

# live

## thedifference

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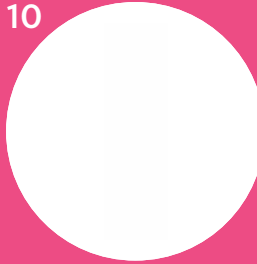
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# THE REAL JOY OF CHRISTMAS!

*Being the last month of the year, December brings along more hopes and joy as we summarize on what we have achieved in the year and set resolutions for the following year. This is one of the reasons why Christmas is so special and magical, and filled with joy.*

As Christmas carolers practice for their presentation to bring delight to the people in town; As dazzling Christmas trees are being dressed up in malls to welcome the celebration; As friends and families prepare gifts for their loved ones, many often miss out the real meaning of joy.

For Nu Skin's 1 Million Dollar Circle & Blue Diamond Executive, Eddie and Margaret Poon, the truest joy is having time freedom to enjoy the company of their children. "One of the happiness that Nu Skin has offered us is the ability to spend more time with our daughters, strengthening the bonding between our family members."

Besides from enjoying ourselves, it is also important for us to share the joy with people who are in need. There is no better time than Christmas to bring joy to the world. As it says in a Christmas carol: "Christmas is the time to love." This is the time to spread love to the underprivileged in the community. Nu Skin, as always, will continue to uphold its culture and mission to empower people to improve lives during this season of love to save lives and bless hearts.

Enjoy this issue to discover the real joy you are seeking while learning on how to improve your appearance and health with Nu Skin's daily products. With these tips and tricks, you will be all set for a grand celebration to end 2015 and to start 2016 with a bang!

Have A Very Merry Christmas and Happy New Year!

What could be better than having gatherings and reunions to enhance family bonding? And to look your best during these occasions, having a perfect and flawless make-up is a must! Specifically formulated with anti-aging ingredients, Nu Skin's Advanced Liquid Finish and Advanced Tinted Moisturizer are two amazing foundations that will help reduce the appearance of fine lines, giving you a gorgeous and flawless look to enjoy this festive season!

In your gatherings and parties, you may want to add some healthy ideas into your scrumptious Christmas menu to ensure you are taking care of the health of your loved ones. Nu Skin's g3, a nutrient-rich fruit juice is here to do the job! In this issue, you will find some amazing healthy g3 recipes to 'wow' your guests at your parties.



# THE BEST GIFT EVER!

*As an old Christmas carol has it, Christmas “is the most wonderful time of the year”. While innocent kids look forward to the Christmas gifts from Santa Claus and tasty ginger breadman accompanied by other delicious festive cookies, mature and goal-focused adults longed for more contentment that could satisfy their self-actualization needs.*



Christmas to the Poon's family has always been THE event of the year, with gatherings and family reunions where kids and adults enjoyed alike. However, while the body's there, the mind was not at times for Eddie and Margaret who were engaged with a multinational company and owning a business respectively. "Though we were having family reunions and spending time with our daughters, somehow our minds were always elsewhere – on work, deadlines and dreading the pile of work waiting for us when the holidays are over," recalled the hardworking parents.

Christmas 2001 was a breakthrough for the family as Eddie and Margaret ventured into the Nu Skin business. This is a business where their hard work and determination came true, giving them the leisure to spend more quality time with their three beautiful daughters with a peace of mind.

"Our lifestyle today is so different from what it was before Nu Skin. At this age, I truly enjoy what I do. And most importantly, I'm having fun! Something I thought will never happen!" exclaimed Eddie. "The truest joy in my life was having the time freedom to enjoy the simple family activities like having meals with my daughters, or simply just hanging out," Margaret explained.

Besides giving them time and financial freedom, Nu Skin has also helped to provide a platform for both Eddie and Margaret to mold their children into becoming better people. The saying goes: 'Your children will become what you are; so be what you want them to be.'

Leading by example, Eddie wanted to be more than just a good father who funded his kids through schools and life. "I always wanted to be there for them and have never thought I was able to achieve this. This is one of the

happiness that Nu Skin provides - having a closer relationship with my three daughters," said the humble leader.

"As a father, I want nothing more than to pass on important lessons and learnings to them. Supporting my three daughters in ways and seeing them grow into fine young adults, I feel that this is the best gift one can offer to their children," said the proud father.



The end results? Two of their beautiful daughters, Nicole and Rachel, are following their path to help more people to transform lives while being a Force For Good to improve lives in the world every day. "When we were young, one of the happiest moments during Christmas was getting presents from our parents! But as we grow older, we realized that the real joy is to be able to help others to improve lives through our sharings," shared the two sisters.

Christmas has always been the season of spreading good cheer, love and compassion. Finding the real joy in life comes not in the hurrying and scurrying to get more done, nor is it found in the receiving of gifts. We find real joy when we take a step out of our busy schedule and focus on what's important in life. So this Christmas, take a moment to reflect on what would be your best gift to others!





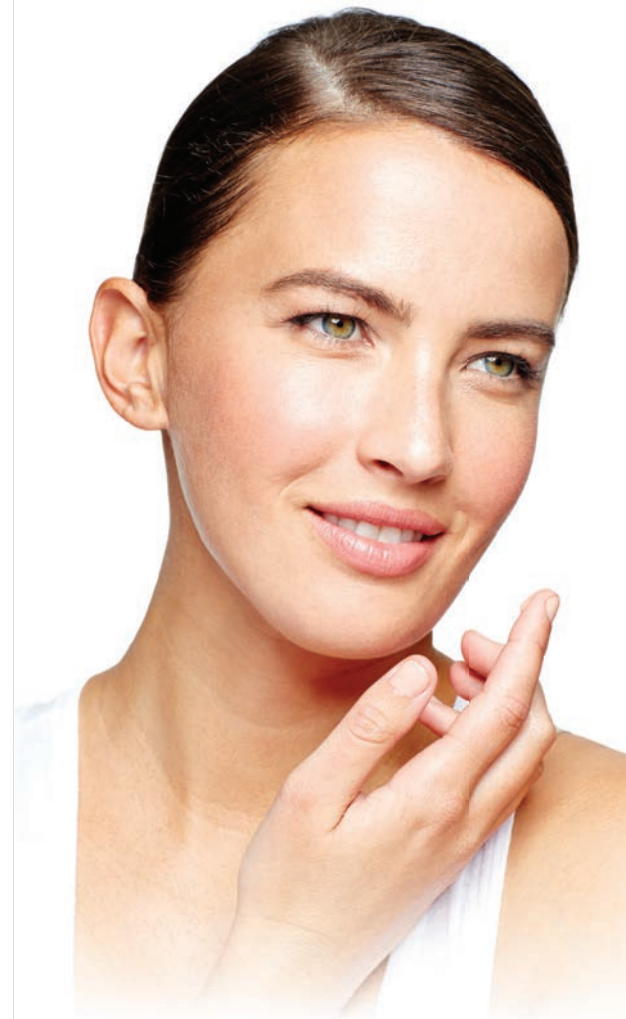
# This PARTY PERFECT Christmas!

*Tis the season to be jolly! It's that time of year again for everyone to get up and hit the dance floor! Christmas is code for party season. Whether you're going from desk to dance floor or hitting a week-long holiday gateway, you've got to get out the sequins and glitter!*

With all those Christmas activities going on, you'll definitely need some party make-up tricks that are as close to Christmas miracles as products can be! You rummaged through your make-up box and found your favorite waterproof eyeliner and stay-put glitter, but what about a hard-wearing foundation that refuses to slide when you're out partying all night?

Choosing the right long-lasting shade might seem like a daunting task. It's either a hit or miss, and a lot of times, we miss. But when you get it right, the results are truly worth it because the flaws will be hidden and your face will look smooth and blemish free. If you're choosing it solely based on your complexion, you're making the mistake of leaving the house looking like Christmas tree!

Specifically formulated with anti-aging ingredients, Nu Skin's Advanced Liquid Finish and Advanced Tinted Moisturizer are two remarkable foundations that help the skin to look younger, reduce the appearance of fine lines, wrinkles and also help sagging skin look tighter upon application! Best part of it all? Both products provide broad spectrum UV protection with SPF 15, and light diffusing powder blends, giving you the perfect glow and flawless party look this Christmas!



**Advanced Liquid Finish** contains mulberry root extract, which evens out skin tone and brightens the complexion. This works with the other anti-aging ingredients to leave your complexion looking healthy and radiant. It also helps lessen the appearance of pore size and provides a matte, flawless finish. With a wide range of shades to choose from, you'll be party ready in no time!



**Advanced Tinted Moisturizer** provides radiant, lightweight coverage with all the benefits of a tinted moisturizer. It contains tetrahexyldecyl ascorbate, a lipid soluble source of vitamin C. Formulated to provide lightweight coverage with a sheer finish, Advanced Tinted Moisturizer allows your own skin tone to come through so each shade can be used on a variety of skin tones, giving you a youthful look for those holiday snaps!



## SKINCARE TIP

It's always best to test shades on your face instead of on your hand or arms because the face tones and the body tones are not always the same. To test a shade, place a small streak on your jawline and blend it into your skin. You will know you have found the right shade when the color becomes unnoticeable with your skin tone.



There's no doubt the coming month will be the busiest time of the year. With a perfect flawless and color correcting tinted shades you'll be able to spend less time getting ready and more time socializing with your friends and family. So what are you waiting for? Strap those high heels on and put your best face forward with Nu Skin Advanced Liquid Finish Foundation & Nu Skin Advanced Tinted Moisturizer this festive holiday!

# have a HOLLY JOLLY

*Holidays' in! It's the last festive party of the year! Everyone is enjoying themselves, eating, drinking and grooving to the beat of Christmas songs. From the first glass of cocktail in the morning, to the grand feast we get to indulged in before going to bed!*

Office parties, dinners with friends and family gatherings that surround you with cookies, fruit cakes, eggnog and candy canes! All these foods that we crammed into our bodies during the festive season can leave many of us feeling blotted, lethargic and sometimes even just a little bit sick

Not only that, the amount of time we spent going on year-end holidays and travelling around can leave our bodies feeling sluggish, while external factors such as the pollution, sun, and heat can harm your body too. You might not know this, but one of the quickest ways to give your body the much-needed dose of vitamins and nutrients is simply through juice!

## OK, SO WHAT BENEFITS WILL I GET FROM DRINKING JUICE?

Juicing is the easiest way to consume all the important nutrients that you need to have a healthy body and good immune system. But where to get fresh pressed juice every day? That's when Nu Skin's g3, a nutrient-rich fruit juice comes in to save Christmas!

Nu Skin's **g3**, a nutrient-dense fruit juice derived from a superfruit called Gâc contains an exceptionally high amount of antioxidants and vitamins. For a mega-concentrated added benefits, this fruit juice blend was specifically formulated to combine the Gâc's natural health properties with three other superfruits including Chinese Lycium (Wolfberries), Siberian Pineapple and Cili Fruit.

Being 100% pure juice, this superfruit juice's distinctive red-orange color signifies lipocarotenes content, which enables efficient absorption and transportation of important nutrients. Capping it off, not only g3 can help support cellular growth, rejuvenation, and your skin carotenoids score, but it's a refreshing juice that people of all ages can enjoy each day!

Everyone deserves to eat and drink during the holiday season! But instead of taking a glass of sherry, why not g3 as an alternative? Better yet, jazz up your party foods by making g3 fruit punches! Or sprinkle a dose of vitamins and antioxidants and make g3 a salad dressing. And for dessert? How about a g3 sorbet? Let your imagination run wild and be creative! With these healthy g3 recipes, it'll definitely make you the talk of all your Christmas parties!



# g3 CHRISTMAS!

Spread some good cheer and joy this Christmas and 'wow' your friends and family with these great g3 recipes!

## g3 AND ORANGE SORBET

Make your own sorbet for some after dinner Christmas treat!

**Serving:-**  
12 servings (1/2 cup)

**Ingredients:-**  
1. 10 medium oranges  
2. 2 cups of water  
3. 1 cup of brown sugar  
4. 1/3 cup of g3  
5. Grated orange rind (optional)

**Method:-**  
1. Grate the rind from 2 oranges. Use a citrus reamer to squeeze juice from orange halves. Repeat for all 10 oranges until measures 2 2/3 cups.  
2. Combine 2 cups of water and sugar in a small saucepan; bring to a boil. Add rind strips into the pan. Reduce heat and simmer for 5 minutes.  
3. Strain sugar mixture through a sieve over a bowl, reserving liquid; discard solids. Cool it completely.  
4. Add orange juice and g3 to the sugar mixture; stir well. Pour mixture into the freezer can of a tabletop ice-cream freezer.  
5. Spoon sorbet into a freezer-safe container; cover and freeze for 1 hour until firm. Serve with garnish of choice of fruit.

## g3 SALAD DRESSING

A salad dressing that is rich in both vitamins and antioxidants!

**Ingredients:-**  
1. Lettuce  
2. Tomato  
3. Capsicum  
4. Cucumber

**Method:-**  
Fill a bowl of ingredients for the vegetables washed and rinsed. Add in 2 tablespoons of g3 into a small bowl, add in 1 tablespoon of water and a pinch of salt. Stir well and mix well with the bowl of vegetables.

## g3 FRUIT PUNCH

Create excitement for all. A fruit punch rich with nutrients that everyone can share throughout the holiday season!

**Serving:-**  
1 jug (1000ml) of g3 fruit punch

**Ingredients:-**  
1. 300ml of tonic water/  
lime-soda water  
2. 250ml of g3  
3. 3 cups ice cubes  
4. 150ml pineapple juice  
5. 150ml orange juice  
6. 150ml light cranberry juice  
7. 1 lime, sliced  
8. 1 orange sliced

**Method:-**  
Fill your jug with lime slices, orange slices and ice cubes. In a Mocktail shaker, add in g3, pineapple juice, orange juice, light cranberry juice and tonic water. Shake the mixture well and strain into the jug. Serve chilled.





# THE TRUE SPIRIT OF CHRISTMAS!

*There is no greater joy than offering our helping hand to those who are in need. Despite the festive and occasions over the year, Nu Skin has always been uplifting its mission to be a force for good throughout the world by empowering people to improve lives with rewarding business opportunities, innovative products, and enriching, uplifting culture through our Force For Good efforts via Nourish The Children and Southeast Asia Children's Heart Fund initiatives.*

## THE JOY IN SAVING LIVES AND BLESSING HEARTS

Started in Thailand in 1999 and was later extended into a regional project, the Nu Skin Southeast Asia Children's Heart Fund was officiated in 2003 with the aim to improve the lives of underprivileged children by helping them live a life free from congenital heart disease.

Partnering with IJN Foundation since 2008, Nu Skin Malaysia & Brunei has been helping children with congenital heart disease by funding the cost for essential corrective heart surgery, saving 109 children as of November 2015. In September 2015, the contribution from Malaysia and Brunei has marked a new milestone of achieving RM3 Million in contribution.

Another good news is that Nu Skin Malaysia has found itself an additional partner to save more lives in months to come. Signing the collaboration agreement in October 2015 with Gleneagles Kuala Lumpur (A-Heart-for-A-Heart Charity Programme), Nu Skin Malaysia targets to save at least 120 children by the end of 2015.

## NOURISH THE CHILDREN REACHES 450 MILLION MEALS MILESTONE

On top of regional effort, globally via the Nourish the Children initiative, Nu Skin has officially announced a new milestone recorded in September 2015 on its VitaMeal donation around the world. This life-transforming program has surpassed the contribution of 450 million meals worldwide, nourishing children while fighting hunger.

"Our Nourish the Children initiative has allowed us to help malnourished children by providing more than 450 million meals to children throughout the years," said Steven J. Lund, executive director of Nourish the Children. "Together, we are able to inspire a little bit of hope each day in the lives of children in need. We are grateful for the generosity of our sales leaders, customers and employees who continue to purchase and donate VitaMeal in an effort to be a force for good in the world."

2015 has been a fruitful year, filled with remarkable milestones in our force for good initiatives. The generosity of Nu Skin's Sales Leaders have brought an abundance of joy and hopes back to many families. Thank you Nu Skin Angels for being a force for good to lives, bless hearts, create smiles, and bring hopes to the community!





# SNAPSHOTS

## GO STAR CAMP

20 & 21 November 2015  
Holiday Villa Hotel &  
Resort Suites, Subang



## STAR ACADEMY PHUKET 2015

21 - 23 September 2015  
Phuket, Thailand.



## LIFE TRANSFORMING OPPORTUNITY SEMINAR

13 November 2015  
Auditorium, Level 3, Wisma MCA



## NU SKIN

ageLOC® EXPO 2015  
6 & 7 November 2015  
PNB Darby Park Retail Lobby  
Kuala Lumpur,  
Johor Bahru Distributor Center &  
Penang Distributor Center





