

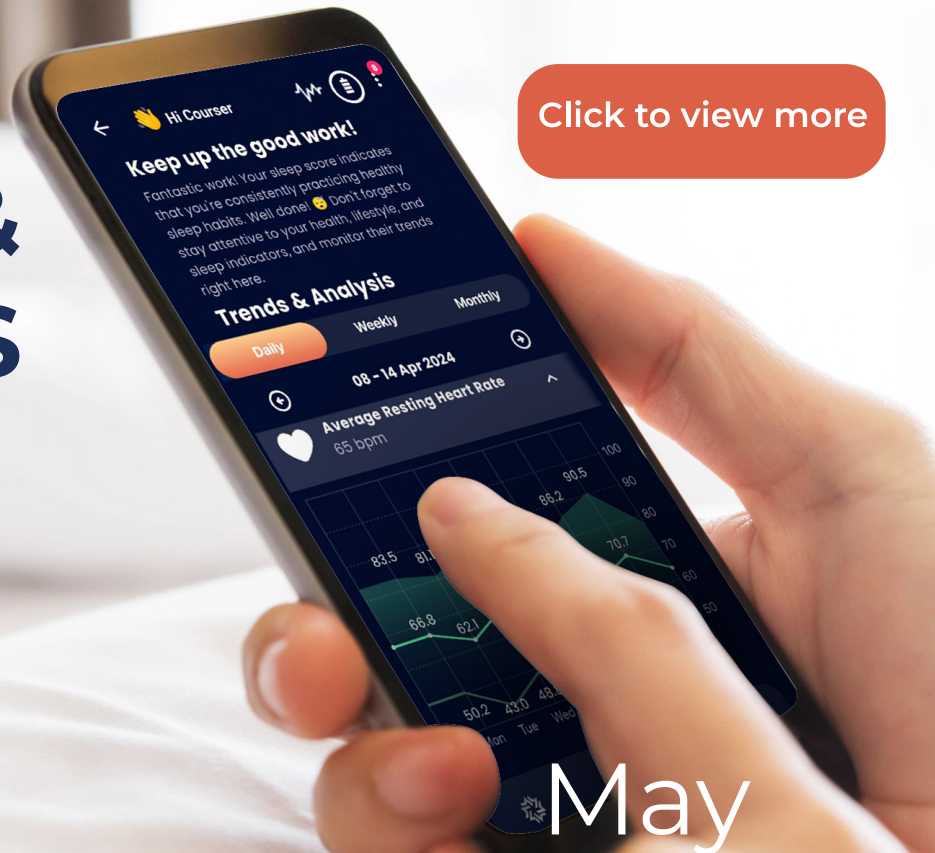
BIO Beauty News



May Edition

TRENDS & ANALYSIS IS HERE!

Get set to elevate your health with this latest feature, launching in **May!**



May

2024



“Congratulations to our APRIL BB Ring Challenge Grand Winner!

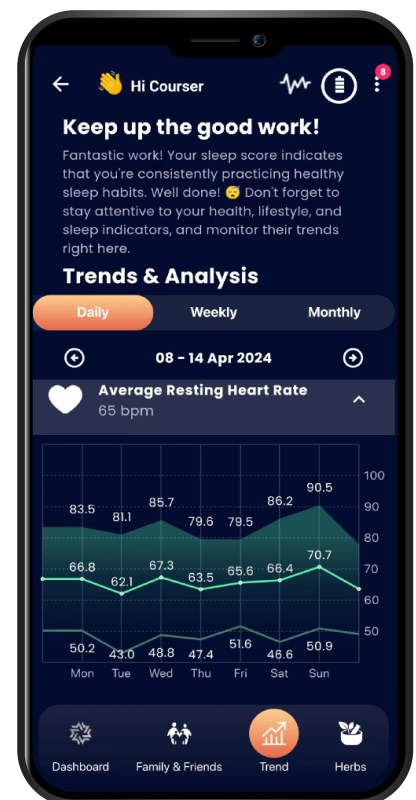
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WHAT'S NEW FOR THE MONTH OF **MAY**

Exciting News! The first phase of **Trends & Analysis** is here! Get set to elevate your health with our upcoming feature, launching in May!

Say farewell to guesswork as it provides concise summaries of your sleep and health data daily, weekly, and monthly. Stay tuned for game-changing experience that will empower you to level up your sleep game!



HERE'S TO THE WINNERS!

Congratulations to all our winners!

Your achievements are truly inspirational, serving as beacons of motivation for others. Your energy and dedication not only propel your own success but also inspire those around you to cultivate healthy habits and strive for greatness. Keep shining and spreading positivity wherever you go!

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 1: BB ring challenge
I would not lie that it was tough to get started on my workout. Thanks to the challenge, I push myself through it and I was glad that I did. Surely it's hard to start but the reward was great. I felt good and energized after my workout. Hopefully I can continue to strive to ma... See more

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 2: BB ring challenge
Tried sleeping earlier yesterday but my mind was still alert and not tired yet. Took some time to fall asleep and decided to put some aromatherapy (lavender with frankincense) to help relax and calm me down. Wake up this morning feeling alright but could be better... See more

Ong Mei Lin is feeling happy. · 4.4 · 11:11
Day 3: BB ring challenge
Make it a point to exercise daily, either a simple brisk walk while grocery shopping (or park car further away from the entrance so you can walk more) or exercise for at least 15-20 mins a day to keep healthy... See more

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 4: BB ring challenge
Unfortunately I had to sleep late yesterday but I was able to wake up early and my morning workout was... See more

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 5: BB ring challenge
I personally use my room to be moderately cold. I usually set my air-conditioner to 22 deg Celsius throughout the night. I also switches on my ceiling fan all the speed for ventilation. To prevent the room from getting stuffy, I always 10-15 min of light in my bedroom room and I always have a bottle of drinking water beside my bed for quick rehydration. I've managed to keep my routine yesterday... See more

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 6: BB ring challenge
I personally use my room to be moderately cold. I usually set my air-conditioner to 22 deg Celsius throughout the night. I also switches on my ceiling fan all the speed for ventilation. To prevent the room from getting stuffy, I always 10-15 min of light in my bedroom room and I always have a bottle of drinking water beside my bed for quick rehydration. I've managed to keep my routine yesterday... See more

Revels @ Ong Mei Lin · 4.4 · 11:11
Day 7: BB ring challenge
I personally use my room to be moderately cold. I usually set my air-conditioner to 22 deg Celsius throughout the night. I also switches on my ceiling fan all the speed for ventilation. To prevent the room from getting stuffy, I always 10-15 min of light in my bedroom room and I always have a bottle of drinking water beside my bed for quick rehydration. I've managed to keep my routine yesterday... See more

GRAND WINNER
GRAND WINNER
GRAND WINNER

ONG MEI LIN

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Sharon Chow @sharonchow · 13.4 · 11:11
Day 1: BB ring challenge
Had my missed workout of cardio walking on the treadmill and strength training in gym! Although I slept at 11:30pm but had good deep sleep. Will continue to sleep at 11pm moving forward! #markleong #ringchallenge #markleong Dr. Mark Leong

DAY 1 WINNER
DAY 1 WINNER
DAY 1 WINNER

SHARON CHOW

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Vivian Tan @viviantan · 11.1 · 11:11
BB Ring Challenge Day 2
Dinner was "hunder-ric", one glance nothing close to the food chart shared by Fami. It did a quick Google to identify each ingredient in my bag to see if they will benefit my health. On yes, look at the list... See more

DAY 2 WINNER
DAY 2 WINNER
DAY 2 WINNER

VIVIAN TAN

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Rosalind Wong @rosalindwong · 13.4 · 11:11
Sleep is a precious commodity that most of us take for granted. However, if one has ever suffered from restless insomnia, you'll truly cherish your sleep and be so envious of those blessed with peaceful slumber. I went through a patch of worrying insomnia in the UK where sleeping pills didn't work & knock out sleep then I was awake for the rest of the day and this went on for several. I tried everything from medication to alpha music, and finally, I even went... See more

DAY 3 WINNER
DAY 3 WINNER
DAY 3 WINNER

ROSALIND WONG

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

San Leif Joana @sanleifjoana · 11.1 · 11:11
Day 4: BB ring challenge & Tea & Sleep
Sleep score wasn't great last night. Good reminder to drink Chamomile tea tonight to calm myself for better sleep after another ASE run this afternoon. To all caregivers and us, sleep is often affected because we worry about our loved ones or have to tend to them throughout the night. Oh, when possible, rest well, eat well, drink well, breathe well. We have to take care of ourselves and to have the physical, mental and emotional energy and strength to be able to take care of loved ones who need us. That goes for a nice warm cup of tea... Sleep! Good luck for the aroma and taste! Dr. Mark Leong #markleong #ringchallenge

DAY 4 WINNER
DAY 4 WINNER
DAY 4 WINNER

JOANN LOH

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Deb Seah @debseah · 11.1 · 11:11
BB Ring Challenge Day 5
Preparing my bedroom to get ready for bedtime, turned on my aircon to down the pho, lighted my scented candle (for aromatherapy, sprayed candles & lavender essential oil on my pillow) & Reading a book. Enjoy my cosy bed while listening to soft instrumental music in the background. @ Dr. Mark Leong #ringchallenge #ringchallenge

DAY 5 WINNER
DAY 5 WINNER
DAY 5 WINNER

DEB SEAH

BIO Beauty Ring Challenge | **Hours 7 Days Sleep Challenge** | **Dr. Mark Leong**

-CONGRATULATIONS-

Suelyn Yoong @suelynyoong · 11.1 · 11:11
Day 6: BB ring challenge - it was a super hectic day! Just bringing my elderly dad for his latest US doc visit, physiotherapy, and running errands and doing house chores etc. Decided to prioritize sleep last night - hence this Day 6 post is a bit delayed. It's usually cool the bedroom few hours with @leong-ac-conditioning & it will be asleep just before going to sleep with a table fan after that. However, the heat is back again & F07 temperature was the highest in the week! The bed really in the room did feel warm to the touch despite cooling the room in advance. Wake up, feeling rather hot and wanted to use the heater around 5. After on Sat morning I went back to sleep till 7am but somehow BB ring registered my waking up time as 5:20am @ Dr. Mark Leong #ringchallenge #ringchallenge Let's see how my sleep will fare (to be continued in day 7 post) @ Dr. Mark Leong #ringchallenge #ringchallenge

DAY 6 WINNER
DAY 6 WINNER
DAY 6 WINNER

SUELYN YOONG



Dr. Mark Leong

BIO *Beauty*

Protect and Connect, Heartbeat by Heartbeat



COME, LET'S LEARN & PARTY



Exciting Announcement!

Mark your calendars for the BB Ring Party, happening every month!

Join us for an insightful session featuring information sharing, previews of upcoming features, and dedicated support to enhance your BB Ring experience.

SG (09th May 2024)

<https://calendly.com/farmzpartner/sg-bio-beauty-party>

MY (29th May 2024)

<https://calendly.com/farmzpartner/my-bio-beauty-party-may>

RSVP NOW!

The Revolutionary *Bio-Beauty* Ring

From sleep to monitoring your heart rate, overnight blood oxygen level and body temperature, Bio-Beauty Ring unlocks insights to help you improve your health every day.

Shop Now



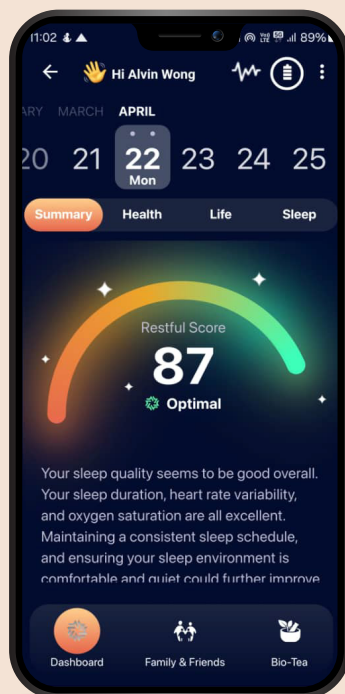
Scroll to discover



Exciting news!

We're launching our new BB Ring website at www.biobeautyring.com, where you can explore and purchase our latest bio-beauty products & technology. Stay tuned for our monthly BB Ring party, and don't miss out on special offers, giveaways, and more. Follow us on our social media for more features and updates!

Turn sleep into insights with your restful score



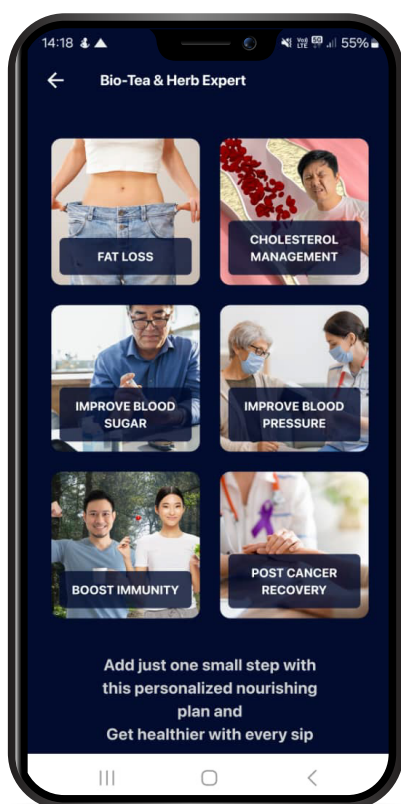
Summary, Health, Life and Sleep

This ring summarises and provides you an in-depth analysis of your sleep patterns and tell you how your body feels. You'll know when you need more sleep, when you might be getting sick by monitoring shifts in your finger temperature and heart rate, and more.

As a Bio-Beauty Ring Member, your experience becomes more personalized and valuable the longer you use it.

BIO-TEA LAUNCH ON OUR APP

We are thrilled to announce a significant milestone in our journey: the official launch of **Bio-Tea on our app!** This exciting development marks a new chapter in our commitment to promoting wellness and providing premium health products to our community.



What's Bio-Tea?

Bio-Tea is a meticulously crafted blend of natural ingredients, expertly curated to promote holistic well-being. Each tea variant is infused with potent botanical extracts and enriched with essential nutrients, offering a refreshing and rejuvenating experience with every sip.

Why Choose Bio-Tea?

Natural Ingredients: We source the finest herbs and botanicals to ensure that Bio-Tea delivers pure, unadulterated goodness in every cup.

Health Benefits: From boosting immunity to aiding digestion, each variant of Bio-Tea is designed to target specific wellness needs, promoting a balanced and vibrant lifestyle.

Sustainable Practices: We are committed to sustainability and ethical sourcing, ensuring that every cup of Bio-Tea supports both your health and the planet.

FUN FACT

A fun fact about deep sleep is that during this stage, also known as slow-wave sleep (SWS), your brain emits large, slow waves called delta waves. This phase of sleep is when your body undergoes the most significant restorative processes, like tissue growth and repair, immune system strengthening, and the release of growth hormones. It's also the hardest stage to wake up from, which is why you might feel especially disoriented if you do wake up during deep sleep.



BB Ring Affiliate

Join us and become an affiliate today! By partnering with us, you can tap into exciting opportunities to grow your business and expand your reach.

As our affiliate, you will receive access to:

1. Exclusive Profit Sharing
2. Usage of our retail space
3. Enjoy a 'Done For You' Sales Kit

Don't miss out on this chance to join our thriving community and unlock your full potential. Sign up now and start your journey towards success!

<https://go.drmarkleong.com/bbring-affiliate-program>



Dr. Mark Leong

BIO *Beauty*

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