

社群媒體補給站

社群媒體訊息及連結

美安台灣瞭解身為繁忙創業者的您，或許沒時間處理或撰寫社群媒體訊息。「社群媒體補給站」提供您有用的行銷工具、資訊及優惠活動相關訊息，讓您可直接轉貼於您個人社群媒體上。以下為本週推薦的動態訊息，請在閱讀後，轉貼到您個人的臉書塗鴉牆上。請記住，經常更新您的動態消息，您可以和您的客戶及潛在客戶產生更多更好的互動！請選取您所喜愛的「社群媒體補給站」訊息，一天一則轉貼在您的社群媒體而非一次全部轉貼，將能得到最佳社群媒體行銷的效果。美安台灣希望您能善加利用「社群媒體補給站」所提供的最新訊息，進行自己超連鎖®事業的「社群行銷」，搭乘這股社群風潮，航向永續收入的藍海。

用美安行動商務，找餐廳到臉書分享一次搞定！

Facebook:

【臉書打卡分享有新招】出外遊玩找不到好餐廳？用『美安行動商務』mtMobile APP，找店家→打電話訂位→路線規劃→臉書分享，一次輕鬆搞定！什麼！有這麼方便的 APP？趕快來學怎麼用～

請將下列連結複製到您的臉書塗鴉牆上

<http://goo.gl/E05jvE>



Facebook:

【吃魚的好處】飲食要均衡，飲食中『必需脂肪酸』Omega-6 與 Omega-3 的比例也要平衡，在台灣飲食習慣中，Omega-6 與 Omega-3 的比例為 20:1，多吃鮭魚、鯖魚、蝦子補充 Omega-3，幫助心血管運作及身體新陳代謝！<http://www.pinterest.com/shopcom/>



Facebook:

【營養調色盤 X 白藜蘆醇】豐富五色蔬果〈綠色、紅色、黃色、白色、紫色〉的『植化素』是蔬果中的精華，白藜蘆醇屬於黃色蔬果中的一種類黃酮素，具抗氧化功效、幫助預防心血管疾病及防癌等，葡萄、藍莓、桑椹、紅酒和花生都是白藜蘆醇的良好攝取來源。衛福部建議每天平均攝取五色蔬果，可以獲得不同生理功能的植化素哦！



Facebook:

【88 節獻好禮】一家之主辛苦了！老爸外出打拼，回到家他的健康就由我們來守護，TW.SHOP.COM 活力健康組合有綜合維他命、複方維他命 B、Omega3 維他命 E 魚油膠囊，顧健康還省荷包，現買現省 36%，快到這裡看～<http://goo.gl/fWRCCZ>

活力健康組合

愛尚它®綜合維他命
愛尚它®複方維他命B
Omega III 維他命E魚油膠囊食品

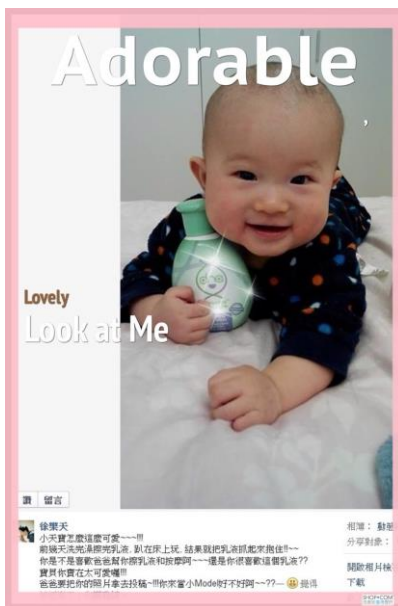
現金回饋

買健康省荷包



Facebook:

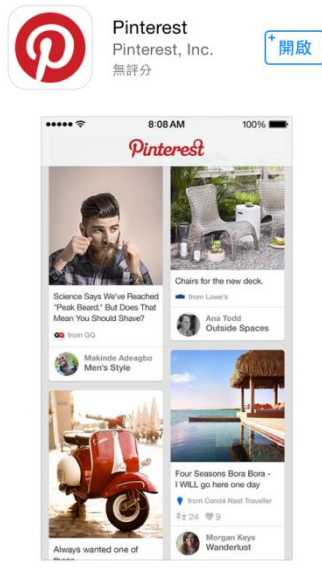
【享受與孩子的肌膚之親】透過肌膚之親增進親子關係，網友樂天在小寶貝洗完澡後，用擦乳液幫他按摩，擦完後小天寶抱著乳液笑得好燦爛哦～呵護肌膚與天倫之樂一次滿足



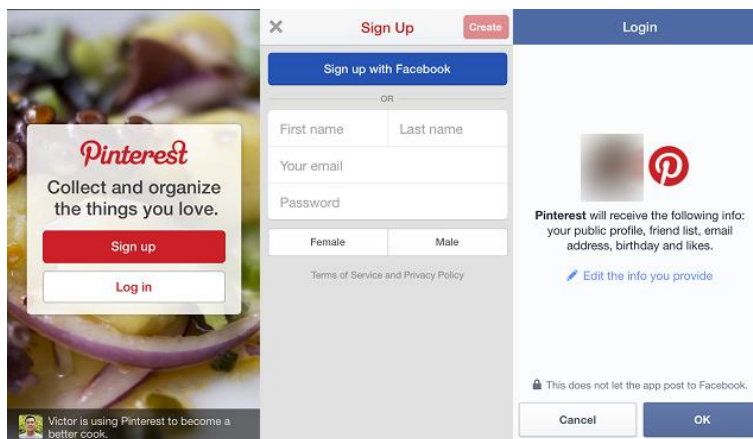
科技工具小撇步

喜歡收集、交流圖片資訊的人有好工具了，Pinterest 是類似網路剪貼簿概念的社群媒體，以影像為主、文字為輔的呈現方式，蒐集照片、影片更方便，還可隨手轉發到其他社群媒體。下載 Pinterest APP 到平板跟手機，跟著下面的步驟將您喜歡的圖片『釘』〈Pin〉上去，就可以把行動網路剪貼簿帶著走。

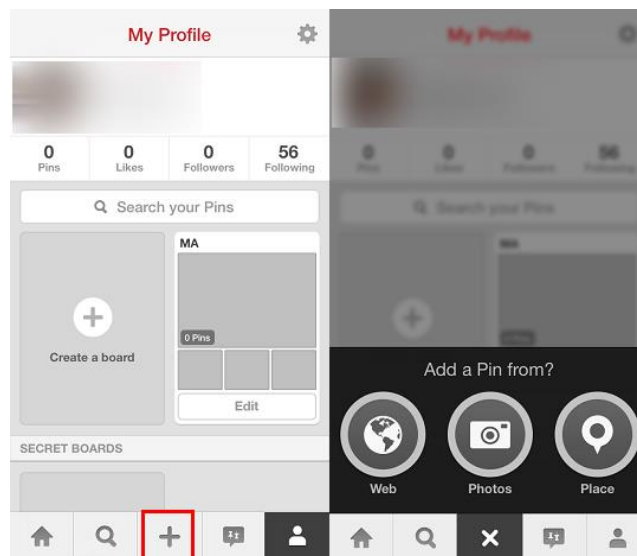
1. 搜尋『Pinterest』下載 Pinterest APP。



2. 建立您的 Pinterest 帳號，可以註冊一個新的帳號，或用臉書帳號直接登入。

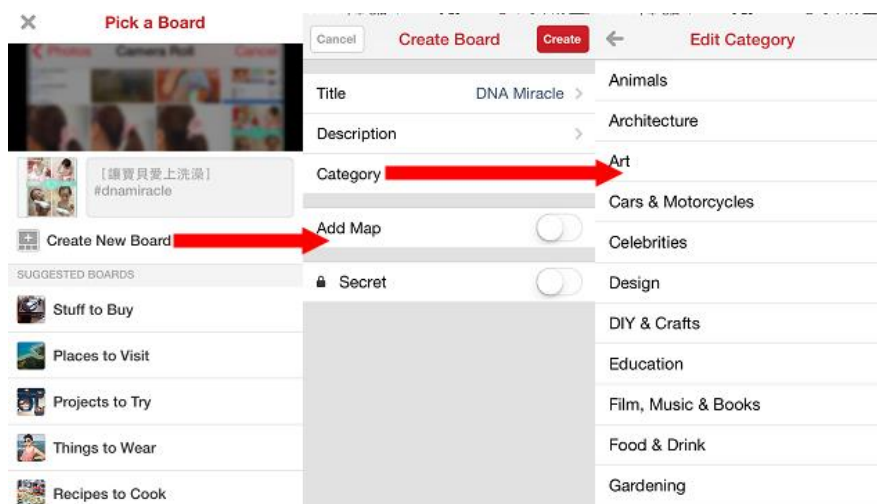


3. 進入主頁後點下方『+』來釘〈Pin〉圖片，有『網路/Web』、『相機/Photos』和『地點/Place』三種圖片選擇來源方式。



4. 接著幫圖片選擇適合的分類〈Board〉，要建立新的方類請點『Create New Board』，輸入分類名稱〈Title〉

並選擇類別〈Category〉。



5.釘圖完成後點選下圖紅框的圖示，就可以輕鬆分享到其他社群媒體，讓更多朋友看見！



馬上來體驗一下 Pinterest 整理方便、分享快速的魅力吧！

部落格文章轉貼大補帖

「部落格文章轉貼大補帖」每週推薦一篇精選文章，讓您方便修改、轉貼到您的個人部落格。只要您轉貼「文章轉貼大補帖」精選文章到自己的部落格上（奇摩部落格、痞客邦、yam 天空、隨意窩 Xuite...），您就是在幫自己的美安無牆百貨商場創造更多業績和宣傳。請記住，千萬不要忘記將自己美安無牆百貨商場的網址也加入到精選文章中，這會幫忙引導更多的潛在顧客到您的美安入口網站哦～

請將下列文章轉貼到您的個人部落格或是各著名的部落格上：

正確洗臉五要事



夏天的黏膩總讓人忍不住想多洗幾把臉消暑，洗臉是臉部保養的第一個，也是最重要的一個步驟。跟著下面的方式用正確的方式洗臉，簡單做好臉部基礎保養。

洗臉次數

洗臉建議一天不要超過三次，一般膚質可早、晚各洗一次。

洗臉最佳時機

建議可在運動後或一整天工作結束後洗臉，傍晚洗臉較早上洗臉更加重要，早上洗臉只是在清除前晚睡覺時產生的油脂、眼屎等。

用溫水洗臉

建議使用攝氏 25~30 度左右的水溫，水感覺起來微涼、微溫是較適合的溫度，刺激性最小。過冷的水不容易清除油垢，過熱的水則太刺激。

洗臉步驟

1. 先將手洗乾淨。
2. 將洗面乳推勻或搓至起泡泡。
3. 輕柔清洗臉部。
4. 用溫水清洗乾淨。
5. 洗完後，用乾毛巾輕按臉部把水吸乾。

洗臉順序

額頭→太陽穴→眉毛→鼻子→眼睛周圍→臉頰→嘴巴周圍→下巴→頸部。

選擇適合自己膚質的臉部清潔用品，再加上正確的洗臉方式，用簡單的方式做好臉部基礎保養，舒適一夏！

一起加入美安台灣社群媒體吧！



Facebook (www.facebook.com/markettaiwan)

Twitter (www.twitter.com/markettaiwan)

YouTube (www.youtube.com/TaiwanVideos)

Plurk (www.plurk.com/markettaiwan)

Pinterest (www.pinterest.com/markettaiwan)

Social Media Toolbox

Market Taiwan knows that as a busy entrepreneur, you may not have the time to handle or write social media messages. The Social Media Toolbox provides you with useful marketing tools, information and deal-related news, which helps you interact better with your existing and potential customers. Select the messages you like from Social Media Toolbox. Post one on your social media accounts each day, rather than posting them all in one go. This will achieve the best effects across the social media market. Market Taiwan would like you to take advantage of the information provided on the Social Media Toolbox to help you with your own social marketing of your UnFranchise® business. Jump on the social bandwagon, and start earning an ongoing income.

[mtMobile APP helps you search for restaurants and share in Facebook.](#)

Facebook:

【Facebook check-in】 Cannot find good restaurants? Use mtMobile APP to search → make a reservation → plan a route → share in Facebook at one time. Let's learn how to use it right away!

Please copy the following link to your facebook wall

<http://goo.gl/E05jvE>



Facebook:

【Advantages of eating fish】 Eating a balanced diet, and proportion of "essential fatty acids" Omega-6 and Omega-3 is also needed balanced. In Taiwan eating habits, ratio between Omega-6 and Omega-3 is 20: 1. We all should eat salmon, tuna, shrimp to supplement Omega-3, help cardiovascular functioning and the body's metabolism! <http://www.pinterest.com/shopcom/>

OMEGA-3
你知道嗎?

80%
服用營養補充品的人裡
有80%的人也服用魚油

每日應服用3顆
500mg
含有3% EPA及
DHA的魚油膠囊

OMEGA-6與OMEGA-3
之每日建議攝取比例為6:1
各國實際攝取比例為:

美國 42:1
台灣 20:1
日本 24:1

OMEGA-3
在全球擁有
13
億的市場

每份食物OMEGA-3的含量

每份0.2磅	每份0.2磅	每份0.3磅	每份1.5磅
鮭魚罐	鱈魚	蝦子	鮭魚

Facebook:

【Nutrition palette - resveratrol】 "Phytochemical" in rich-colored (green, red, yellow, white, purple) fruits and vegetables is the essence of fruits and vegetables. Resveratrol belongs to one of flavonoids in yellow fruits, and it is an antioxidant, helps prevent cardiovascular disease and anti-cancer. Grapes, blueberries, mulberries, red wine and peanuts are good sources of resveratrol. Ministry of Health and Welfare recommends eating five kinds of fruits and vegetables with different colors, and you can get phytochemicals with different physiological functions!



Facebook:

【What do you get for your father?】 Father's day is coming! TW.SHOP.COM offers Optimal Wellness Kit, including Isotonix® MultiVitamin, Isotonix® Activated B-Complex, and Heart Health Omega III. Save your money and maintain your health! You can buy can save 36% right away, please check <http://goo.gl/fWRCCZ>

活力健康組合

愛尚它®綜合維他命
愛尚它®複方維他命B
Omega III 維他命E魚油膠囊食品

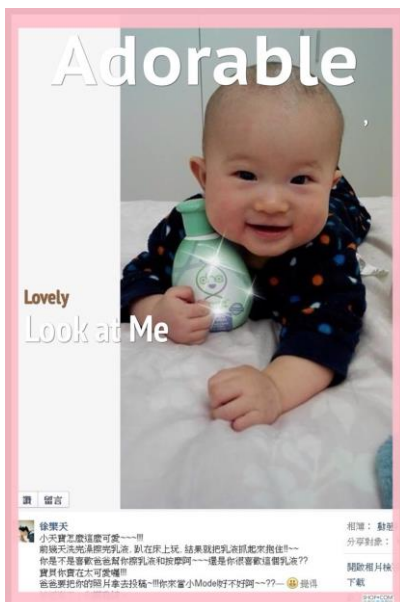
現金回饋

買健康省荷包



Facebook:

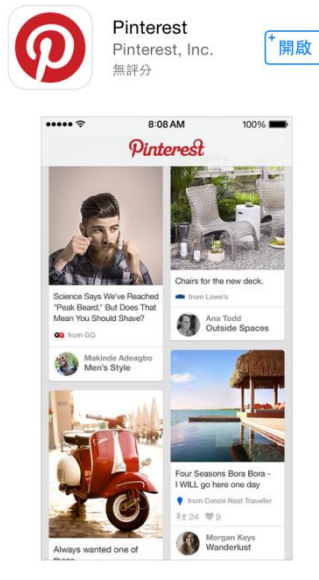
【Enjoy playing with your kid】 Enhance parent-child relationship with skin intimacy. Internet user Lotte uses lotion to massage his little baby after bath. The little baby feels satisfied and looks happy!



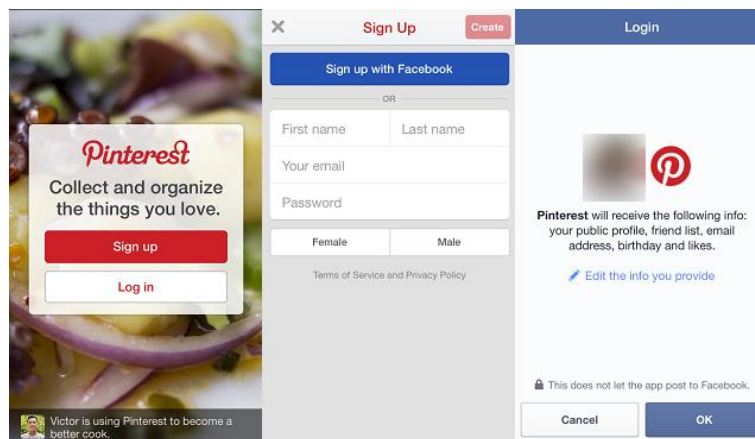
Tips for technical tools

If you like to collect or share photos, here's Pinterest! Pinterest is social media which is similar to internet clipboard, based on images and supplemented by texts. It's more convenient for you to collect photos and videos, you can also forward to other social media if you want. Download Pinterest app to your tablet and cell phone, than follow the following steps to Pin your favorite image, and you can take mobile network scrapbook with you!

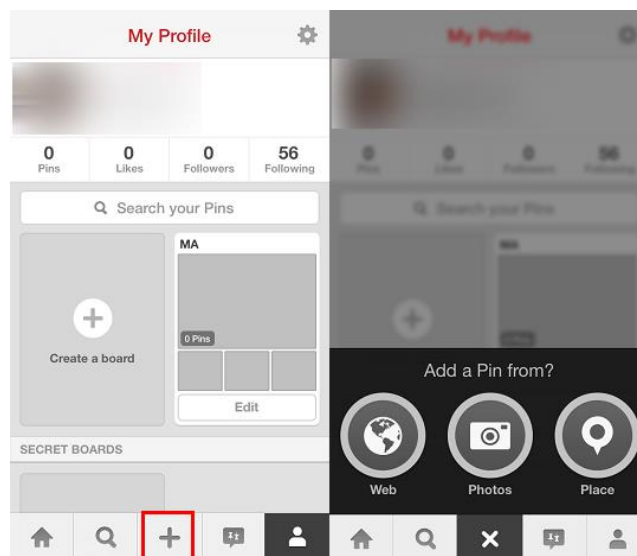
1. Search "Pinterest" and download Pinterest app ◦



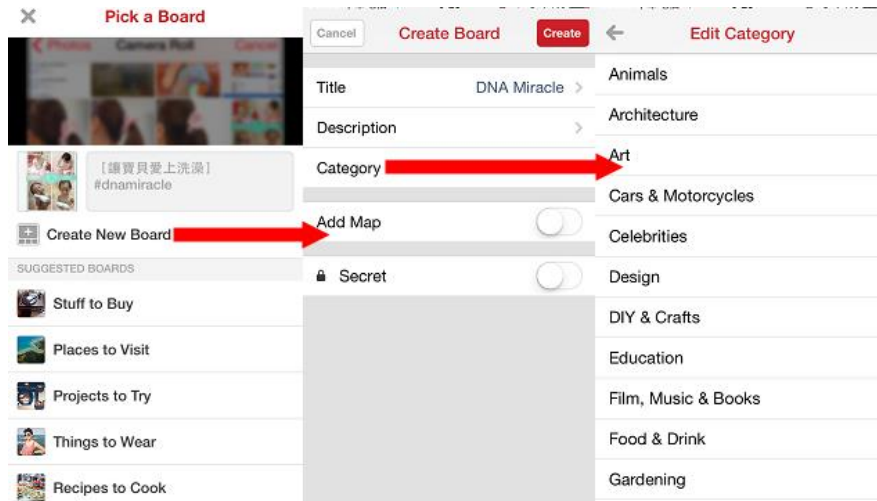
2. Establish your Pinterest account, you can register for a new one or log in with your facebook account.



3. After log in, click [+] below to Pin images, you can choose pics from [Web], [Photos] or [Place].



4. Then, choose the right Board for your images. If you want to establish a new one, please click [Create New Board], enter [Title] and choose [Category].



5. After you Pin your images, click on the red box icon and you can share to other social media!



Experience Pinterest NOW!

Blog Article Repost

“Blog Article Repost” selects one article every week. You can edit the article to your preference and post it on your blog. When you repost an article to your blog (Yahoo! Blog, Pixnet, Yam, Xuite, etc.) you’re helping promote your Market Taiwan mall without wall. Don’t forget to include a link to your web portal in the article. This will help direct more potential customers there.

Post the following article to your blog:

Five tips for properly wash your face



You always want to wash your face during hot summer. Washing face is the first and the most important step of skin care. Use the following tips to do facial maintenance simply.

Numbers of washing

It is suggested that do now wash your face over three time. For general skin, you can wash your face twice (morning and night).

When to wash

Recommended wash your face after exercise or after long day work. Wash in the evening is more important than the wash in the morning, because morning wash aims at cleaning grease and gum generated during sleep.

Wash with warm water

Recommended water temperature water to wash your face would be 25°C to 30°C. If you feel the water is tepid, it would be more suitable for your skin. Too cold water is not easy to remove grease, and too hot water is too stimulating.

Washing steps

1. Clean your hand first
2. Apply cleanser and rub to bubbles
3. Wash your face gently
4. Clean your face with warm water
5. After washing, tap the face with a dry towel to dry up the water.

Washing sequence

Forehead→Temple→Eyebrows→Nose→Around the eyes→Cheek→Around the mouth→Chin→Neck.

Choose facial cleaning supplies which are suitable for your skin, coupled with the correct way to wash your

face, and do facial maintenance simply. You will feel comfortable during summer!

Join Market Taiwan social media!



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YouTube (www.youtube.com/TaiwanVideos)

Plurk (www.plurk.com/markettaiwan)

Pinterest (www.pinterest.com/markettaiwan)