



HEALTH & BEAUTY

# WORLD

04 | 2018

**welcome,  
spring!**

**NEW**

WITH  
FRESHNESS, RENEWAL  
AND POSITIVE VIBES!



# INTEGRATE **physical exercise** TO YOUR DAILY ROUTINE IN SPRING



Enjoy nature! Spring is enticing us with its rich colors and early sunny days, and invites us to enjoy our favorite outdoor activities once again. No matter which activity you prefer, hiking, cycling or anything else, the rejuvenating air of spring and the warmth of the first sunlight are truly beneficial. LR LIFETAKT Pro Activity is sure to offer you the support you need to maintain your mobility effortlessly<sup>1</sup>, because movement is not a matter of age but of personal concern to you.

For an extra beneficial, relaxing sensation from the outside, the Aloe Vera All-Purpose MSM Body Gel by LR ALOE VIA is the ideal product. The refreshing action of the MSM Body Gel and the valuable herbal extracts it contains have a particularly beneficial effect on the stressed areas of your muscles and joints.

## Pro Activity

### BASIC SOLUTION



### Pro Activity MONTHLY SET

#### Aloe Vera Drinking Gel Active Freedom 3-piece Set

80883 | 3 x 1000 ml

Greece **107,99 €** | Cyprus **91,49 €**  
(36,09 € per 1000 ml) | (30,50 € per 1000 ml)

#### Active Freedom Capsules

80190 | 60 Capsules / 37,2 g

Greece **35,99 €** | Cyprus **29,99 €**  
(96,75 € per 100g) | (80,62 € per 100g)

### YOU SAVE WITH THE SET

No.: 80881

Greece

only **136,99 €**

Cyprus

only **115,49 €**

**FREE: Aloe Vera All-Purpose MSM  
Body Gel**



**FREE**  
with the Set  
80881



<sup>1</sup> The vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to the normal collagen formation, for the normal function of blood vessels and bones. The vitamin D in the Active Freedom Capsules helps maintain bone health and normal muscle function.

## Expert Tips

### EXPERT TIPS



#### LIFESTYLE

Set new goals! Think about what you want to achieve at your career and your personal life! What do you need in order to accomplish your goals? Take a small step today towards achieving these goals!



"To stay active in your everyday life, while maintaining your mobility in the long run, a harmonious combination of balanced nutrition, physical exercise and a healthy lifestyle is required!"

Dr. Sven Werchan,  
Nutrition Expert

# power

## UP THE BEGINNING OF SPRING

Start the season with energy, inspiration and new ideas to make the most of every day. The more we demand from our body, the more we have to support it to preserve our strength and clear thinking through our everyday challenges.

LR LIFETAKT Mental Power offers you the support you need to help your body stay efficient in the long run, both physically and mentally.<sup>1,2,3,4</sup>

In April, you get the memory game "Train your brain" for free with every Mental Power Basic Solution, which offers pleasant moments while helping you "sharpen" your thinking.



**NEW**  
MEMORY  
GAME

**FREE**  
WITH THE  
SET80930



## Mental Power

### BASIC SOLUTION



## Mental Power MONTHLY SET

### Mind Master 5-piece Set

Choose among the 2 flavor variations of Mind Master, Formula Green and Formula Red, to create your own Set.



80935 | 5 x 500 ml

Greece **75,99 €** | Cyprus **64,99 €**  
(30,40 € per 1000ml) | (26,00 € per 1000ml)

### Pro Balance Tablets

80102 | 360 Tablets / 252 g

Greece **36,99 €** | Cyprus **31,99 €**  
(146,79 € per 1000g) | (126,94 € per 1000g)



### YOU SAVE WITH THE SET

No.: 80930

Greece from **108,99 €** | Cyprus from **91,49 €**  
only **97,99 €** | only **81,99 €**

**+ FREE Train Your Brain**

<sup>1</sup> The vitamin E in Mind Master helps protect cells from oxidative stress

<sup>2</sup> Thiamine and vitamin B12 in Mind Master contribute to the normal function of metabolic processes aimed at energy production.

<sup>3</sup> The vitamin B12 in Mind Master contributes to normal psychological function.

<sup>4</sup> The magnesium in Pro Balance helps maintain electrolyte balance and reduce tiredness and fatigue.



## Individual

### INDIVIDUAL SUPPLEMENT

Meet the challenges  
of life with success!  
Offer your body the  
support it needs.

**24%**  
DISCOUNT

## YOU SAVE WITH THE 2-PIECE SET

**Are you looking for a fast and simple  
solution?**

Colostrum Liquid is suitable for fast, direct  
consumption. The Colostrum Liquid is  
available in a 2-piece Set for April.

**Colostrum Liquid 2-piece Set** 80363  
2 x 125 ml

**Total Price** 91,98 €

**SPECIAL OFFER** 69,99 €

**Cyprus from 79,98€** only 61,49 €



## Expert Tips

### EXPERT TIPS



### NUTRITION

Are you looking for a ways to combat  
stress? Bite a carrot! This helps you

relax your jaw and release tension. Be sure to always  
have some peeled carrots on your desk, and en-  
joy the precious micronutrients they contain.



"To have health and quality of life every  
day, an integrated health management  
is essential. By making small changes to  
your lifestyle, your nutrition and physical  
activity, you can support and improve  
your body's long-term performance."

Dr. Sven Werchan,  
Nutrition Expert

# enjoy SPRING TO THE FULLEST

The temperature is rising and the sun is starting to shine, boosting our positive mood: We are revitalized and ready to be more active. Enjoy the fresh air of spring by going on an exciting bike ride through nature, thanks to LR LIFETAKT Vital Care, which offers you the energy and vitality you need.<sup>1</sup>



**Vital Care**

BASIC SOLUTION



## Vital Care MONTHLY SET

**Aloe Vera Drinking  
Gel Intense Sivera  
3-piece Set**

80823 | 3 x 1000 ml

Greece **107,99 €** | Cyprus **91,49 €**  
(36,00 € per 1000ml) | (80,50 € per 1000ml)

**Reishi Plus Capsules**

80331 | 30 Capsules / 15,2 g

Greece **42,99 €** | Cyprus **36,99 €**  
(282,83 € per 100g) | (243,36 € per 100g)

**YOU SAVE WITH THE SET**  
**No.: 80822**

Greece from **143,49 €** | Cyprus from **121,99 €**  
**only 128,99 €** | **only 108,99 €**

<sup>1</sup> The vitamin C in Reishi Plus contributes to normal collagen formation for the normal function of blood vessels and the normal function of metabolic processes aimed at the production of energy.

<sup>2</sup> EPA and DHA contribute to normal heart function. Therefore, the daily intake of at least 250 mg of EPA and DHA is deemed necessary



## Individual

### INDIVIDUAL SUPPLEMENT

Do not get discouraged by the small difficulties of every day! Offer your body more energy!



#### Would you like to boost your heart health?

Super Omega provides your body with the valuable fatty acids EPA and DHA, contributing significantly to normal heart function.<sup>2</sup>

#### Super Omega Capsules

80338 | 60 Capsules / 100,8 g

Greece **43,99 €**

**34,99 €**

(34,71 € per 100g)

Cyprus **36,99 €**

**29,49 €**

(29,26 € per 100g)



## Expert Tips

### EXPERT TIPS



#### FITNESS & EXERCISE

Cycling benefits you as it relaxes the pelvis and the lower back. Go often on a short or longer bike ride.



"In addition to a balanced nutrition, an integral way of thinking and acting is especially helpful for you, because your body needs more support than ever."

Dr. Sven Werchan,  
Nutrition Expert



## Aloe Vera 2 in 1 Soft Shower & Shave



- With 35% Aloe Vera gel and avocado oil
- 2 in 1: deep cleansing and smooth shaving
- The razor slides gently on the creamy foam
- Prevents irritation and provides intense skin moisture
- For a pleasant sensation of softness

20741 | 250 ml

**Greece 13,99 €**  
(5,60 € per 100ml)

**Cyprus 13,99 €**  
(5,60 € per 100ml)

## Aloe Vera Nourishing In-Shower Body Lotion



- With 30 % Aloe Vera gel
- Offers intensive moisture and nourishment
- Apply the lotion while taking a shower
- For a pleasant sensation of freshness and care

20750 | 200 ml

**Greece 16,99 €**  
(8,50 € per 100ml)

**Cyprus 16,99 €**  
(8,50 € per 100ml)



### CLEANSING & SHAVING

Create foam with the Aloe Vera 2 in 1 Soft Shower & Shave on your hand and apply it on your body. Shave as usual and rinse off with plenty of water.



### APPLYING LOTION & SHOWERING

Apply the Aloe Vera Nourishing In-Shower Body Lotion on wet skin, rinse and dry off. You're ready to go!

# THE ultimate duo for fast shower care IN THE MORNING

**NEW**

LIMITED  
EDITION

**AVAILABLE  
AGAIN!**

LIMITED  
EDITION

## YOU SAVE 19% WITH THE SET

**Aloe Vera Spring Care Set 20754**

2 in 1 Soft Shower & Shave 250 ml 13,99 €

Nourishing In-Shower Body Lotion 200 ml 16,99 €

**Total Price 30,98 €**

**Special Set Price only 24,99 €**

**Cyprus from 30,98€ only 24,99 €**

**Cleansing.**

**Shaving.**

**Nourishing.**

Take care of your skin  
in no time, while taking  
a shower.

# SPRING CARE from head to toe

The weather has finally improved and you can enjoy your favorite sports out in the open! After exercise, a refreshing shower is just what you need. The Aloe Vera 2 in 2 Hair & Body Wash relaxes and refreshes you at the same time.

After the shower, the Aloe Vera Moisturizing Body Balm and the Aloe Vera Repairing Foot Cream offer the skin effective care. Taking a shower becomes now a real treat!

## Aloe Vera Moisturizing Body Balm

- Soft body lotion that absorbs easily
- With 69% Aloe Vera gel and organic magnolia extract
- Nourishes and offers intensive care
- Improves the skin's natural moisture balance
- Offers gentle care

20639 | 200 ml

**Greece 16,99 €**  
(8,50 € per 100ml)

**Cyprus 15,99 €**  
(8,00 € per 100ml)





**20%**  
DISCOUNT

**35%**  
Aloe Vera

**30%**  
Aloe Vera

## YOU SAVE WITH THE SET

<b>Aloe Vera Sport Set</b>	<b>20755</b>
2 in 1 Hair & Body Wash · 250 ml	13,99€
Repairing Foot Cream · 100 ml	10,99€

**Total Price 24,98€**

**Special Set Price only 19,99 €**

**Cyprus from 24,48€ only 19,49 €**





## ZEITGARD 1

- Electric cleansing brush with oscillation function
- Offers gentle and deep cleansing
- Up to 10 times more effective than traditional cleansing methods\*

### Morning cleansing routine:

1. Apply two drops (two pump strokes) of the Cleansing Product on the wet brush.
2. Gently massage with the Cleanser every face area for 20 seconds (forehead / nose, left / right cheek, chin).



3. Rinse well and continue with the next steps of your LR ZEITGARD face care routine!

# FOR GLOWING SKIN: THE GROUNDBREAKING anti-age beauty gadget

**27%**  
DISCOUNT

The LR ZEITGARD Cleansing System is the ideal base for effective anti-aging care, due to the fact that deep face cleansing is the first step to combat the appearance of wrinkles! You do not have to spend much time, just one minute every day is enough!



## YOU SAVE WITH THE SET

### Zeitgard Cleansing-System-Kit

- Classic – for normal skin 70036
- Soft – for sensitive skin 70037

ZEITGARD 1  
1 x Cleansing Product

+ FREE ZEITGARD Travel Case

Total Price 219,98 €

Special Set Price only 199,99 €

Special Offer **159,99 €**

Cyprus from 213,98€ only **155,99 €**



LR

**ZEITGARD**  
 THE SKIN CARE SYSTEM

# PICK YOUR OWN FAVORITES for spring!

Do you have sensitive or normal skin? LR ZEITGARD has the suitable brush and cleansing product for every skin type. Due to the MICROSILVER antibacterial technology, the gentle cleansing brush fibers are protected from germs and hygienically safe for up to 3 months.

WITH  
**MICRO-  
 SILVER**  
 FIBERS



## For normal skin

- Strong fibers with MICROSILVER BGTM for deep skin cleansing
- Slightly foaming gel with a composition designed specifically for the cleansing system
- Effectiveness scientifically proven by the Dermatest Institute



## For sensitive skin

- Soft fibers with MICROSILVER BGTM for extra gentle skin cleansing
- Soft cream specifically developed for sensitive skin, designed specifically for the cleansing system
- Effectiveness scientifically proven by the Dermatest Institute



## Cleansing System Cleansing Product

- All Skin Types -- for normal skin  
70000 | 125 ml
- Sensitive Skin -- for sensitive skin  
70001 | 125 ml

**Greece 19,99 € each**  
(15,99 € per 100 ml)

**Cyprus 18,99 € each**  
(15,19 € per 100 ml)

## Cleansing Brush

- Classic -- for normal skin  
70003
- Soft -- for sensitive skin  
70004

**Greece 27,99 € each**

**Cyprus 26,99 € each**



# OFFER YOUR SKIN the freshness of spring



During winter, low temperatures, humidity and indoor heating are stress factors for the skin, which needs intensive, effective care and extra energy. LR ZEIGARD Racine Daily Care provides the tired, stressed skin with the necessary moisture and energy, while the active ingredients it contains have anti-aging action for more freshness and slow.

**29%**  
DISCOUNT

## YOU SAVE WITH THE SET

<b>Racine-Set</b>	<b>28503</b>
Day Cream · 50 ml	12,99 €
Night Cream · 50 ml	15,99 €
Eye Cream · 15 ml	10,99 €

Total Price **39,97 €**

Special Set Price only **28,49 €**

Cyprus from 38,97€ only **27,49 €**





Men's skin needs an energy kick in spring as well. The LR ZEITGARD Platinum Daily Care products offer intensive, targeted care, are easy to use and highly effective, due to the moisturizing glacier water and the coffee extract they contain. The Platinum Express Eye Cooler relieves the tired eye area!

## YOU SAVE WITH THE SET

<b>Platinum Men Care Set</b>	<b>28469</b>
Anti-Aging Cream · 50 ml	38,99 €
Express Eye Cooler · 30 ml	27,99 €

**Total Price** **66,98€**

**Special Offer** **44,99 €**

**Cyprus from 64,98€ only 43,49 €**

**33%**  
DISCOUNT



# the perfume of spring

## SATISFIES YOUR WANDERLUST

Try also the variety of LR Classics fragrances! Thanks to our 2+1 offer, you have the opportunity to combine them according to your preference or the mood of the moment: Hawaii, Marbella or Singapore? Get ready for your summer vacation!



\* Touch here to test the Perfume



**2+1**  
SPECIAL  
OFFER

CHOOSE FREELY  
AMONG ALL  
PERFUMES

**33%**  
DISCOUNT

Buy 2 and get 3! Order 2 LR Classics  
Fragrances, and make you one more gift!  
You can choose freely between the whole  
men's and women's fragrance collection!

## BUY 2 AND GET 3

LR Classics 2+1 Set	30058
Total Price	50,97€
Special Set Price only	<b>33,98 €</b>
Cyprus from 47,97€	only <b>31,98 €</b>



**LR Classics Men**  
Perfume  
50 ml

- 01** | 3295-151 SINGAPORE
- 02** | 3295-159 MONACO
- 03** | 3295-160 STOCKHOLM
- 04** | 3295-161 NIAGARA
- 05** | 3295-162 BOSTON



**LR Classics Women**  
Perfume  
50 ml

- 06** | 3295-106 HAWAII
- 07** | 3295-120 SANTORINI
- 08** | 3295-123 ANTIGUA
- 09** | 3295-124 MARBELLA
- 10** | 3295-126 VALENCIA
- 11** | 3295-127 LOS ANGELES



# spring freshness

## ON YOUR SKIN IN A PRACTICAL SET

The basis for a perfect look is the right choice of make-up, as it delivers a flawless skin with impressive glow! In April, you have the opportunity to get your favorite LR COLOURS or LR DELUXE make-up, in a practical 2-piece Set.



### YOU SAVE WITH THE SET

#### 01 | Oilfree Make-up 2-piece Set 10384

2 x Oilfree Make-up  
from following shades:

- 1 | 10061-107 Light Sand
- 2 | 10061-102 Medium Sand
- 3 | 10061-103 Light Caramel
- 4 | 10061-104 Medium Caramel
- 5 | 10061-105 Dark Sand
- 6 | 10061-106 Dark Caramel

Total Price **33,98 €**

Special Set Price only **25,99 €**

Cyprus from 31,98€ only **24,49 €**

### YOU SAVE WITH THE SET

#### 02 | Cream Make-up 2-piece Set 10383

2 x Cream Make-up  
from following shades:

- 7 | 10060-1 Light Sand
- 8 | 10060-2 Medium Sand
- 9 | 10060-3 Light Caramel
- 10 | 10060-4 Medium Caramel
- 11 | 10060-5 Dark Sand
- 12 | 10060-6 Dark Caramel

Total Price **33,98 €**

Special Set Price only **25,99 €**

Cyprus from 31,98€ only **24,49 €**



**26%**

DISCOUNT

**MEDIUM  
COVERAGE**

LR

*Deluxe*

## YOU SAVE WITH THE SET

### 03 | Perfect Wear Foundation 2-piece Set 11192

2 x Perfect Wear Foundation  
from following shades

- 1 | 11116-1 Porcelain
- 2 | 11116-2 Light Beige
- 3 | 11116-3 Beige
- 4 | 11116-4 Dark Beige
- 5 | 11116-5 Beige Noisette
- 6 | 11116-6 Hazelnut

Total Price 65,98 €

Special Set Price only **48,99 €**

Cyprus from 63,98€ only **47,49 €**

## YOU SAVE WITH THE SET

### 04 | Perfect Smooth Compact Foundation 2-piece Set 11191

2 x Compact Smooth Foundation  
from following shades:

- 11117-101 Porcelain
- 11117-102 Light Beige
- 11117-103 Beige
- 11117-104 Dark Beige
- 11117-105 Beige Noisette
- 11117-106 Hazelnut

Total Price 65,98 €

Special Set Price only **48,99 €**

Cyprus from 63,98€ only **47,49 €**

# EFFECTIVE CARE PRODUCTS for an attractive figure

For more firmness and elasticity on your skin, the Aloe Vera Shaping Body Gel and the Aloe Vera Multi-Corrective Body Cream are two favorites with great effectiveness that offer the "problematic areas of the body" a beautiful, smooth, tidy skin appearance.

## The effective skin care routine for belly, thighs and upper legs:

1. Taking a shower and alternating the flow of water from hot to cold while massaging the skin with the Shower Glove (that you get for FREE), improves circulation.
2. Gently massage the "problematic areas" of your skin using the two specialists: apply the Multi-Corrective Body Cream on your thighs and upper legs and the Shaping Body Gel on your belly and upper arms.

## YOU SAVE WITH THE SET

<b>Aloe Vera Toning Set</b>	<b>27529</b>
Shaping Body Gel · 200 ml	29,99 €
Multi-Corrective Body Cream · 200 ml	29,99 €
<b>+ FREE Shower Glove</b>	

**Total Price** **59,98 €**

**Special Set Price only** **49,99 €**

**Cyprus from 57,98€ only 47,99 €**





## For firm thighs and upper legs

### Aloe Vera Multi-Corrective Body Cream

- For thighs and upper legs
- Improves skin density and helps firm and improve skin smoothness and elasticity with systematic use
- Smoothes out and offers an even skin appearance

## For an improved skin appearance on upper arms and belly

### Aloe Vera Shaping Body Gel

- For upper arms, thighs and belly
- Improves tissue elasticity
- Supports the reduction of waist circumference, smoothes out the skin and offers firmness with systematic use

### Scientifically proven\* improvement of skin sensation & density

- 95% of participants confirmed the improvement of their skin sensation
- An improved skin firmness, measured by ultrasound scan, was observed on 85% of participants and is vital for a firm, smooth and elastic skin
- Skin density improved up to 70%

### Scientifically proven\*\* improvement of skin sensation & firmness

- 100% of participants confirmed the improvement of their skin sensation
- 70% confirmed the improvement of their skin elasticity
- 70% stated that their skin acquired a smooth and firm appearance

\*According to a study carried out by the Dermatest Institute on 20 women through the daily application of the product on the thigh area and the ultrasound measurement of tissue density in March 2017.

\*\*According to a study carried out by the Dermatest Institute on 20 women through the daily application of the product on the belly area in March 2017.

# SHINE ON WITH THE radiance of the spring sun



LR MICROSILVER PLUS offers effective care with deep cleansing, antibacterial protection and gentle care, due to the innovative combination of active ingredients such as MICROSILVER BGTM, panthenol and zinc compounds. The unique formula of MICROSILVER PLUS products delivers a beautiful, glowing smile after just a few uses.

Our tip: Combine the Toothpaste and the Dental Health Gum for a complete oral care program for teeth and gums, with a pleasant freshness sensation.

The mild, protective Anti-Dandruff Shampoo has a beneficial effect on the hair and offers irresistible shine.

**25%**  
DISCOUNT



## Anti-Dandruff Shampoo

Mild hair shampoo against dandruff, suitable for everyday use.

- Mild cleansing of hair and scalp
- Combats dandruff\*
- With antibacterial action

25070 | 150 ml

Greece **27,99 €**

**20,99 €**

(13,99 € per 100 ml)

Cyprus **26,99 €**

**19,99 €**

(13,32 € per 100 ml)

\* According to a study carried out by Derma Consult GmbH on 10 participants in 2008



**17 %**  
DISCOUNT

## Tooth Paste

Brush your teeth for at least 2 minutes in the morning, in the evening and whenever you need to.

- Protection from plaque and tooth decay
- Protection from gum inflammation
- Combats oral malodor

25090 | 75 ml

**Greece 8,99 €**  
(11,99 € per 100 ml)

**Cyprus 8,99 €**  
(11,99 € per 100 ml)

## YOU SAVE WITH THE SET

**MICROSILVER PLUS Dental Health Gum 3-piece Set** **25095**  
(3 x 10 x 1,4 g)

**Total Price** **11,97 €**

**Special Set Price only** **9,99 €**

**Cyprus from 10,47€** **only 8,99 €**

IR  
ALOE-VIA



## Aloe Vera Smoothing Hand Cream

Easily absorbed hand cream

- With 35% Aloe Vera and organic calendula extract
- Nourishes and moisturizes
- For velvet soft hands

20610 | 75 ml

Greece **9,99 €**  
(13,32 € per 100 ml)

Cyprus **9,99 €**  
(13,32 € per 100 ml)



## Aloe Vera Extra Rich Hand Cream

A rich and easily absorbed cream for extra dry hand skin

- With 40% Aloe Vera and organic calendula extract
- Offers intensive care and protects the skin
- Supports the regeneration of extra dry skin

20613 | 75 ml

Greece **10,99 €** Cyprus **10,99 €**  
(14,65 € per 100 ml) (14,65 € per 100 ml)

# PRODUCTS **not to be missed**

THE  
ABSOLUTE  
**MUST-HAVE**

The Aloe Vera Smoothing Hand Cream and the Aloe Vera Extra Rich Hand Cream by LR ALOE VIA should be included in every handbag! Depending on how stressed your hand skin is, you can select the care product best suited to your needs. The Aloe Vera Protecting Deo Roll-On is another must-have for a unique freshness sensation all day long.

## **Aloe Vera Protecting Deo Roll-On**

Gentle, alcohol-free protection from perspiration

- With 15% Aloe Vera gel and organic cotton extract
- Certain protection from perspiration and malodor
- For a pleasant freshness sensation
- Skin friendly, suitable even for sensitive skin
- Especially gentle after epilation and shaving



20643 | 50 ml

**Greece 6,99 €**    **Cyprus 6,99 €**  
(13,98 € per 100 ml)    (13,98 € per 100 ml)

# special care FOR SPRING

# 36%

DISCOUNT  
Special Offer



## Aloe Vera Special Care Box

20650

Special care for all cases	
Protecting Propolis Cream · 100 ml	20,99€
Moisturizing Concentrated Gel 100 ml	16,99€
Instant Emergency Spray in a practical 150 ml bottle (available only with the Box)	10,99€

**Total Price** **48,97-€**

**Special Set Price only only** **31,49 €**

**Cyprus from 46,97€ only 29,99 €**



**1 EURO DONATION**

For every purchase of the Aloe Vera Special  
Care Box in April, LR donates 1€ to the LR  
Global Kids Fund.

LR Health & Beauty Systems MEPE – 14452 Metamorphosi Attiki

Your LR Partner

Code : 95050-310

LR Health & Beauty Systems reserves the right to bring about changes on the products due to technical and quality improvements and disclaims any responsibility for misunderstandings due to typographical errors.  
All prices include VAT

**GR/CY**