

# live

## thedifference

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06



08



10



12



14



## CONTENTS

### 04 THEME STORY

The Season Of Thanksgiving And Forgiveness

### 06 PEOPLE

An Attitude Of Gratitude

### 08 PRODUCT

**SKIN CARE:**

Golden Tips For A Flawless Look!

**HEALTH CARE:**

Indulge Healthily This Raya!

### 12 CULTURE

Gentle. Loving. Care.

### 14 OPPORTUNITY

Snapshots

# THE SEASON OF THANKSGIVING & FORGIVENESS

*The month-long fast of Ramadan will soon be over. Colorful decorations are up and ready to welcome the festive. Muslim friends around the nation are preparing for family reunions and visitations. As much as everyone is looking forward to this long break, let's remember the meaning and purpose of this celebration.*

Locally known as "Raya" or globally address as "Eid" is a day of joy, bonding, helping one another and spreading happiness over the globe. It is also a day of thanksgiving and forgiveness. A day to put the past to past and to start the new calendar year anew with no reserved condemnation.

Thanksgiving and forgiveness seem to be two every important elements in the life of the Nu Skin's Sales Leaders. Adopting a gratitude practice isn't just a saying - it's a lifestyle and mindset choice that could drastically change your life. 5 Million Dollar Circle, 3 Year Team Elite Platinum & 5 Year Team Elite, Nicholas Yeo and Gan Kok Hong recalls: "If we continued to be shallow, no matter how much money or success we have, we will never be happy. Knowing how to be thankful made a huge difference to our lives because it helped to strengthen the bonding between our family members."

To tighten the bonding of family and friends, family reunions and friends gatherings are among the routines besides putting on new clothes, and beautiful smiles. This calls for "selfie" and "wefie" moments before Facebook is flooded with new profile pictures and photo updates. But before that, are you ready to record some "memorable moments" in the current you?

Pamper yourself with the easy and convenient to use ageLOC® Galvanic Spa System. Rejuvenate and refine your skin condition in just 5 minutes, so that you can regain youthful and glowing appearance before the flash lights hit!

Besides looking good, having a fit body shape is important for a great "selfie". With mouth-watering festive delicacies served to your side, it is hard to resist the temptation. But fear not, with ageLOC® TR90™ System, you'll be able to keep your lean and healthy body while enjoying the scrumptious gourmet throughout the festive season.

Raya will not be complete without great deeds to improve lives - the essential essence of the festival. To make this Raya more memorable, you may choose to give back to the community to help others to achieve better lives. So spread the cheer this season to make the best for you, your loved ones and the people you touch!

Selamat Hari Raya. Maaf Zahir dan Batin.







# AN ATTITUDE *of* GRATITUDE

*The holiday season of Raya is finally upon us. Excitement mounts up as everyone gets ready for a celebration of food, fun, friends and family get together!*



For 5 Million Dollar Circle, 3 Year Team Elite Platinum & 5 Year Team Elite, Nicholas Yeo and Gan Kok Hong, they had some fond memories of what Raya was like during their childhood times. Kok Hong recalled how she enjoyed the visits to open houses with her parents, while Nicholas remembered all the mouth-watering foods from the Ramadan markets during the fasting month.

However, aside from all the eating and partying, Raya is actually a time to ask for forgiveness from each other, reconcile and renew relationships with others and most importantly to feel grateful and thankful for the blessings one receives in life.

For Nicholas and Kok Hong, besides all the hard work and determination that got them to where they are today, gratitude played a big role in their success as well. "One of the biggest transformations we had was learning to be grateful and count our blessings. Giving thanks made us happier and more resilient of our lives," said Kok Hong.

Before joining Nu Skin, both Nicholas and Kok Hong would tend to overlook the importance of appreciating things around them. However after working in Nu Skin, the dynamic duo learned to appreciate the simple pleasures in life. Being where they are today, they had 20 Million Dollar Circle, 4 Year Team Elite Platinum & 14 Year Team Elite, Angela Liew and Rayne Ho to thank for on teaching them the importance of gratitude by shifting their focus from what their life lacks to the abundance that

is already present in their lives, "If I continued to be shallow and self-absorption, no matter how much money or success I have, I will never be happy. Knowing how to be thankful made a huge difference not only to our lives but towards our families as well. And because of this, I am now a better son, a better father, a better husband and a better friend," Nicholas explained.

The saying goes 'Action Speaks Louder Than Words'. Feeling grateful is one thing, but showing your gratitude is another. "For us, everyday is Parent's Day. Without their love and guidance, we would not become who we are today," shared our humble Leaders. This is why Nicholas and Kok Hong never fail to bring their parents to all of the Nu Skin's Incentive Trips around the world, in return for the various teachings and supports they have gotten from their parents over the years.

As parents who understand the importance of gratitude, Nicholas tries to teach and instill this regularly practice in his son. Nicholas recalled when his son wrote an essay titled 'My Father', "Of all the things my son could have written about me, he wrote about my teachings on the importance of being grateful. I never thought my son would keep this in mind, but he did," said the proud father.

Gratitude is all about appreciating the things you have in your life — everyday, and not just during Raya. Once you become oriented toward looking for things to be grateful for, you will find that you begin to appreciate simple pleasures and things that you previously took for granted. So start valuing all the goodness, beauty, and love around you and make it a lifelong commitment to live with an attitude of gratitude!





# GOLDEN TIPS FOR A FLAWLESS LOOK!

The colorful decorations are up everywhere, people are hustling and bustling to get their shopping done, the fragrant smells of Malay delicacies are all around us. Yup! It's that time of the year again – the festive season of Raya has begun!

The gatherings of family reunions and friends during this annual celebration are definitely not to be missed! Donning your fabulous new Baju Raya with beautiful smiles, makes it the perfect timing to take out your handphone and commemorate those memorable Facebook moments by taking a Raya 'Selfie' or even a 'Wefie' with your dearest family and friends!

But before that, do you remember how long it took you to upload those happy moments last year? Remember the time you took to brush up the photos to "magic skinned" your appearance? Not this year! You do not need to spend those extra hours to touch up your photos because you are aware of the secret to ageLOC®. Why fix something temporarily when you can ageLOC® now?

Simple, convenient and portable, the **ageLOC® Galvanic Spa System** features patented self-adjusting currents and interchangeable conductors for the face. Together with Nu Skin's specially formulated treatment products, the ageLOC® Galvanic Spa Facial Gels infused with ageLOC® ingredients, you can now purify and rejuvenate your skin with these 5 simple and easy steps:



Feeling a little chubby and flabby during this Raya holiday? All you need is just 10 minutes and you will get to tone down the appearance of body fat and cellulite for a toner, more contoured appearance!

Nu Skin's easy and convenient to use anti-aging body spa system - the **ageLOC® Galvanic Body Spa** is ergonomically designed for ease of use during body treatment with ageLOC® Body Shaping Gel. The ageLOC® Galvanic Body Spa features pulsating current technology that target body areas effectively. With these 3 simple and easy steps, you will be able to smooth your skin for more contoured and toned body.



This Raya, pamper yourself with the ageLOC® Galvanic Face Spa and ageLOC® Galvanic Body Spa for just 5 to 10 minutes, up to 3 times a week, you will get to smooth away signs of aging, and regain that youthful and glowing appearance before the flash light hits!



# INDULGE HEALTHILY THIS RAYA SEASON!

*Your bags are packed and it's time to balik kampung! Finally, after a month long of fasting, you enter your house to the fragrant smells of mouth-watering delicacies all round you!*

Spread across the dining table, foods like the flavoursome rendang, moist ketupat, juicy chicken satay and scrumptious kuih are just waiting to be feasted upon. Not forgetting the smell of sweet coconut milk rice and curry! Now how is it possible for you to refuse and resist!

With an abundance of rich, delicious food and a calendar packed with visits to family and friends in the coming month; it's honestly easy to lose sight of your usual healthy routine. So let's face it, the Raya month is really a time where many begin to regret the amount of food taken during the festival.

Malaysians generally love indulging in foods that are high in salt, sugar and fat. In light with the festive season, these mouthwatering delights will definitely pose a dietary challenge to those who are trying to eat healthy and loose a few pounds. To help minimize any possibly regrets you can always increase your daily exercise routine or even limit your food portion. However, combine all those efforts with the **ageLOC® TR90™ System**, not only you will have a sustainable weight loss, but also learn how to live a healthier lifestyle!

The ageLOC® TR90™ System, is an advanced weight management program that helps you to look leaner and healthier in 90 days. This powerful and comprehensive program has an easy to follow eating plan, lifestyle tips, convenient protein shakes, and dietary supplements to promote healthy metabolism

that helps to increase your body ability to burn fat. It also supports lean muscles while promoting a positive mood and mindset.

Besides these dietary supplements, don't forget about balancing your eating plan and exercising too!

## 3-3-3-3 EATING PLAN

### EAT WHAT YOU LIKE – But Only A Few Bites!

By incorporating a balanced amount of “burning foods”, “storing foods” and “protecting foods”, this eating plan focuses on helping you learn how to eat in a healthy and balance way!



## 3-3-3-3 ACTIVE LIFESTYLE

### INCREASE YOUR DAILY EXERCISE ROUTINE!

Be active and have fun! Try increasing your exercise time as it will help to burn fat and increase your metabolism, giving you a healthier and leaner body!

#### RECOMMENDED 3-3-3-3 EXERCISE GUIDE:

**3** times a week

At least **30** minutes every time

With heartbeat of **130** per minute\*

Go for **3** months / **90** days



\*Not applicable for individuals with heart diseases.

Everyone deserves to feast during the festivities! It is only at times like this that the variety of savory foods such as rendang tok, ketupat and other home-cooked delicacies served during the season will tempt anyone to over indulge. However that doesn't mean you cannot stay fit and healthy during the celebrations all at the same time! With ageLOC® TR90™ System, this amazing weight loss program can help you to conquer these obstacles and be in shape this Raya season!





# GENTLE. LOVING. CARE.

*One of the common feedbacks that we received from foreigners about Malaysia is that they are fascinated by our multi-national culture and linguistic skills. This is by far the most distinctive differences that our motherland holds.*

With the cross-cultural practices in the country, we are blessed with many more festivals and celebrations, each filled with their own uniqueness. Raya, or otherwise known as "Eid" in other parts of the world remains as the only festival that the people exemplify "Gentle. Loving. Care." during the celebration.

As how it started, Muslim friends begin the celebration by asking for forgiveness to reconcile and renew relationships with one another. Doing good, blessing others and giving back to the community are also some of the common practices during the celebration.

In Nu Skin, we continue to uphold the company's mission to be a force for good throughout the world by empowering people to improve lives all year round.

## NU SKIN 12TH BLOOD DONATION DRIVE

Over the years, Nu Skin has engaged in many various types of initiatives that created a lasting impact on the lives of others. This year, Nu Skin organized its "Be A Hero Today" Blood Donation Drive. Not all heroes wear red capes, but every blood donor who donated was a HERO!

HEROES walked among us as Nu Skin's Sales Leaders, Distributors and staff members played a part as they exemplified a Force For Good culture by participating the Nu Skin 12<sup>th</sup> Blood Donation Drive. Together with everyone's support, Nu Skin will be able to help save 219 LIVES with the blood collected!

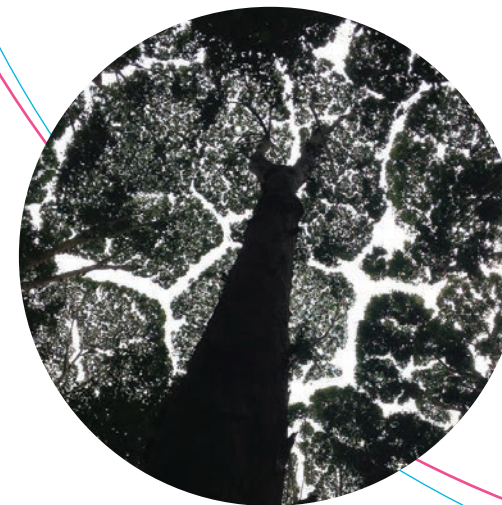
## NU SKIN FORCE FOR GOOD DAY

In conjunction with Nu Skin's 12<sup>th</sup> Force For Good Day, Nu Skin Malaysia has invited 12 sponsored kids from Institut Jantung Negara Foundation, our Southeast Asia's Children's Heart Fund's committee members and Sales Leaders with their family members to celebrate this annual event with an educational nature hunt at Forest Research Institute Malaysia (FRIM).

Upon arrival, everyone was ready for the Nature Trekking and Treasure Hunt activities to learn more about Mother Nature. Everybody was amazed when introduced to Pokok Kapur which their tree crowns were formed without overlapping or touching each other due to the reportedly sensitive shoots.

After an exhausting but fun 1½-hour activities, the half day trip ended with a scrumptious picnic spread. Nothing gave the Sales Leaders and staff members more contentment than seeing such joy and excitement on the children's faces as they enjoyed the nature activities.

With the 1% contribution from our Sales Leaders, this wonderful opportunity was made possible by providing these children with a second chance to enjoy and live their lives to the fullest. Once again, smiles were created at Nu Skin Malaysia Force For Good Day!





# SNAPSHOTS

**"BE. DUPLICATE.  
MULTIPLY"  
STAR WORKSHOP**  
15 & 16 April 2015  
Kuala Lumpur Training Center  
& Penang Training Center



**LIFE TRANSFORMING  
OPPORTUNITY  
SEMINAR**  
17 June 2015  
Auditorium, Level 3,  
Wisma MCA



**NU CELEBRATION**  
15 & 16 April 2015  
Kuala Lumpur Training Center  
& Penang Training Center



**NU SKIN  
ageLOC® EXPO 2015**  
8 & 9 May 2015  
PNB Darby Park Retail  
Lobby Kuala Lumpur







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