHYTOLAB HEALTHY SCALP REVITALIZING TONIC

PhytoLab
Healthy Scalp Revitalizing Tonic
花草研 头皮精华露
Available from 16.04.2018 开始发售

NEW PRODUCT

作为肌肤的一部分，头皮与面部一样需要用心呵护。就像显示于发际线边缘，若接受头皮健康保养，您会首先为头皮进行“地基”行有效“维护”。事实上，头皮就像土壤，只有经常浇水或适当施肥，才能让土壤肥沃（头皮），只有健康的头皮才会有健康的毛囊，健康的毛囊才会生长出健康的头发。

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Ingredients: HOPS 酒花, ROSEMARY 迷迭香, NETTLE 荨麻, COLTSFOOT 款冬.

PhytoLab Healthy Scalp Revitalizing Tonic Enriched with Hops, Rosemary, Nettle and Coltsfoot Extracts.

CFT-PHL-HST-000

WM	EM	SG
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CP RM147.50	RM162.30	SGD56.50
BV 50	50	50

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前言

FOREWORD

什么代表岁月的痕迹、年龄的象征？相信大多数的您们都会回答‘皱纹’。是的，没错！所以很多中年人甚至年轻人也一起加入了抗皱的行列。但是，您知道真正苍老与否取决于您那一顶头发？稀疏的头发或秃头常让人觉得‘未老先衰’，其苍老与憔悴程度比皱纹来得高，却常被我们忽略。

What are the signs and symbols of aging? No doubt, most of you will answer 'wrinkles'. Yes, that's right! Therefore, many middle-aged people and even young generation look for anti-wrinkle products. However, do you know that the condition of your hair could affect your appearance? The impact of people without hair always look older than people with wrinkles because people with sparse hair or baldness often look 'prematurely old', but is often neglected by us.

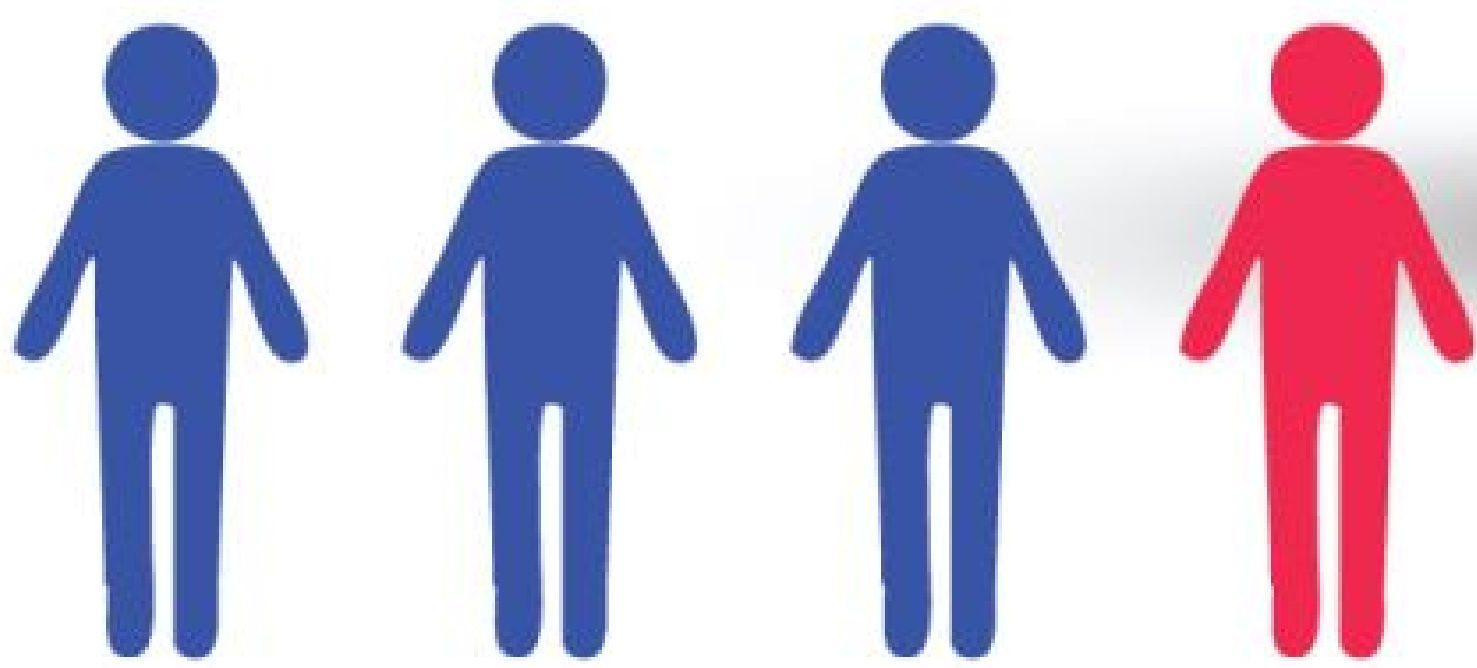


惊!

大马人口 脱发数据

SHOCKING HAIR LOSS STATISTICS IN MALAYSIA

1/4



根据世界脱发率调查，马来西亚脱发率名列榜首之一(22.76%)：大约每四个人当中就有一人面对脱发问题。然而，脱发已不是中年人的专利，近年来已有明显年轻化的趋势。

According to the global hair loss statistics, Malaysia is one of the top-rated country on the list of global hair loss (22.76%): approximately 1 out of 4 people is facing hair loss problem. In addition, hair loss is no longer a problem solely for middle-aged or older people because more and more younger generation are facing similar problem nowadays.



脱发导致 严重心理负担

HAIR LOSS CAUSES SERIOUS MENTAL BURDENS

相信大家都听过‘头发是三千烦恼丝’，但是，很矛盾的，脱发会更加让人烦恼。脱发问题不仅使人看起来苍老，而且还将导致情绪低落，甚至忧郁症，破坏了生活素质。

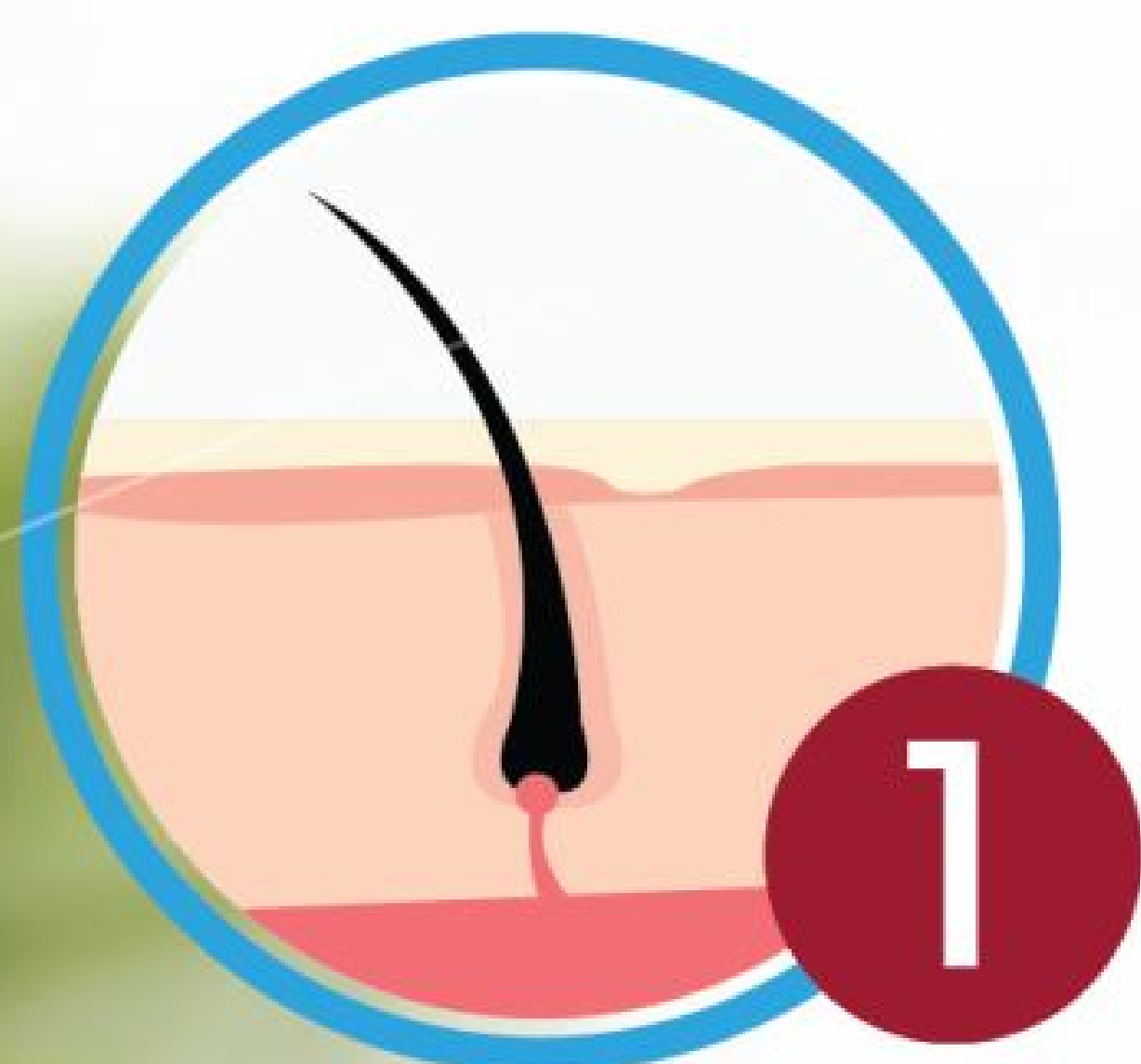
The hair loss problem do not merely affects an individual's appearance, but also lead to mood swings and even depression, which could ruin one's quality of life.

头发生长周期

HAIR GROWTH CYCLE

头发的正常生长周期可分成三个阶段：

The normal hair growth cycle can be divided into 3 stages:



成长期 (平均2-6年);

Growth period (average 2-6 years);



退化期 (平均3个星期);

Degradation period (average 3 weeks);



休止期 (平均3个月)。

Resting period (average 3 months).

头发每一个月平均生长1cm，而每一天大约会有60-100根头发脱落。

The average rate of our hair growth is 1 cm/month, and people naturally lose between 60-100 strands of hair each day.

您是否有以下脱发症状？

DO YOU HAVE THE SYMPTOMS OF HAIR LOSS?



A

头发变细
Hair thinning



B

一天掉发超过100根
Lose more than 100 strands of
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C

轻轻拉头发，超过两根头发掉落
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D

头皮明显可见，头发分线变宽
The scalp is clearly visible and
the hairline becomes wider

如果您面对其中一项症状或更多，那么必须更加提高警惕。

If you face any of the symptoms listed above, then you must be more alert and take precaution steps.



脱发 在于头皮问题

HAIR LOSS DUE TO SCALP PROBLEMS

虽然经常洗头，但头皮还是存在这些问题：油腻，瘙痒，敏感，发炎，头皮屑。。。您是否面对这些烦恼压力？其实以上问题并非一定因不良个人卫生习惯导致，而是源于头皮健康问题。头皮不健康，其抵抗力下降，当头皮遇到外来刺激时，就会出现上述头皮状况，续而导致脱发问题。

Although we always shampooing hair, these scalp problems might still exist: greasy, itchy, sensitive, inflamed, dandruff..... Are you facing these troubles? In fact, the problems above are not necessarily caused by poor personal hygiene habits, but caused by scalp health problems. If our scalp is unhealthy, its immunity will decline; so when the scalp encounters external stimuli, the scalp problems above will occur, which will induce hair loss.

那么，什么是头皮问题罪魁祸首？

SO, WHAT ARE THE ROOT CAUSES OF SCALP PROBLEMS ?



A 空气干燥 Dry Air

空气干燥/长时间吹冷气：头皮不够滋润，角质层的老细胞脱落得快，头皮屑就多。

Dry air/ air-conditioning: Your scalp will be dry and not moist enough, old cuticle cells fall off rapidly, causing more dandruff.



B 化学因素 Chemical factors

化学因素：头发烫染将刺激头皮，造成头皮敏感/毛囊炎。另外，化学成分堵塞毛孔，使头皮无法得到充足氧气，干扰头发生长。

Chemical factors: The chemicals used for hair dyeing or hair rebonding will irritate your scalp, causing scalp sensitivity/folliculitis. In addition, the chemical constituents will clog the scalp pores, scalp will be unable to get sufficient oxygen, thus interfere with hair growth.



C 环境污染 Environmental pollution

环境污染/流汗：易产生真菌（马拉色菌），继而氧化头皮，引发头皮屑。

Environmental pollution/sweating: It allows fungus (Malassezia) to grow easily, which in turn oxidizes your scalp and causes dandruff.



D 辐射 Radiation

辐射：手机/电脑辐射导致内分泌功能紊乱，皮脂腺分泌旺盛。

Radiation: Cell phone/computer radiation will cause endocrine disorders, leading to excessive oil secretion on your scalp.



E 压力 Stress

压力: 影响新陈代谢, 缩短头发成长期, 头发提早进入休止期。

Stress: It will affect your metabolism and shortens your hair growth period, and also your hair will enter into resting period in the earlier time.



F 熬夜 Stay-up late

熬夜: 睡眠不足会导致内分泌紊乱, 刺激油脂分泌, 加重毛囊负担。

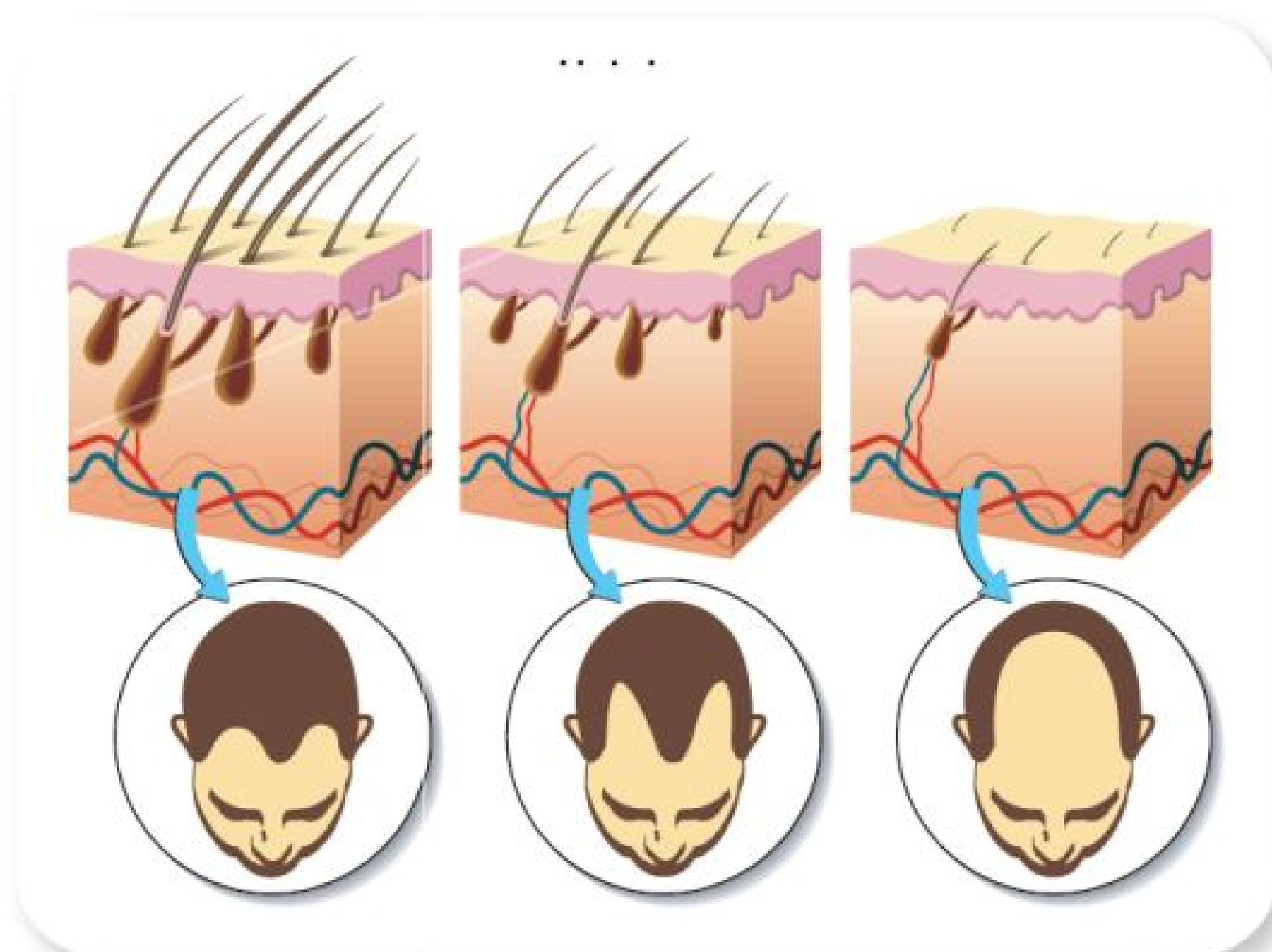
Stay-up late: Insufficient sleep will result in endocrine disorders, stimulate oil secretion and increase hair follicle burden.



G 不健康饮食方式 Unhealthy diet

不健康饮食方式: 吃油腻, 辛辣食物, 影响人体内分泌系统, 头皮油腻。另外, 缺少营养素摄取 (锌, 铁, 蛋白质), 发干将得不到足够营养, 无法健全成长。

Unhealthy diet: Eating oily/ spicy foods will affect your body's endocrine system and cause oily scalp. Furthermore, lack of nutrient intake (zinc, iron, protein) will cause insufficient supply of nutrients to your hair, making hair unable to grow healthily.



H 二氢睾酮 Dihydrotestosterone

二氢睾酮 (DHT): 过多雄性激素使毛囊开始萎缩, 头发变细, 发量稀疏。脱发中, 90%以上的案例都可归咎于DHT对毛囊的伤害。

Dihydrotestosterone (DHT): Excessive DHT (a hormone) will shrink hair follicles, cause hair thinning, and reduce hair volume. 90% of hair loss is attributed to DHT.

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4 HERBS HELP YOU TO GET CHARMING !



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酒花萃取物 - 减少DHT活动性，减少脱发及促进头发生长。
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2

迷迭香萃取 - 改善头皮和发根的血液循环，清洁头皮，滋养毛囊。

Rosemary extract - Improves blood circulation to the scalp and hair roots, clean scalp, nourish hair follicles.



3

荨麻萃取物 - 控制头皮油脂分泌，保持头皮清爽。

Nettle extract - Controls oil secretion on the scalp, keeps scalp refreshing.



4

款冬叶萃取物 - 舒缓发炎，发痒和痤疮的头皮。

Coltsfoots extract - Soothes inflamed and itchy scalp, reduce scalp acne.

为了安心改善大家的头皮问题，长春公司全新推出了Phytolab花草研头皮精华露。此精华露富含以上4大天然草药：酒花，迷迭香，荨麻和款冬叶萃取物，能达到振兴与恢复健康头皮的效果，让您的魅力从“头”出“发”。

In order to improve your scalp problems, we have newly launched the Phytolab Healthy Scalp Revitalizing Tonic. It is enriched with the 4 natural herbs listed above: hops, rosemary, nettle and coltsfoots extracts, which can help you to revitalize and restore a healthy scalp.

头皮保养的重要性不容忽视

DO NOT NEGLECT THE IMPORTANCE
OF SCALP CARE



保持自信与年轻亮丽是人人一生渴望并不断追求的事。但是，生活中，人们只是关注面部护理，却忽视了头皮保养的重要性。令人惊讶的是，头皮老化速度竟是脸部老化速度的八倍。头皮和面部皮肤是相互关联的；当头皮松弛，嘴角和眼角将会下垂，脸部也将形成皱纹。

作为肌肤的一部分，头皮与面部一样需要用心呵护。就像盖房子要先坚固地基，若想要头发健康生长，您必须先为头皮这片土地进行有效“施肥”。事实上，头皮就像土壤，垃圾残留太多或得不够养份，就长不了茂盛的树（头发）。只有健康的头皮才会有健康的毛囊，健康的毛囊里才会生长出健康的头发。

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As part of the skin, your scalp needs the same care as your face. Strong foundation is important for buildings; so if you want your hair to grow healthily, you have to "fertilize" your scalp first. In fact, the scalp resembles soil, when there is too much waste or insufficient nutrient supply to the soil, the tree (hair) will not grow healthily. Only healthy scalp will have healthy hair follicles, and then only healthy hair follicles will grow healthy hair.



结语

CONCLUSION

头皮问题的发生是渐进式而非一夕之间形成的；当您已经察觉到某种头皮问题或是脱发时，代表问题早就潜伏很久了。然而，想要进行头皮的护理和症状改善时，需要投入的时间和金钱也多了起来，难度也提高了。平日小小的头皮保养远远胜过大撒钞票的护发行动！因此，大家一定要趁早在日常生活中注意头皮的保养，以免为时已晚！

Scalp problems occur gradually but not in a flash; when you realize the scalp or hair loss problems, the problems actually have been in existence for a long time. By the time, when you want to care and improve the symptoms of the scalp problems, you will need more time and money, making it more difficult. Routine scalp care is far better than an extensive hair care action! Therefore, we must pay attention to our scalp care in our daily routine, before it is too late!

New Product

PhytoLab



Healthy Scalp Revitalizing Tonic

花草研 头皮精华露

Available from **16.04.2018** 开始发售



HOPS
酒花



ROSEMARY
迷迭香



NETTLE
荨麻



COLTSFOOT
款冬



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CP	RM147.50	RM162.30	SGD56.50
BV	50	50	50



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