

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.

Five Tips to Tame Dry Skin

Facebook:

Do you show crow's feet when you smile in the dry weather of winter? Here are five tips to keep your skin moist in winter.

Google Calendar Helps You Manage Your Life!

Facebook:

With so many things to sort out in your life, don't test the limit of your memory. Write those down on Google Calendar. You can access and share your schedule anytime, anywhere.

Lose Weight in the Key Moment After Chinese New Year

Facebook:

Can't slip in the clothes you just bought before the Chinese New Year? To restore your figure, except for supplements, you need to follow the right diet rules.

Perfect Skin to Start the Year

Facebook:

Not having enough sleep during the Chinese New Year is taking a toll on your skin condition? Don't worry. Follow the regime 10 minutes a day, and you can have your perfect skin back.

Facebook:

Just started on a new year, and you're already feeling tired? Here's a secret to restoring energy: BCAA, which experts say can give you energy and a clear mind. <http://goo.gl/VNjkn>

Social Media Tip

Smart shoppers read reviews before they shop. Now on maNetwork, you can see reviews on products. You can also write your review, and recommend products to your friends.

Enter maNetwork. Choose your country, and then tell people what you want to find in Market Taiwan. When your friends see it, they can reply with their recommendation by hitting “review.”

Then enter “Browse products.” Search categories or use key words. Find products you’re interested in, and see what reviews others have about them. If you like the product too, you can buy it right away.

Based on your recent browse history, the system will also recommend products from partner stores. You can find and buy products quickly, and you can also review and recommend products. You can like a product, and you can share the news to let more people know.

Go to naNetwork and share with people the products you love and the reason you love them!

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 (Wretch, 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:

Tips to Keep Your Skin Moist in Winter:

In winter, your sebaceous glands are less active and the air is cold. Your skin can be dry, and the fine lines seem deeper. If you are in an air-conditioned room for a prolonged period of time, sometimes you can even see cracked skin.

These problems trouble you too? The following 5 tips can help you alleviate the problem:

1. Apply skin care products regularly

The skin becomes itchy and dry with deeper fine lines because it does not have enough moisture. So you should apply moisturizing products like lotions regularly. This is especially important after shower.

2. Don’t shower with hot water

Have you noticed that your skin can itch and shred after a hot bath? Hot water makes your skin dry. Bad water quality can cause skin allergy. When you take a shower or bath, do not use overly hot water and don’t take too long. The shower is a better choice than the bath. Install a shower filter, and your shower water quality is further assured.

3. Avoid irritating your skin

Chemicals can irritate your skin. So choose soap-free, alkali-free shower products. When you're doing house cleaning, wear gloves to prevent detergent damaging your skin.

4. Drink water regularly

Dry skin is a warning sign that you don't have enough water. When you have a sufficient amount of water in your body, your skin should be naturally moist. You can also use a mask to add water from outside your skin.

5. Take fish oil and vitamin A

These can enhance skin health, protecting it against cracking.

1. Change the way you cook:

You can steam, braise, or make a salad of food instead of frying. Avoid strong condiment like soy sauce. These can help you avoid taking in an excess of fat and calories.

2. A low fat and low sugar diet:

The Chinese New Year cuisine is tempting, but you should stick with the principle of as little fat and sugar and as much vegetables and fruit as possible.

3. Go easy on snacks:

During Chinese New Year snacks are usually everywhere and you can eat too much while watching TV. So keep them in the cabinet and take them out only when you're visited by guests.

4. Eat less and exercise more:

When you're watching TV during the holidays, you can do some simple exercise. And better yet, you can go out visiting your friends or see the country side.

5. Keep your resolution to lose weight:

You don't have to struggle to lose a few pounds during this time of year, but you should not lose sight of your decision. You can control your weight with supplements and weight in every day. This allows you to face the fact honestly and alert yourself.

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Twitter (www.twitter.com/markettaiwan)

YouTube (www.youtube.com/TaiwanVideos)

Plurk (www.plurk.com/markettaiwan)