

LIVE

THE DIFFERENCE

A NEW CHAPTER

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A NEW CHAPTER

A brand-new year is fast approaching. 12 new chapters. 365 new days. Doesn't it feel like it was just a couple of months ago when you join in the NYE celebrations, counting down till the clock strikes 12 and wishes of "Happy New Year!" all around you. And with that, a New Year stands before us like a fresh chapter in a book.

It's hard to believe that another year has passed and we're hopping into the next one. The year end is always the perfect timing to reflect on the past. Once you're done with that, it's time to look forward to the year that's about to start. By now, talks about New Year's resolutions is everywhere around you. For some people, hitting newly set resolutions come easy. For the rest, it may seem like a daunting task, especially when you have never been able to achieve any of your resolutions.

No matter the year, the New Year's resolution cycle tends to look the same. You want to get more money, be healthy, more quality time with your loved ones, the list goes on. You get motivated and eager to achieve a set of new resolutions. Come first January, you start working towards these resolutions for a few weeks, and then suddenly those resolutions are put aside and forgotten, fizzle out by February.

The short life cycle of New Year's resolutions is pretty common, more than half of all resolutions fail. People have a habit of to make their resolutions too generic (such as join the gym, lose weight, etc.) and hard to maintain – especially if you define a resolution you know you won't be able to keep. While that number might seem bleak, making a New Year's resolution doesn't have to be a pointless pursuit and they don't have to be yours.

One clever way to ensure that your resolution is achievable is by making sure that you are setting Specific, Measurable, Achievable, Relevant, Timely - SMART goals. The key to keep resolutions is to set smaller goals that can be gradually built upon. Understand that you can't possibly be able to make big changes in a short time frame. So, try breaking things up into small steps so you can measure your progress. Start by setting goals that are neither too far out into the future nor too far out of your comfort zone.

If kick-starting a healthier lifestyle is your goal, why not give Nu Skin's ageLOC TR90 System a try? A holistic 3 months' weight management program where it allows you to set smaller weight lose goals each month. With easy to follow eating plan, lifestyle tips and dietary supplements, you will be able to achieve a fitter, leaner you!

Another one of the best resolutions we can all make is to take better care of ourselves. Treating yourself to these little comforts is a sure way to keep you feeling good all year long. Nu Skin's Ultimate Masks & ageLOC® Tru Face® Essence Ultra Uplifting Cream will definitely help you achieve your beauty goals and make 2019 your most glowing year yet!

Whether you're looking to adopt some workout routine, or do more charitable work, together with Nu Skin you can conquer and kick-off 2019! Now let's ring in the New Year with a bang!

12 new chapters. 365 new days. What will you be writing for the next chapter of your life?



LIVING LIFE WITH PURPOSE

1

FRANCIS YEOW & LILIAN WONG

Blue Diamond Executive

What is more meaningful than giving the gift of health? 2018 was a remarkable year, we were so blessed that through Nu Skin's innovative ageLOC products, we've helped two old friends who weighted around 100kg to regain health and confidence by reducing 20kg and 30kg respectively. Knowing they are now free from obesity related issues such as gout, high blood pressure, high cholesterol, etc. are our greatest contentment!

The Nu Skin business requires team effort to achieve success. Through 'Success Together' team effort, another Executive Brand Director was born in our team, the feeling of achieving success by lifting others higher, watching them achieving financial and time flexibility are beyond words can describe.

We believe that as long as the spirit of 'Success Together' is there and through our duplication system, everyone can be successful in this rewarding business opportunity.



2

CHRISTENE CHOW & DR ANG

Blue Diamond Executive

We've been with Nu Skin since 2011. We made resolutions annually even before we joined Nu Skin, but mostly for ourselves and families. Ever since we joined Nu Skin, we found that our success and happiness are directly proportionate to the number of lives we have touched for the better.

Although it is not an easy task to withstand as a constant giver while facing tremendous rejections and emotional turmoil, we choose to wake up every morning to be a winner instead of a loser; a giver rather than a recipient, because we know through the rewarding business opportunity, uplifting Force for Good Culture and innovative products, we are transforming people's lives to the better every day and we are so grateful to be given the opportunity to do so.

This year, and every years onwards, we will continue to be a Giver of Passion, Giver of Love, Giver of Strength, Giver of Hope and Giver of Opportunity.

Great life revolves around people who uplifts others. Let's make the world a better place.

Happy New Year!



"The New Year reminds us that we are given the opportunity to be a kinder, fuller and more vibrant self. Many would set their New Year's resolutions that revolve around family, personal development or circle back to one's own fitness regime. We at Nu Skin believe that New Year resolutions shouldn't be just revolved around yourself, but to give back to others. That is why we aspire to be a giver, a giver of love, a giver of good vibes and a giver of strength.

Being a giver is no stranger to a Nu Skin leader like you. From giving others the chance to discover their best self to offering hope for a life free from disease, illiteracy, and poverty, can you please share with the readers what is the best New Year resolution that you have resolved along the journey?"

3

ELOISE LAW

Blue Diamond Executive

I'm a very ambitious person ever since I was a kid. Thanks to Nu Skin, I can finally realize my dream of helping others to achieve their goals of having good health, beauty, self-confidence, etc.

Few years back, I met a mom of three who has totally lost her health and confidence due to post-delivery obesity, but through ageLOC TR90 and Duo Pack, she has regained her healthy weight and self-confidence after taking the products for just 6 months' time! Watching her sharing her journey of transforming from XXL to S size with a happier marriage life on stage really gave me a great sense of contentment.

It is my dream to be able to touch others life to the better. That is why I took part in the 1% Commission

Contribution program immediately after I've heard about it. It feels so great that through this Force for Good Culture, I am not only helping others through the Nu Skin innovative products, but also touching more children's lives to the better!

Thank you Nu Skin for making me living my life to the fullest every year!



4

TO LAY SAN & MARCUS LOH

4 Year Team Elite

There's always this belief that you'll start losing your friends once you've embarked on a direct selling business. Well, we used to believe in that myth as well, until we've found Nu Skin. It's rewarding business opportunity, innovative products and the Force for Good (FFG) culture have totally changed our perception towards direct selling business.

Besides living a healthier live with time and financial flexibility, we've helped countless people around us to achieve better and happier lives. Achieving success by helping others to succeed is one of the greatest resolutions that we have fulfilled thus far.

Nu Skin's FFG culture is the strongest push that led us to the big family. We are so grateful to know that through the 1% Commission Contribution program, we're saving lives every day! It is indeed true to say that heroes come in all forms and shapes, and we will continue to be a giver of love and hope for the years to come!



Making New Year's resolutions at the end of the year is a time honored tradition worldwide. Fitness, financial, educational, and career goals are among the common choices, but what about beauty resolutions? People tend to take their skin condition for granted. Lack of time and busy are among the common excuses used when one neglects his/her daily skin care routine. Despite all the negligence, people still expect to obtain perfect skin overnight.

However, when the telltale signs of aging begin to write on one's face, they begin to cry over the split milk. While many tend to forget about their resolution the next day after making it (especially those complex daily regimens in taking care of their skin), here are a few skin care resolutions you should make this year so that you can enjoy that youthful glowing skin for 2019 and beyond!

RESOLUTION 1: WEAR SUNSCREEN EVERY DAY

Our skin is at the mercy of many forces as we age, and UV rays from the sunlight is one of the biggest culprits. Start the year off right by getting in the habit of applying sunscreen every morning before you leave the house. Protecting your skin from sun damage is one of the best ways to maintain that youthful glow throughout your life.



RESOLUTION 2: UPLIFT WITH A MOISTURIZER THAT DOES MORE

When you're thirsty, you reach for a glass of water. When your skin is thirsty, a moisturizer gives it the hydration it needs. Moisturizer can help to keep your skin soft, supple, comfortable, and attractive; but what we are looking for is a moisturizer that does more than just that... Introducing ageLOC® Tru Face® Essence Ultra Uplifting Cream, an amazingly rich hydrating and lifting cream that provides instant results with lasting benefits!

Within 30 seconds, a natural active biomimetic polymer creates a comfortable, protective film. Within 30 minutes, the dewy finish starts to make skin appear more sculpted and defined for a noticeably youthful, revitalized appearance. And within 30 days, ageLOC® Tru Face Essence Ultra Uplifting Cream nourishes, hydrates, and strengthens skin appearance, promoting a healthy, well-rested look.

ageLOC® Tru Face Essence Ultra Uplifting Cream was developed to enhance the benefits of ageLOC® Tru Face Essence Ultra and make powerful skin nourishment and hydration part of your regimen. Wrap your skin in this silky cream that leaves you feeling refreshed and beautiful all year long!

NEW YEAR, NEW GLOW!

RESOLUTION 3: MASKING UP TO DEFEND AGAINST AGING

Did you know that dehydrated skin can magnify the appearance of fine lines and wrinkles? If these signs of aging are stressing you out, try smooth them out with Nu Skin Ultimate Mask.

Comes in two star masks, the Nu Skin Ultimate Mask Time Reverse is an all-in-one mask, with premium skin care ingredients in one mask sheet, provides wrinkle-free, skin tightening and whitening Multi-Function Effects.

By using NANO MICRO FIBER SHEET as material, which the fiber's thickness is only 1/7500 of hair thickness. It fits better with skin and provide skin tightening effect, and better absorption of ingredients.

By using 100% Eucalyptus Extract and combined by water punching way with high-pressure water, the Nu Skin Ultimate Waterfull Mask contains highly moisturizing ingredients, such as complex of 7 Low-High Molecular Hyaluronic Acid which can hydrate different layers of skin, moisturizing skin without water loss.

Although applying masks won't give your complexion the Benjamin Button effect, but they will give you instant gratification that will eventually improve texture over time with continued use. So, start masking up today!



RESOLUTION 4: STRESS LESS

We know it is easier said than done, but try to make it work by taking a meditative bath, watch a fun show, listen to relaxing music or talk to a friend. Stress takes a toll on your skin and body, so resolve to better manage stress for a happier and healthier year.

We want you to feel strong and confident in your own skin. So when you're making your list of resolutions this year, considering add a few or all of these suggestions for a better complexion in the new year!



MAKE 2019 YOUR FITTEST YEAR YET!

It's that time of the year again for people around the world to start afresh with a brand new set of resolutions. Be it starting a new exercise regime, maintaining a more healthy diet or achieving a healthier lifestyle, there's no surprise that weight loss is one of the top New Year's resolutions according to the Nielsen Survey ; but just like any other resolutions, only less than 5% of people succeed in keeping their New Year's resolutions.

Why? Well, you may put the blame on the environment that you are living in. The minute you've committed to lose weight, there's this fragrant rice dish cooked in coconut milk and pandan leaf a.k.a. Nasi Lemak tempting you from every street corner or on your way to the office. In addition, being confined to a 9 to 6 job, along with a rush hour commute to and fro work often leaves us exhausted at the end of the day and exercising or hitting the gym will be the last thing on your mind.

From keto diet, apple diet to water diet, there're many diet plans out there that claim to be able to help you get rid of those unwanted fat. However, these diet plans are just not sustainable for long term application. You may see the result in less than a month, or even just days, but unfortunately, the weight will bounce back soon after you've stopped following them and return to your old habits. Or worse, it bounced back to even higher than before you started these diets. If you have attempted or tried several weight loss diets but to no avail, don't be discouraged, perhaps all you need is just a different approach to your weight loss regime, one that can give you a more holistic approach, easy to follow eating plan and most importantly a sustainable result!

Introducing ageLOC® TR90 System, a holistic weight management program that includes an easy to follow eating plan, lifestyle tips and dietary supplements to target and promote healthy metabolism, support metabolically active lean muscle and promote a positive mood and mindset to help achieve a fitter, leaner you!

Being the No.1 weight management & wellbeing brand in Malaysia for 2

consecutive years, ageLOC® TR90 System encompasses simple eating plan and active lifestyle that is easy to follow and maintaining throughout the year. The ageLOC® TR90 3-3-3 simple eating plan focuses on balance nutrient for diet intake. Meanwhile, the ageLOC® TR90 3-3-3 exercise guide encourages you to practice an active lifestyle to achieve your desired results.

Whats's more? Combining these balanced yet simple eating plan and a more active lifestyle with the ageLOC® TR90 supplements, the ageLOC® TR90 System guides you on the path towards a more sustainable result for your weight loss regime. Not only that, both ageLOC® TR90 3-3-3 eating plan and exercise guide aim to help you on building healthy habits, maintain it even after the program has ended, isn't this great?

With mind, body, and ageLOC® working for you, transform your life in 90 days has never been easier! Give yourself a second chance on the weight loss resolution, you'd never know all you need is just a different approach to shed that extra weight off.

Rock your 2019 resolution with ageLOC® TR90 System and make #newyearnewyou a reality in 2019!



SPREADING HAPPINESS

Exercise more. Lose weight. Get organized. With a new year fast approaching, you might be dreading just by looking at your usual daunting list of New Year's resolution. This upcoming new year, why not try making a resolution that you won't regret?



Volunteering or giving back to the community in need can be a big or small commitment as time allows, but it's always time worth spending. Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, and more meaningful. Not only will you be lending a hand to those in need, you're guaranteed to feel good about it too!

2018 was an incredible year, filled with remarkable milestones in our force for good initiatives. Founded in 1984, Nu Skin holds firmly onto its mission to be a force for good throughout the world by empowering people to improve lives. Besides fostering underprivileged children with the love and care they need with various projects and efforts, one of the company's top Corporate Social Responsibility (CSR) initiative is saving children born with congenital heart disease.

Since forming a partnership with IJN Foundation in 2008, Nu Skin Malaysia has been helping children with congenital heart disease from all over Southeast Asia by funding the cost for essential corrective heart surgeries through the SEA CHF program, and sponsoring life-saving treatments that these children would otherwise not be able to obtain. Through the Nu Skin Malaysia – IJN Foundation Heart Surgery Project for Children, a total of XX children's lives have been saved to date.

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." During the recent IJN Charity Dinner "A Jubilant Journey with IJN", Nu Skin Malaysia received a token of appreciation from the Prime Minister, YAB Tun Dr. Mahathir Mohamad, for our continuous effort in giving back through our Force For Good initiatives. On top of this, to celebrate the 10th year partnership, the force for good company once more pledged to improve the lives of another 33 underprivileged children to undergo heart surgeries and treatment!

Ending 2018 on such a high note closes a chapter on such an amazing year. While the typical resolutions of weight loss and eating healthier are a great form of self-improvement, let's kick-off 2019 on a good note by bringing and spreading more smiles to more and more children, and contribute to improving the world as a whole.





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