

L I V E

T H E D I F F E R E N C E



I'LL BE THERE
FOR YOU

CONTENTS



04

THEME STORY

I'll Be There For You

06

PEOPLE

A Business Built on Friendship

08

PRODUCT

SKIN CARE

Beauty Buddies

HEALTH CARE

Life's Greatest Prized Possessions

12

CULTURE

A Friend In Need Is A Friend Indeed

I'LL BE THERE FOR YOU

Chandler, Ross, Rachel, Phoebe, Joey and Monica – the fictional close-knit group of friends from the TV Series 'Friends' that everyone dreamt of having. How nice would it be to have that perfect group of friends who knows you inside out? Hanging out all day on the orange couch at a café for hours just chatting and teasing each other.

Snapping back to reality! We might not have a group of friends like 'Friends' – but let's be honest, friendship, what would we do without our friends? They care for us, teach us things, allowing us to be ourselves, lending us their ears to listen to and a shoulder to cry on. The best gift of all, they give us their presence and attention – being there for us in times of need.

These days, there are too many random and weird 'holiday' celebration on the calendar (we're looking at you National High Five Day), but if there is one special day that we approved of, where all the young and old can celebrate, it's non-other than the National

Friendship Day! Celebrated in August, the National Friendship Day celebrates the love between besties, and we can't really think of anything else better than that!

Humans have always relied on friendship. Can you imagine how would we ever made it out of the Stone Age without companionship and cooperation? Regardless of the differences, friendship always crosses the boundaries over culture, age, and race. A friend can be one of life's most precious and greatest gifts. With Friendship Day just around the corner, celebrate the day with a well-thought gift, one that reflects warmth, love and affection for your amazing friends.

A good friend is like a four-leaf clover, hard to find and lucky to have. Which means your friendship gift should be something that comes straight from the heart. There are a wide range of gift items, from flowers to greeting cards, food baskets, books, etc... your standard every day gifts. After all, it is a celebration of a relationship where you share and care. You can give them the most expensive gift that money can buy, but why not give them a gift of beauty and wellness? Now that will truly be the mark of a true friendship!

Selecting the BEST gift for your friends can be quite a challenging task. But great news, Nu Skin got you covered! Help your friends put their best face forward with Nutricentials™ Face Care and ageLOC® Transformation Set. Getting glowing skin has never been easier for all ages and different types of skin. Busy

schedule or hectic work lifestyle? Help your friends strengthen their overall well-being with Pharmanex® fundamental nutritional supplements g3 and MarineOmega.

Now, we may not need our immediate circle to help gather food or fend off predators just like the Stone Age, but let's face it, friends can still be absolute lifesavers. Friends are one of the most important people in our lives. They will always be there for you and help you when the whole world turns their back on you.

Life is not always easy, but with the right friends around, it doesn't have to be all too hard. Friendship Day occurs only once a year - so make the most of it! Tell them how much they mean to you by skipping the material gifts and give something super meaningful like a priceless gift of wellness!



A BUSINESS BUILT ON FRIENDSHIP

“Nu Skin, a premier anti-aging company that began its journey around a kitchen table in Provo, Utah when its founder, Blake Roney and friends decided to invest in a business that provides “all of the good and none of the bad” to their customers. Upholding their vision and philosophy, three young friends, Blake, Steve and Sandie discovered their passion together as they began their journey of sharing the best products to their friends and family which then enabled them to turn a start-up capital of US\$5,000 to a billion-dollar company.

Just as the saying goes, ‘all lasting business is built on friendship’, based on the philosophy and success stories passed down by the founders, could you please share your Nu Skin success story that built on friendship with the readers?”



1 PENNY LIM & CHUAH SENG YUAN Blue Diamond Executive

People often have a misconception that when you embark on a network marketing business, you'll lose friends. It's not true. Nu Skin business has allowed us to grow from a small group of friends, to a sizable team of like-minded individuals, each with the confidence to dream big. These friendships bring something new to our lives by inspiring us to see the world differently, giving us a new shoulder to lean on, an arm to pull up and more cheerleaders rooting for each other. We believe it is important to guide our new team members to succeed first so that they, too, can achieve financial flexibility and time freedom.

Our success was built on patiently helping people transforming lives. From strangers to acquaintances to friends and now valuable business partners. Friendship is a long term commitment, and so does Nu Skin business, so we look forward to making more quality friends who will benefit from our products and business model.

3 JAY LOH & JASON LAI 1 Million Dollar Circle & Blue Diamond Executive

The first thought will always determine the eternity. Nu Skin started off with the right philosophy and culture - “all of the good, none of the bad”, and that is what makes people keep passing on the positivity.

Initially, most of our sales leaders were inspired by Nu Skin's products and business opportunities. However, what makes them stay is because of the company's Force for Good culture that strive to make a difference in people's lives.

We are so grateful to become part of the Nu Skin family that constantly spreading happiness and positivity to enhance others' lives; which has also enabled us to become a more valuable person to our friends and family. Thank you Nu Skin.

2 YVON LIM SIEW IMM Blue Diamond Executive

I believe all lasting businesses are built on friendship and Nu Skin is a people's business that allows you to be successful while helping others to succeed.

I am truly grateful that my circle of friends has increased tremendously ever since I've embarked on the Nu Skin journey. In fact, 95% of my teammates are made up from strangers to now my close friends as we share good things and make differences to others every day. Nu Skin also enabled me to reconnect with my old friends as they are so amazed with the transformation, positivity & energy that I've gained along the way!

I am so grateful to my introducer EBD Jasmine Teh for introducing this opportunity to me despite I was just a 'Hi & Bye' friend to her. My current goal is to continue passing on the positivity that have passed down to me by helping others to succeed. The best thing in life is that “We Rise by Lifting Others Higher”!

4 SAMUEL LAI & CONNIE LAI 4 Year Team Elite

Great things in business are never done by one person, they are done by a team of people. Same goes to our Nu Skin business, our success wasn't built alone, but from a team of dedicated like-minded dreamers. We are grateful to have found Nu Skin, a platform that allows us to dream BIG and inspired others to live better, longer!

Most of our teammates were made up from strangers, but through the sharing of Nu Skin's rewarding business opportunities, its innovative products and an enriching Force for Good culture, we have now become a group of valuable friends and business partners that sharing good vibes around, transforming people's lives and creating success by helping others succeed! Thank you Nu Skin for making us a better person from who we were yesterday!

BEAUTY BUDDIES

There's an old saying that goes like this. "Good friends are like stars – you don't always see them, but you know that they are always there".

One of the most important things in a person's life (aside from family) is having healthy, stable, and supportive friends to take on the world with. It's not very often that a group of people can connect so effortlessly. You argue, laugh, and cry, enough times to make precious memories. Friends really do bring out the best of you, and that is the true definition of #SquadGoals.

People say you should 'Put Your Best Foot Forward', - but seriously, don't you think that phrase is a bit misleading? Who's looking at your feet for a great first impression? The face is the body part that a person should be leading with. As we hurtle towards Friendship Day, what better way to surprise your best friends than with a gift that showcases your love for them. Help them get the best skin care routine with the most effective ingredients that will ensure they have the complexion of their dreams, at any age!



DAILY NUTRITION FROM THE OUTSIDE IN

Everyone knows that antioxidants and multivitamins are essential for glowing skin. While you can mix up tropical fruits and vegetables from the local market and make your own homemade face mask for a #SquadGlamNite, but why go through all that hassle when Nu Skin puts a world of convenience right at your fingertips?

With ingredients that incorporates the purest and most concentrated form of nutrients that derives directly from fruits and other food sources, your friend's daily skin care regimen - cleanse, tone, hydrate, nourish, and protect will never be the same with Nu Skin's **Nutricentials™** products.

Strawberry Extract, Patented Phosphatidylcholine Lipids, Papain, Mugwort, Licorice, and Algae Extracts are one of the key ingredients in Nutricentials™. When used consistently, it offers long-term skin protection at the cellular level by repairing and preventing damage. Best of all, you don't have to worry about suitability, Nutricentials™ products are designed specifically for normal to dry skin or combination to oily skin. So, you can now customize your friends' regimen to meet their individual skin care needs. Helping them to put their best face forward is now made easier and can be done!



THE FANTASTIC FOUR

Now that you have something to achieve healthy and radiant skin. What about the defense against the aging effects of father time (or mother time)? As time passes, the loss of collagen and elasticity can reduce skin volume, causing fine lines and wrinkles.



Designed to help reverse signs of aging effects, give your friends a truly transformational experience with the ageLOC® Transformation Set. Featuring a powerful line-up of four amazing products, this exclusive skin care consists nutritional ingredients of advanced anti-aging systems, with unsurpassed anti-aging benefits. The regime targets the sources of aging – cleanses, purifies, moisturizes, transforms and reveals younger looking skin!

The **ageLOC® Transformation Set** is unique in delivering comprehensive visible improvements. Specifically formulated using Nu Skin's proprietary ageLOC® science that targets the sources of aging at the genetic level and is clinically proven to improve skin in eight significant ways in seven days.

Every squad has that one person whose love of beauty runs significantly deeper than the rest. With Friendship Day coming, brighten up their day with these meaningful gifts that will make their beauty routines so much easier. Who knows, just like the term '#SquadGoals', you can make #AgingGracefully an inspirational term for what you'd like your group of friends to be or accomplish.

LIFE'S GREATEST PRIZED POSSESSIONS



“True friendship is like sound health; the value of it is seldom known until it be lost.” - Charles Caleb Colton

5th of August is the International Friendship Day, a holiday created to recognize just how important our closest friends are to our happiness and wellbeing. Actually, there's more than one day on the calendar for celebrating our friends. There is the National Best Friend Day in June and there is even an International Friendship Month in February. Really now... Why so many days to celebrate our friends? No matter how you look at it, we are stronger together. From the little things to the important moments in life, we are always there for each other. We lift each other's spirits, make tough decisions together, we even water each other's plants!

Friendship day is the best day to surprise your friends. Having a hard time figuring out what will be the best gift for your loved ones? Think out of the box and beyond the usual greeting cards, box of chocolates, and friendship bracelets. If you and your friends have been thinking about getting healthier together, well, how about starting now? Friendship Day makes it the perfect opportunity to skip the gift and plan something fun and healthy to do with your pals!

1. **Master Chef** – Throw a cooking party and whip up something healthy! Try out healthy recipes or even bake healthy desserts. It's always more fun to cook up a storm with your best friends.

2. **Gym Buddies** – Friends Who Gym Together, Stay Together. Make workout less daunting and more fun by working out together. Nothing beats a good sweat out with your buddies!

3. **Hit The Trail** – Lace up those hiking boots and take a hike with your friends. Not only you get a good workout as you trudge up those hills, being outdoors with nature helps to ease stress and anxiety.

Now some of these activities can be a fun way to celebrate Friendship Day. The desire to be healthier seems to be almost universal. Slowly you'll watch what you eat and exercise a bit more! But then again, is it enough? With all the healthy eating, is your body getting the essential nutrients to function at its peak? With **Pharmanex's® g3** and **Marine Omega**, this powerful duo will be able to provide you and your friends the optimal levels of important vitamins, minerals and antioxidants!



G3-LICIOUS!

Derived from a superfruit called Gâc that contains an exceptionally high amount of carotenoids called lipocarotenes and vitamins, g3 increases your servings of fruits and vegetables. The great taste of g3 does not only makes it a nutritious drink that people of all ages can enjoy, but it is also a refreshing juice that can help support cellular protection, rejuvenation, and your skin carotenoids score too!

A GIFT FROM THE SEA

Omega-3 supplement with krill oil blend provides high concentration of EPA and DHA in a unique phospholipid form targeted for use in the brain and cell membranes throughout the body, Marine Omega is ideal for those who do not consume five to six servings of fish each week, or who choose to avoid the risk of toxins and heavy metals common to fish.

Friendship and good health are one of the most prized possessions and should never be taken for granted. Branching out from the traditional gifts and encouraging an active lifestyle is one of the greatest gifts that you can give to someone you care about. Start spreading the positivity and wellness with Pharmanex® today!





A FRIEND IN NEED IS A FRIEND INDEED

In this fast-paced, sometimes a little crazy, mixed-up, out of control world, one of the greatest joys in life is having that special person to call your best friend. Your BFF is always by your side no matter what, through thick and thin and loves you unconditionally.

So, picture this, if your friends were in trouble, will you help them? Regardless of whether a heel was broken or someone having car trouble or even something a little more serious like a life or death situation, without a doubt, we will drop everything and rush to their side and help them in whatever way we can. Because that's what friends are for and what friendship is all about. But, what about a stranger, will you help a stranger?

When was the last time you stopped to help a stranger? Every time you leave your home you are bound to encounter a stranger. It's always a nice feeling to give back to the community. From giving a compliment to allowing a stranger ahead in line or paying it forward at a coffee shop. There are tons of things you can do! This coming Friendship Day, why not celebrate the occasion together with your best friends by volunteering at your favorite charity event together. Not only you get to have fun and spend some time together, you'll get to create memories and brighten up someone's day!

There is absolutely no greater joy than offering our helping hand to those who are in need. 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 "Just A Pint" Blood Donation Drive. Heroes walked among us as Nu Skin Sales Leaders, Distributors and staff members played a part as they exemplified a Force For Good culture by participating the Nu Skin Blood Donation Drive. Together with everyone's support, Nu Skin will be able to help save 243 LIVES with the more than 80 pints of blood collected!

Founded in 1984, Nu Skin continues to hold firmly onto its mission to be a force for good throughout the world by empowering people to improve lives. During the recent Force For Good Day celebration, more than 50 Sales Leaders, Distributors and staff members, together with 20 sponsored children who survived the life-saving open heart surgery were invited for fun-filled education day to the Kuala Lumpur Bird Park.



Children and adults alike were captivated with the array of attractions within the bird sanctuary. Everyone had the chance to get up-close encounters with some of the prettiest and rarest feather friends in the Park. From learning about the different species of birds, to experiencing ostrich feeding. The visit to this amazing bird paradise was truly memorable and definitely swept them off their feet.

Giving back to society can begin with even the smallest of gestures. Sharing knowledge for free or helping in a community project with your time, these are just some of the things that you and your friends can do together to make the world a better place. In the words of the respected Bigweld in the movie 'Robots' – "See a need, fill a need!"





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