

# L I V E

THE DIFFERENCE

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THIS SEASON TO BE A DAZZLING STAR!



OUT THE BEST  
IN YOU



IT'S THE MOST  
WONDERFUL TIME  
OF THE YEAR!



THIS SEASON OF GIVING





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# IT'S THE MOST Wonderful Time OF THE YEAR!

*It's that time of year again! The festivities fill the air as the year end brings with it all the dazzling decorations, scrumptious goodies, presents, wonderful joys and magical moments of Christmas and New Year celebrations!*

With less than a month to go before the festive party season kicks off, it's crazy and a little frightening to think that 2017 is already nearing the end. The year flew by so quickly that it almost feels like there weren't enough time to get everything done. Most people will be rushing up and about trying to tackle and squeeze in those last-minute to-dos to make sure 2017 was indeed a fulfilling year!

However, even if you have superhuman power, the holiday season is challenging for everyone. Staying on track can seem so daunting, and falling sick is a big no-no when you have so much to do before 2018 starts rolling in! So, while you tick off your To-Do list, you must make sure that staying healthy is right on top of that list. You'll thank yourself for prioritizing your health right now, making sure you're in the best possible shape so you don't crash out over the holidays.

Let's face it, the holiday season really is not about deprivation or dieting. It's a time to celebrate with family and friends, and to enjoy the festivities! The real challenge is to do it without falling sick or gaining back any of the weight you've worked hard to lose. But guess what? Turns out you can have fun without throwing away your healthy habits.

Start your day with a bang! Exercising in the morning helps to ensure a better mood all day long. Also, did you know that too much food and holiday-related stress can also wreak havoc on the skin. Try controlling your food portions and drum up some willpower to say no helps in a big way too! Not only for your health, but you get to navigate through the holidays, flawlessly with no pesky breakouts.

Aside from staying in tip-top shape amidst all the hurrying and the scurrying to get more done, we must never forget to find time to spread the love and cheer to everyone around us. The holiday season always makes it the perfect timing to bring some Christmas joy especially to those who are less fortunate. It doesn't take much to bless the lives of others. So be a force for good and by doing something special to make someone's day magical!

The year-end truly can be the most wonderful time of the year...but also the most hectic. So always do all you can to look after both your mind and body. You might not realize this, but it's the best gift you can give yourself and everyone you love. Until the next issue, enjoy the festivities!

Have A Very Merry Christmas and Happy New Year!

KOH YEOK CHOO & YAP PECK KONG



EVELYN LAI & JONATHAN CHONG



KHO LEE LING



TAN SWEE KIM



# THIS THE SEASON TO BRING OUT *the Best in You*

*“Does the holiday season make you feel like counting your blessings and give back in some way? Christmas, anyhow is often called the season for giving! Be it the gift of great health or the gift of radiant skin or the gift of happiness to the less fortunate, Nu Skin believes that the joy of giving outshines the joy of receiving. As for you, a successful Nu Skin leader, what is the fondest moment of giving that you have had throughout your Nu Skin journey?”*

“We’re so fortunate to receive such a huge ‘gift’ from Nu Skin 16 years ago. Through its innovative products; not only that we have become healthier and younger with greater self-esteem, but through sharing, our friends and family have been getting the same benefits as well. First and foremost, my 90-year-old mom managed to regain an energetic body after consuming ageLOC products, she’ll even travel to Korea for vacation next year! Besides, Nu Skin’s culture of giving have further made us understand the true meaning of ‘it is more blessed to give than to receive’. Each month, we will encourage our partners to contribute 1% of their total income to Southeast Asia Children Heart Fund (SEACHF) in aid of the children with congenital heart disease. Furthermore, the Wish List Project that held every Christmas has given us the opportunity to creating smiles and spreading joy. Thank you, Nu Skin.”

**Koh Yeok Choo & Yap Peck Kong**  
5 Million Dollar Circle, 1 Year Team Elite Platinum & 4 Year Team Elite

“I guess the biggest influence that Nu Skin had on me is that it has transformed me from stingy to a charitable person. We have helped countless people improve their health conditions with Nu Skin’s innovative products. After understanding its culture, I have also become a better person. I used to be very selfish and materialistic, but all these have changed after I met Nu Skin. I’ve become a person who likes to help others, passionate about life and never stingy in aiding people around me. These changes are priceless, it is true to say that through Nu Skin, I’ve found my life value, making my life a better and meaningful one. Thank you, Nu Skin.”

**Kho Lee Ling**  
1 Million Dollar Circle & 3 Year Team Elite

“The Nu Skin’s Force for Good Culture has been enabling us to meet great people along the journey, motivating us to work harder to become a better person that could help more to improve their lives. Blake Roney’s philosophy of becoming a better person had greatly influenced us. Being the Honorable Board Member of the Southeast Asia Children Heart Fund (SEACHF) has allowed us to witness the power of being a Force for Good. With the help from Nu Skin SEACHF, up to 9000 children with congenital heart disease have completed their heart surgeries, living and growing up healthily. Looking at these happy faces is the greatest pleasure that we’ve gained along our Nu Skin journey!”

**Evelyn Lai & Jonathan Chong**  
1 Million Dollar Circle, 2 Year Team Elite Platinum & 6 Year Team Elite

“It is blessed to have good health, happiness and compassion in life, it is even more blessed to have the ability to help others. About one and a half year ago, my mother had an intestinal surgery done when she was 88 years old, and she’s been doing well so far, thanks to Pharmedex and ageLOC products. I’m grateful that she’s been taking these supplements for more than 10 years, which gave her a strong health foundation. Even doctor was praising her as a ‘Super Lady’, because not many 80-ish elderly could have such a good health condition, and able to recover in such a fast pace. This has made me realized that health is just like a saving account, you’ll need to save it now for you to withdraw it in the time of need. The greatest value in life is to see your loved one staying in the pink of health.”

**Tan Swee Kim**  
1 Million Dollar Circle & Blue Diamond Executive



# 'TIS THE SEASON TO GLAM-UP Your Beauty Routine

*The party season is fast approaching, from running in and out to the malls for more Christmas ornaments and goodies, to making sure that your house is nicely decorated with the festivity cheers, there is very little time to worry about your beauty routine. Whether you are playing hostess or attending gathering sessions with old friends, you want to look your very best!*



Christmas is a season filled with glitters and sparkles. Even the makeup counters are all displaying swatches of shimmer and glimmer. Although these glittery make-ups may look fabulous on a teenager, but it could make you look like a middle schooler as an adult. Hence, to solve this problem, Nu Skin proudly presents you the NU COLOUR® - an advanced make-up foundation line that provides more than just perfect coverage, but it also infused with anti-aging benefits, enabling you to sparkle with a natural glow this Christmas.

A good foundation can mean the difference between a dull complexion and a no-filter-needed skin, making it an absolute must for year-end parties. For a sheer, lightweight coverage tint or foundation with anti-aging and color correction benefits, choose NU COLOUR® Advanced Tinted Moisturizer SPF 15, a foundation that is packed with all the benefits of a color correcting tinted moisturizer. Formulated with anti-aging ingredients such as Dipalmitoyl

hydroxyproline and Tetrahexyldecyl ascorbate, it helps reduce the appearance of aging upon application by diminishing the look of fine lines and wrinkles, giving you a flawless complexion that shines with healthy glow.

If you are looking for a foundation that provides a matte, flawless finish that makes sagging skin look tighter, NU COLOUR® Advanced Liquid Finish SPF 15 is your choice! Formulated with anti-aging ingredients such as Dipalmitoyl hydroxyproline and Mulberry root, this advanced product helps lessen the appearance of fine lines, wrinkles and enlarged pores. Use Nu Colour Advanced Liquid Finish daily following your anti-aging skin care regimen for bright, flawless coverage and a younger looking skin.

*A fresh face with natural make-up is always in style. It's time to skip that thick pile of shimmers and redefine your true beauty with NU COLOUR®. Merry Christmas!*

## THIS THE SEASON TO BE A Dazzling Star!

*This the season to party hard, enjoy social events and office extravaganzas! However, just as the party season gets into full swing, just when you want to look and feel your best, fatigue and illness runs you down.*

Who doesn't want to be a dazzling star at all these parties, amaze your friends with younger appearance and physique condition? Nevertheless, between exhaustion from preparation, traveling and back-to-back late nights of merrymaking, your aging body may no longer allowed you to enjoy the celebrations as it used to. But with Nu Skin's innovative products, being the dazzling star at every party seems possible! Here's how:

### SHOW OFF YOUR ENVIABLE DANCE MOVE

Let's face it, you no longer have the stamina and energy you had when you were younger. The gradual loss of energy is one of the most unpleasant side effects of getting old. However, with Nu Skin's Ultimate Duo, you can now bring in the crowd with your unbeatable energy level and the flexibility by having a dance off! Featuring



1 ULTIMATE DUO -  
ageLOC YOU-SPAN &  
ageLOC R<sup>2</sup> PACK



2 g3



3 PROBIO PCC®



a revolutionary supplement that helps to revitalize your body and health, **ageLOC YOU-SPAN** is designed to influence multiple aging defense mechanisms to provide broad-spectrum wellness benefits and promote the health of your cells, brain, heart, metabolism, skin, bone, joint, eye, physical and immune system. Pair it with **ageLOC R<sup>2</sup> Pack**, a revolutionary anti-aging product that comprises of ageLOC R<sup>2</sup> Day and ageLOC R<sup>2</sup> Night, specially designed to purify and restore cells while you sleep and restore youth vitality and optimize energy production during the day which helps you to feel Renewed and Recharged, Nu Skin Ultimate Duo gives you the power to hold onto your youth, so you can keep doing what you love throughout your life!

### FLAUNT YOUR AGELESS GLOW AT EVERY GATHERING

It's everyone's dream to stay young forever, but wrinkles and other signs of aging seem to always have their ways to crawl out of your skin as time goes by. Free radical is always one of the top causes of aging. Hence, in order to preserve that youthful appearance, you must first learn how to protect cells from being damaged by free radicals.

Try **g3**, a nutrient-rich juice that developed from a blend of four superfruits, namely Gac, Chinese Lycium, Cili fruit and Siberian pineapple. This delicious drink has been scientifically demonstrated to fortify antioxidant defenses against cellular free radical damage, slow down the common effects of aging through DNA protection, support healthy immune function and

promote cellular rejuvenation. With just 30 – 90ml intake twice daily, this nutritious drink can do wonders in protecting your cells against free radical damage, allowing you to flaunt your ageless glow at every gathering, every year!

### GET BACK ON TRACK THE NEXT DAY AFTER A NIGHT OF PARTYING HARD

We all love Christmas parties as it is time to be sociable, a time for sharing and giving and it's also an occasion filled with lots of delectable food and drinks! However, overindulging can make us feel bloated, worn out and miserable the very next day. Nevertheless, all these problems will not occur if you have a healthy digestive system. Taking probiotic is one of the best ways to prep your stomach for the big feast and help you reduce the chances of bloating over the Christmas season.

Introducing **ProBio PCC®**, a daily supplement that contains potent probiotic bacteria culture of Lactobacillus fermentum, which relieves the symptoms associated with occasional gastrointestinal (GI) discomfort, occasional bowel irregularity, diarrhea, and other common digestive and non-digestive discomforts, enabling you to easily get back on track even after a night of excessive indulgence.

With all these Nu Skin's innovative products, this season will definitely be the season to unleash the best you! Enjoy having all eyes on you as the dazzling star at every party celebration!



## THIS SEASON OF *Giving*

*While most people are thinking of turkeys, pies, cookies and candies during the festive period, this time of year also marks the beginning of the holiday giving season. The year-end holidays always make it the perfect timing to bring some Christmas joy especially to those who are less fortunate.*

However, sometimes as life gets busy, we tend to take things for granted. And it becomes easy to forget that there are many malnourished children out there who are missing key nutrients in their diets which can hinder brain, bone and immune system development. While there are many humanitarian food aids out there, these food supply are mostly made from grain such as corn, which may lack certain essential nutrients for children's healthy development.

For more than 16 years, the Nu Skin Force for Good Foundation has contributed millions of dollars to improve the health, literacy and economic situation of children in more than 50 countries around the world. Nu Skin Force for Good Culture unites the Distributors, customers, and employees with innovative efforts that multiply the company's ability to nourish and uplift children around the world.



With years of extensive nutrition knowledge and experience, Nu Skin worked together with an expert in child malnutrition issue in third-world countries and specially formulated VitaMeal for malnourished children or family. VitaMeal is vegetarian meal and non-dairy that allows for the easy addition of ingredients to fit every taste and culture. Each VitaMeal package contains 30 child-sized meals, or enough food to provide a child with one nutritious meal each day for a month!

### **NOURISH THE CHILDREN REACHES NEW MILESTONE**

In August 2017, Nu Skin officially announced a new milestone recorded for its Nourish the Children initiative. This life-transforming program has surpassed the contribution of 550 million meals worldwide, nourishing children while fighting hunger. Since its inception, the Nourish the Children program has been supported by a steady stream of VitaMeal purchases and contributions from generous Nu Skin employees and Distributors all around the world.

As a way to alleviate hunger, the initiative first began in 2002. Today, with your help, 130,000 of malnourished children are fed around the world every day.

"Together, the Nu Skin family continues to come together to improve the lives of malnourished children around the world," said Steven J. Lund, Executive Chairman of the Board and Executive Director of Nourish the Children. "Achieving this milestone showed the fundamental compassion of people who when confronted human suffering are willing to act. We are grateful for the continued generosity of our Sales Leaders, customers and employees who purchase and donate VitaMeal."

With the continuous support from our Nu Skin Angels who uphold the company's mission to be a Force For Good in empowering people to improve lives, we will be able to save more children in this region and providing them with a better future for years to come!



**NU SKIN**  
DISCOVER THE BEST YOU™



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