

IVIS
Creative Portfolio
CHIN

2024

IVIS CHIN

Creative Professional

OBJECTIVE

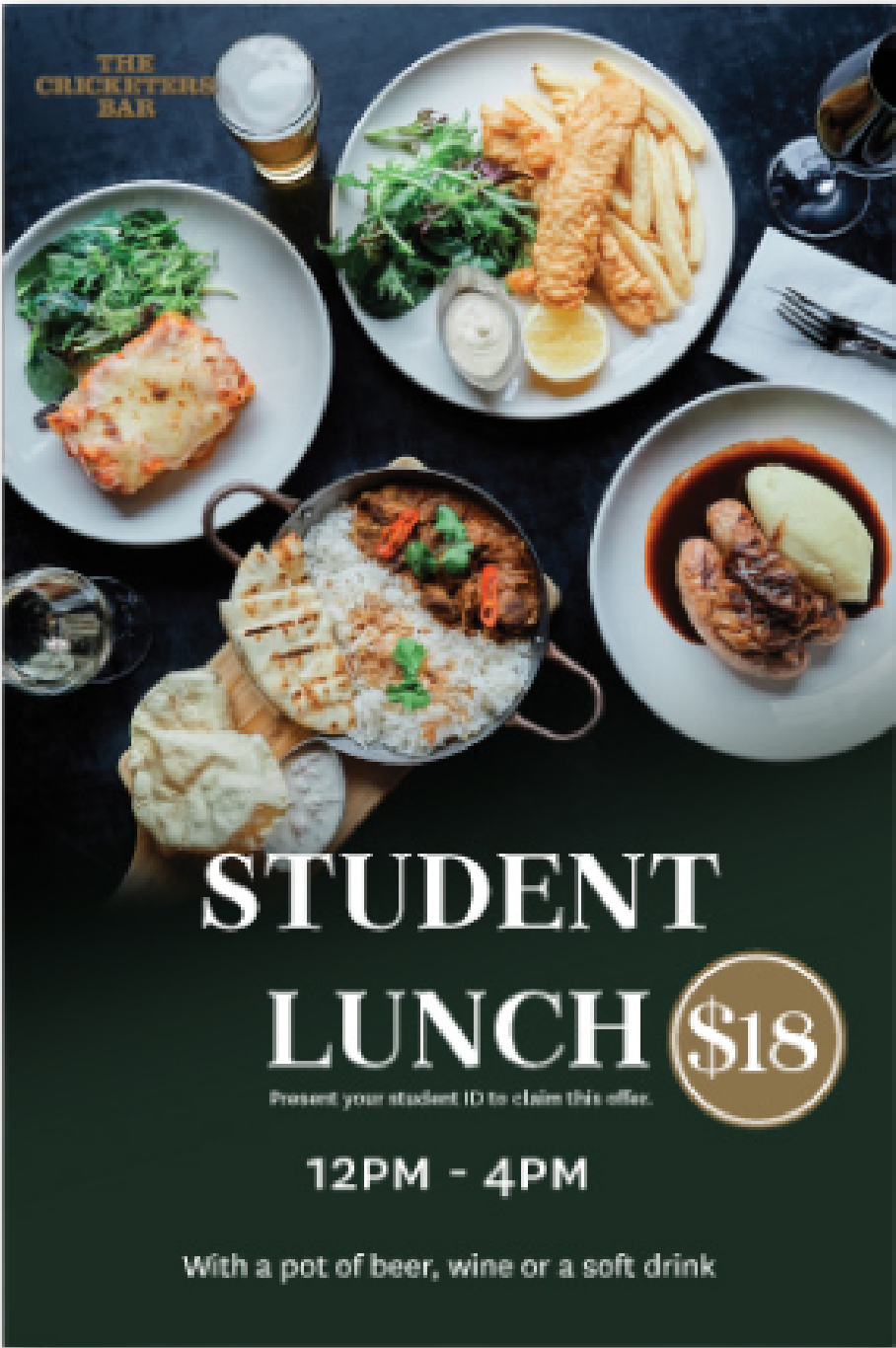
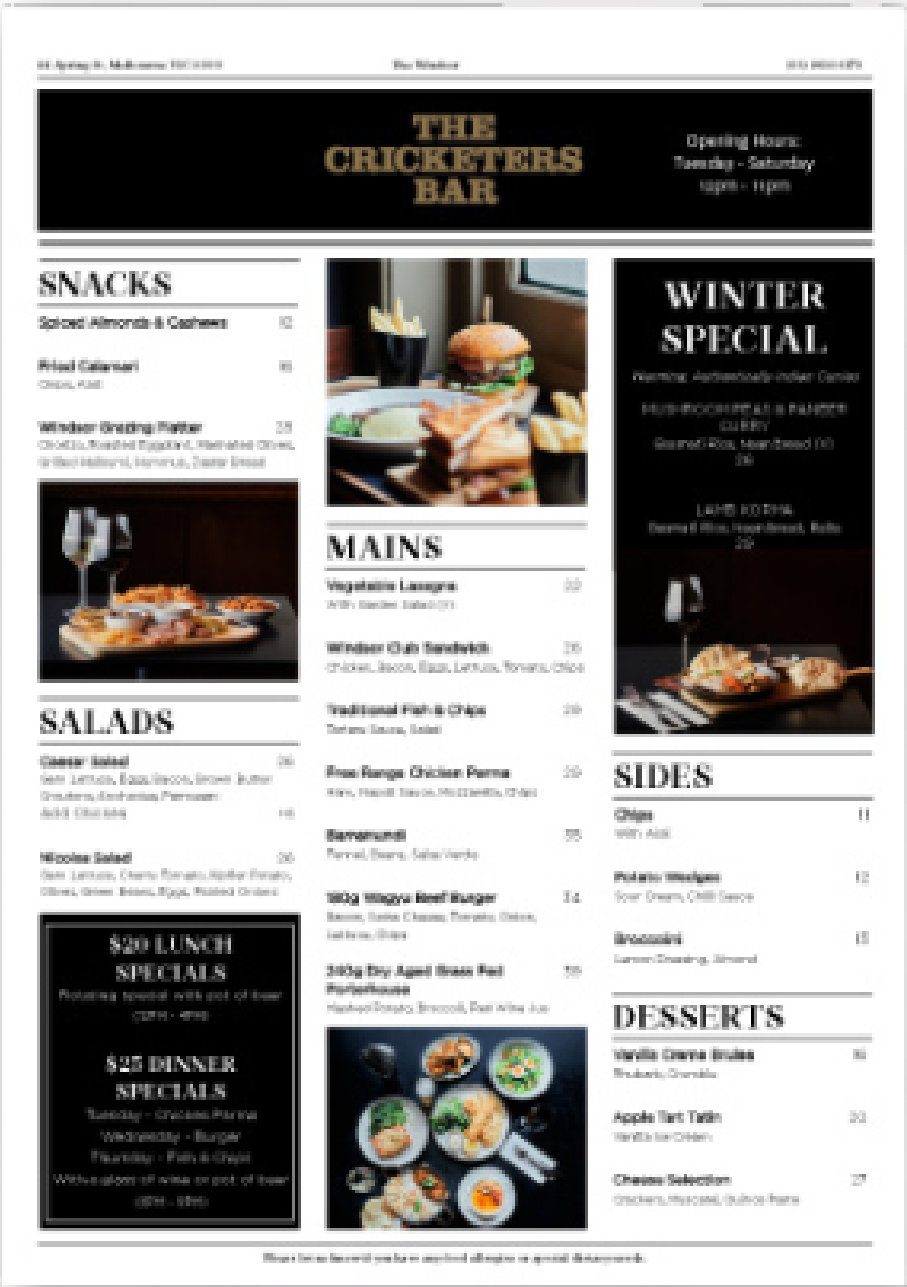
Creative professional with a diverse range of Graphic and Web Design skills. Develop creative content ideas for clients in various categories across all social and digital channels. Experience comprising the creation and management of digital content to deliver a strong customer focused presence.

Portfolio



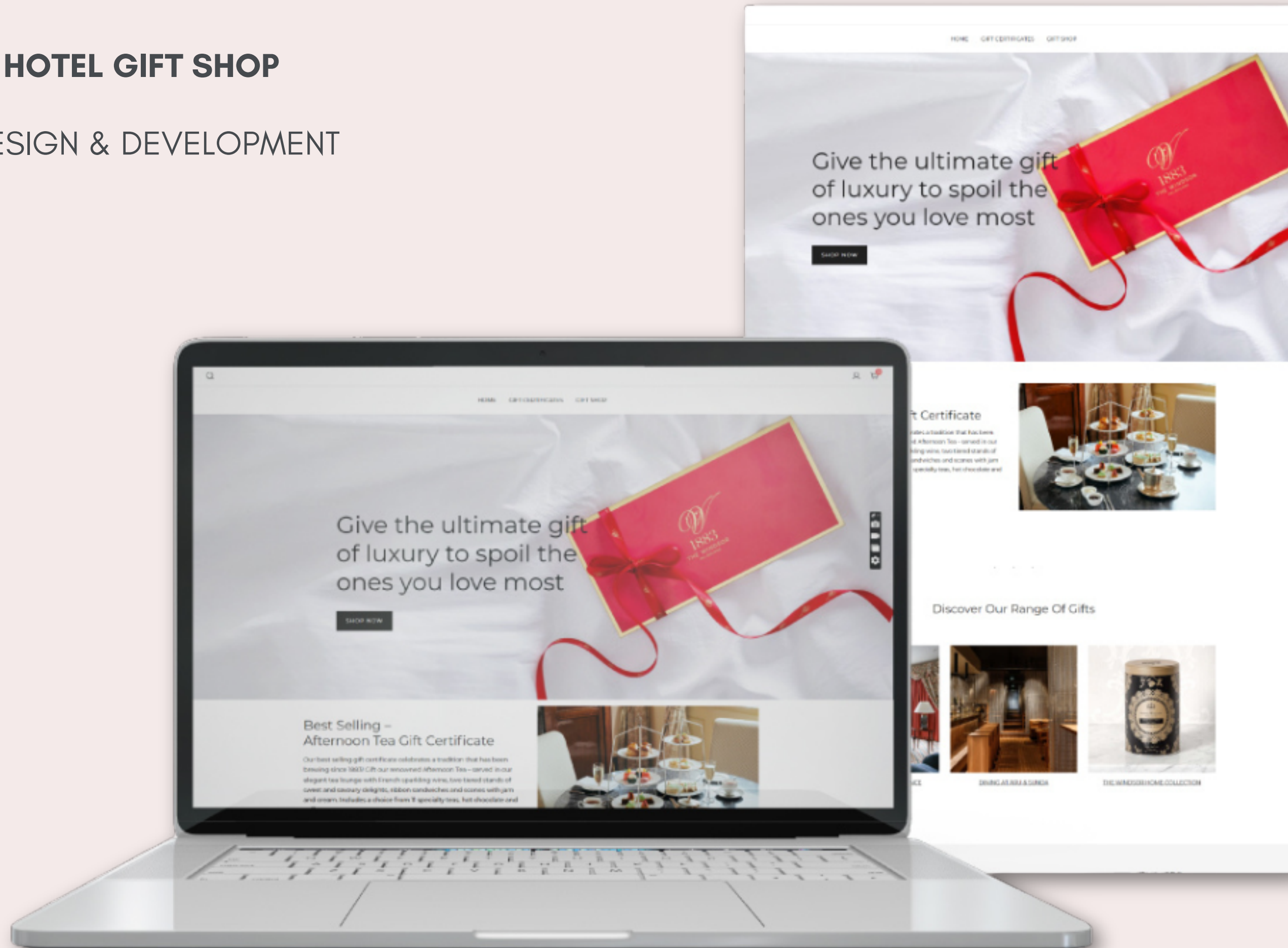
THE WINDSOR HOTEL - CRICKETERS BAR

- POSTER DESIGN
- MENU DESIGN
- PHOTOGRAPHY



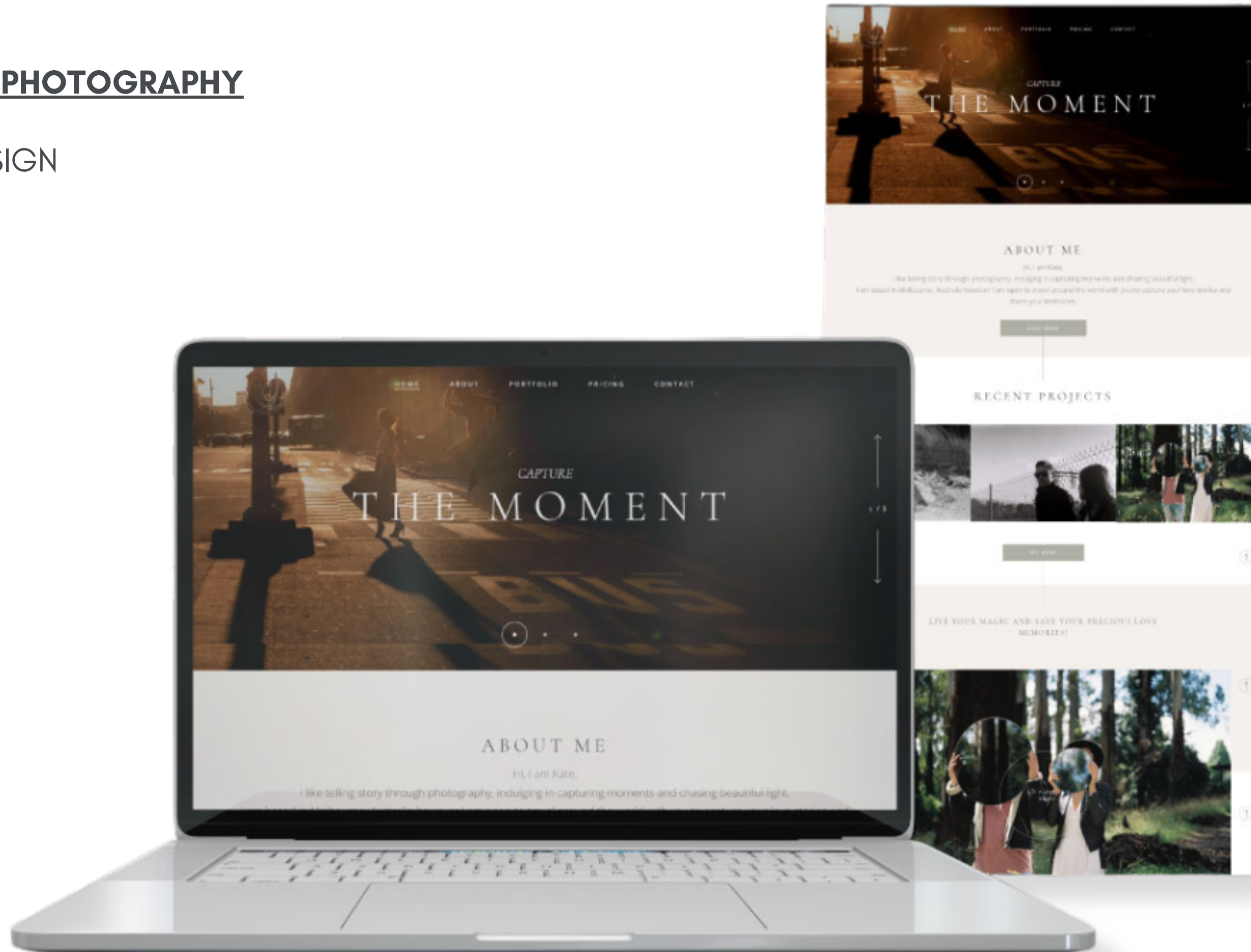
THE WINDSOR HOTEL GIFT SHOP

- WEBSITE REDESIGN & DEVELOPMENT



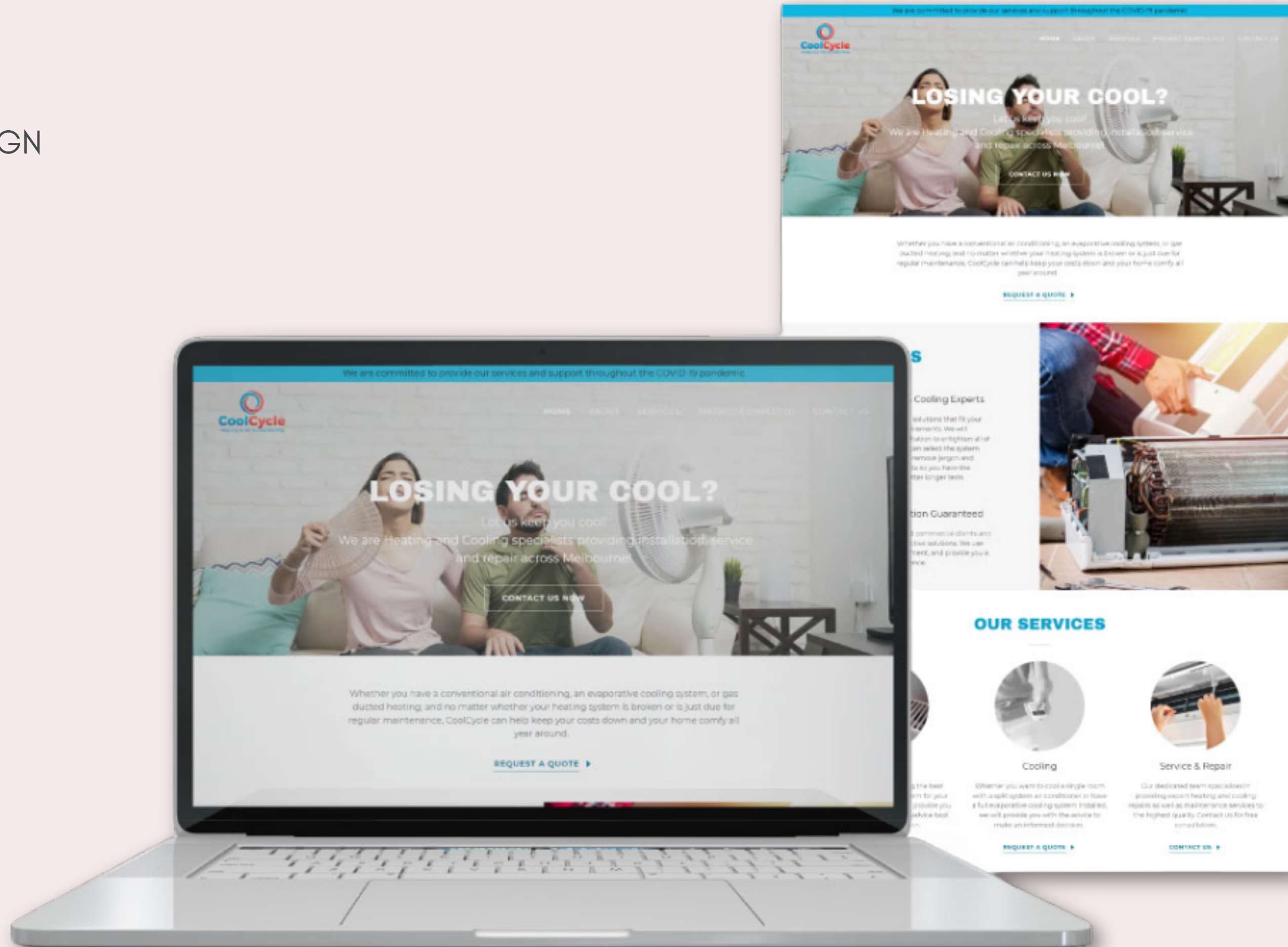
KATE GRANT PHOTOGRAPHY

- WEBSITE DESIGN



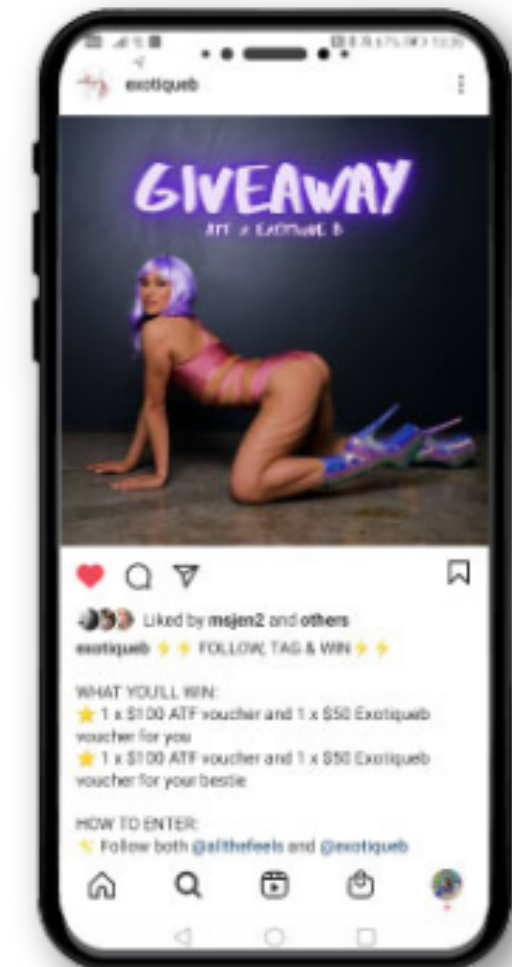
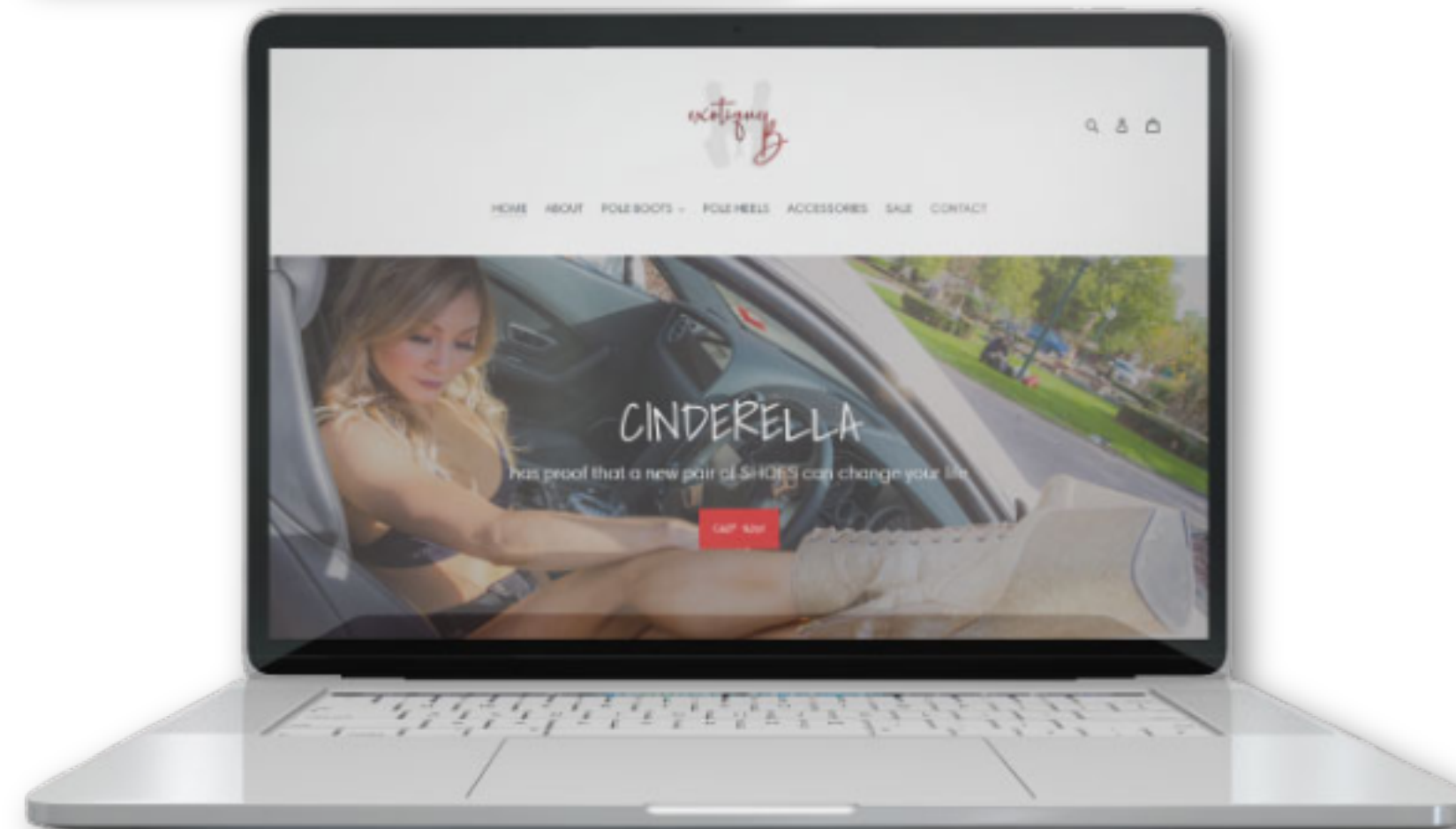
COOLCYCLE

- WEBSITE DESIGN




EXOTIQUEB

- WEBSITE DESIGN
- SOCIAL MEDIA MANAGEMENT
- PHOTOGRAPHY
- PRINT DESIGN



ICHOOZ FITNESS


- POSTER DESIGN
- MANUAL DESIGN
- PHOTOGRAPHY




*"If it doesn't challenge you,
it won't change you!"*


**FABRIC
RESISTANCE
BANDS**

\$39.95



For more exercises, search "resistance band workouts" on






IMPORTANT SAFETY TIPS

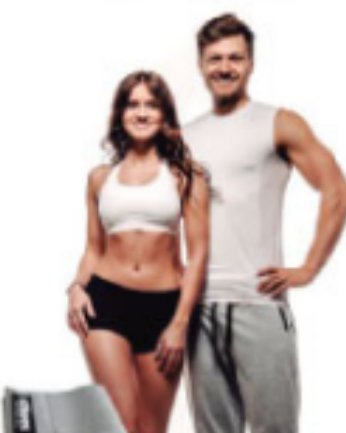
- Examine the resistance bands thoroughly before every use for any possible nicks, tears or punctures. Do not use a damaged band.
- Consult a medical professional if you believe you may have an allergy to latex.
- Never over stretch a band to twice its original length.
- Strictly adhere to prescribed sets of repetitions by your professional instructor, doctor or physiotherapist.

*"If it doesn't challenge you,
it won't change you!"*



CARE INSTRUCTIONS

- After each use, clean and dry before storage.
- Store in cool and dry place with good ventilation.
- Keep out of direct sunlight and away from extreme temperatures.
- If bands become sticky, hand wash with mild soap in cold water.
- Do not use bleach or fabric softener.
- Rinse thoroughly and dry.
- Use as intended for exercises only.



**RESISTANCE
EXERCISE BANDS**

*"The pain you feel today,
will be the strength you
feel tomorrow"*

WHAT'S INCLUDED

- A set of 3 fabric exercise bands of **PREMIUM** quality with varying resistance: easy (L), medium (M), hard (H).
- A practical mesh bag to store the bands. (no extra packaging - minimum-waste maximum love for our planet.)
- Prompt friendly service.

THANK YOU

Thank you for purchasing our premium resistance exercise bands. We hope you find them helpful as you explore fun ways to challenge yourself and achieve your fitness goals. We wish you every success.

Grateful for your feedback, comments and reminder (social media) sharing is caring!



iChooz - it's a fun wise choice!

BENEFITS

- Work out from the comfort of your home without needing other equipment.
- Light and convenient to pack when you travel or when you are in the mood to exercise on the beach and anywhere outdoors.
- Strong and durable fabric bands that do not snap.
- Comfortable and soft against the skin. They will not slip or dig in, pinch your skin or pull any hair.
- The sides don't roll. The thick width and inner latex grip prevent rolling during exercise.
- Activate glutes into the shape you desire.
- Tone, lift, shape and improve balance.
- Strengthen muscle groups whilst correcting your posture at the same time.

"Sweat, Smile and Repeat!"

BASIC LEG EXERCISES

Clamshell



Lay on your side with the resistance band around your knees, with your knees bent to 90 degrees.




Engage your core, keep your feet pressed together, and drive your top knee toward the ceiling as far as you can without compensating form.

Hip Bridges



Lay on your back with your arms by your side. Bend your knees with the band on your thigh. Push your thighs outwards.




Push your bottom upwards while keeping your shoulders and feet firmly on the ground.

Squat



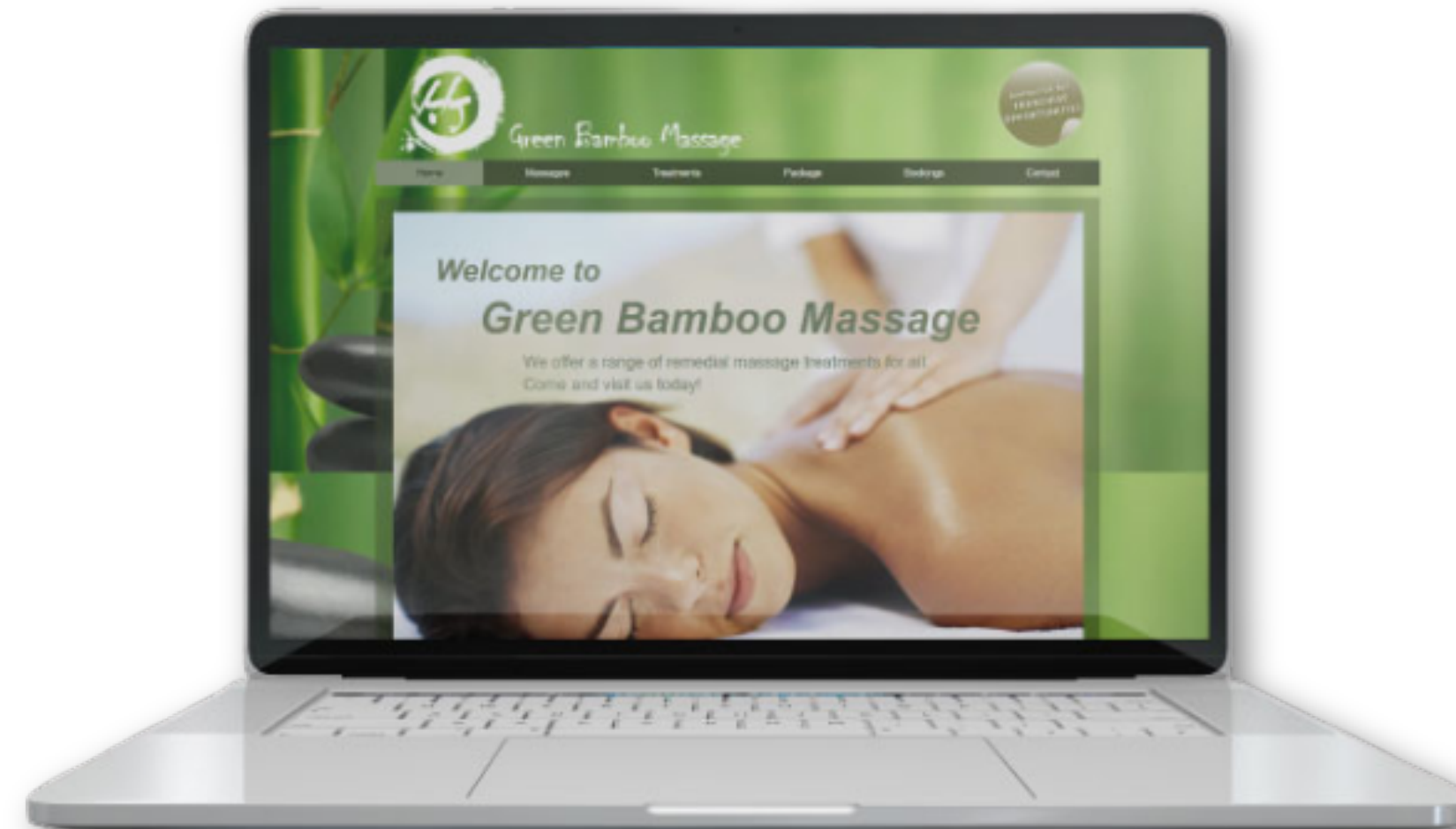
Stand with your feet hip-width apart with the band above your knees. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees. Press your heels into the floor to return to the initial position.

For more exercises, search "resistance band workouts" on



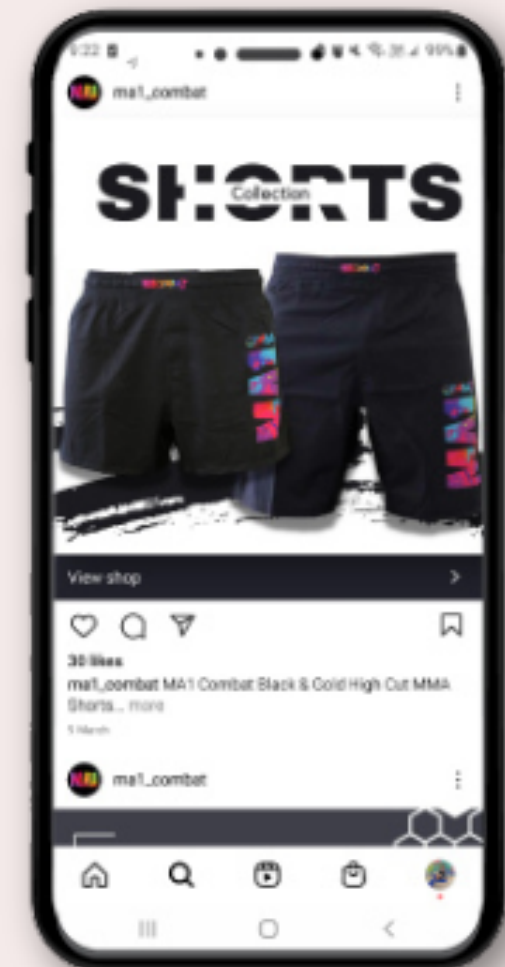
GREEN BAMBOO MASSAGE

- POSTER DESIGN
- CATALOGUE DESIGN
- WEBSITE DESIGN



MA1 COMBAT

- WEBSITE DESIGN
- GRAPHIC DESIGN
- SM MANAGEMENT
- ECOMMERCE



ROGUE MMA

- WEBSITE DESIGN
- SM MANAGEMENT
- GRAPHIC DESIGN



PSO EASY

- GRAPHIC DESIGN
- SM MANAGEMENT

PSO EASY
The power of nature

UNLIMITED REWARDS

INTRODUCING OUR LOYALTY REWARD PROGRAM

Earn points for every dollar spent to unlock exciting perks, this is your access pass to exclusive rewards. And 50 points GIVEAWAY for your first order.

\$1 EQUALS 1 POINT

www.psoeasy.com.au

PSO EASY
The power of nature

TEA TREE OIL



Tea Tree Oil has antifungal and anti-inflammatory properties. By reducing the population of fungus on the skin, Tea Tree Oil can treat and prevent itching from occurring. The anti-inflammatory properties of Tea Tree Oil also help to calm irritated skin, effectively treating the symptoms of many other skin irritations.

www.psoeasy.com.au

PSO EASY
The power of nature

Active Cream

PsOEasy Active Cream is designed to help relieve skin dryness, redness, flaking and inflammation. It contains natural ingredients made from plant extracts, essential oils and Dead Sea minerals. The uniqueness of this cream lies in its high active ingredient component (approx. 40% or 40,000 mg / 100 g) compared with 0.5%-3.0% in comparable products. Meaning more active particles are reaching damaged skin cells.

PsOEasy Active Cream is simple to use, easily absorbed by the skin, does not stain clothes and has a pleasant scent. PsOEasy Active Cream is steroid-free and tar-free.



www.psoeasy.com.au

PSO EASY
The power of nature



NAIL TREATMENT KIT

Fungal infections of the nails can be manifested by the appearance of unpleasant symptoms such as: Colour, Appearance, Separation and Thickening.

www.psoeasy.com.au

PSO EASY
The power of nature

What is Eczema?

Eczema (commonly known as Atopic Dermatitis) is an inherited, chronic inflammatory skin condition that usually appears in early childhood where it occurs in around 1 in 5 children under 2 years of age. It can also occur in older children and adults but usually improves with age. Although eczema can be effectively treated and managed, no cures are currently available.

Symptoms of Eczema can include:

- skin dryness
- red and scaly areas on the front of the elbows and the back of the knees
- watery fluid weeping from affected skin
- itching
- lesions (sores) that may become infected by bacteria or viruses.

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BEFORE AND AFTER



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Psoriasis vs Eczema

Eczema causes an intense itch. It can get so bad that you scratch enough to make your skin bleed. Eczema makes your skin red and inflamed. It may be scaly, oozing, or crusty. You may see rough, leathery patches that are sometimes dark. It can also cause swelling.

Psoriasis could also be itchy, but there's something extra going on. Your skin may sting or burn. Some people say it feels like you're getting bitten by fire ants. Psoriasis can also cause red patches. They may be silvery and scaly -- and raised. But if you look closely, the skin is thicker and more inflamed than with eczema.



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PSO EASY
The power of nature

“★★★★★
Impressive!
PsOEasy oil leaves a terrific impact on your skin, I've been using it for 2 months and I'm pretty satisfied.”

- Vintage Anna



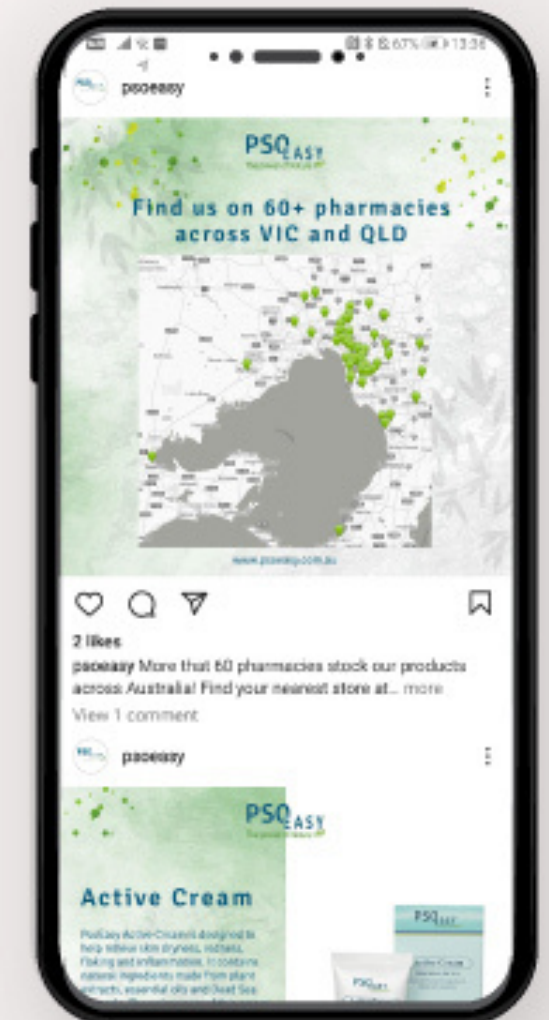
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"To me, beauty is about being comfortable in your own skin. It's about knowing and accepting who you are."

Ellen DeGeneres

www.psoeasy.com.au



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LET'S WORK TOGETHER