

# Live the Difference

Volume 2, 2019



GET YOUR RAYA  
GLOW ON!

# CONTENTS

04

**THEME STORY**  
Get Your Raya Glow On!

06

**PEOPLE STORY**  
Uphold the Essence of Hari Raya

08

**PRODUCT STORY**  
**SKIN CARE**  
Prepping The Raya Glow!

**HEALTH CARE**  
Stay in Shape This Raya!

12

**CULTURE STORY**  
The Act of Giving

04



06



08



12



*It's time of the year again! Bring out your Kuih Semperit recipe, shop for new Baju Raya, and spruce up your living room with new curtains and furniture because Raya season is here!*

The colorful decorations are up everywhere, people are hustling and bustling at the markets and malls to get their shopping done, the fragrant smells of Malay delicacies are all around us. The festive season of Hari Raya has begun! When we think of Raya, there are a couple of things that come to mind. From singing songs like Saloma's iconic "Selamat Hari Raya", Sudirman's nostalgic "Balik Kampung", to family gatherings and your grandmother's famous lontong – it is undeniable that these things put everyone in the Raya spirit.

With a week to go before the Raya celebration, it can be a stressful period of preparation. We start thinking about chores and spring cleaning, what to eat for Buka Puasa and also what to wear for Raya. You know it's going to be a stressful week until the festivity starts. It's completely natural, we feel you. During the week leading up to the big day, it's easy to neglect self-care when we need it most. Now, if you dread the prying eyes of your Mak Ciks and Pak Piks during your next balik kampung trip, it's not too late to glow up!

While bold hues, eye-catching patterns bajus and heavy makeup might be able to hide imperfections. But surely, it's not just about what outfit you will wear for the coming festive celebration. You want to be fabulous from head to toe. To complete your Raya look, complementing your Baju Melayu or Baju Kurung with a clear and glowing complexion is a must. Want to feel fabulous and turn heads at the next open house visit? Nu Skin's got your glow covered for the upcoming celebration!

Cleanse. Tone. Moisturize. Most people swear by these three basic steps and live to see astonishing results. Add Nu Skin's Ultimate Mask Snowwhite facial mask treatment into the equation and it will provide you with that extra glow you'll need just before Raya. With the fasting month nearly coming to an end, you'll find yourself indulging in delicious food like beef rendang, leman and who would have forgotten the all-time favorites satay and ketupat! With FIBREnet® and Pharmanex's ProBio PCC, you'll get to enjoy the celebrations with these complementary "must have" supplements and stay healthy.

This Raya, to "glow up" is essentially to transform yourself into the best version – inside and out – be it by getting a makeover or staying and leading a healthy lifestyle. Raya is a feel-good celebration, which means you will naturally be in all smiles and excited on the day, so you will definitely glow one way or another, enough to shine brightly this Raya!



GET YOUR  
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**SHIREEN ABDUL RAHMAN & AZAMBATU ABDULLAH**  
SENIOR BRAND DIRECTOR

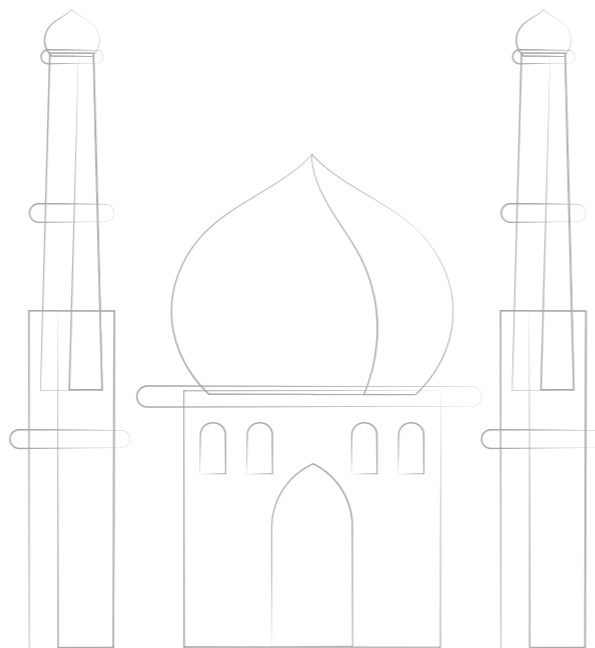
Hari Raya is a time of giving, celebration and joy. Having family and friends over is a way for me to express my gratitude, as giving is an expression of gratitude for our blessings.

I have been blessed to have met many new friends through the Nu Skin platform. Earlier this year, I met a stranger through a friend and helped transformed her life to the better via a set of ageLOC® TR90®. Besides regaining health, the business opportunities behind the Nu Skin platform also helped transformed her life financially, enabling her to provide a better living lifestyle for her family.

It's amazing how this platform enables you to live better and contribute back to the society. In the month of Ramadhan, my team and I have contributed VitaMeal to the needy through the Nourish the Children program. Thank you Nu Skin for providing us a platform to be a Force For Good anytime, anywhere!



# UPHOLD THE ESSENCE OF HARI RAYA



**MAZNIDA & MAZNITA BINTI MOKHTAR**  
SENIOR BRAND DIRECTOR

The real essence of Eid lies in spreading happiness and love all around us, which can be fulfilled only when we help the poor and the needy. It is compulsory for us to give alms (Sadqa Fitr) on this festival or well before the Eid day, so that the poor may take part in the celebrations as well. Thanks to Nu Skin, we are able to give alms all year round through the Force For Good initiatives. Besides helping the underprivileged, through the spirits of thanksgiving, sharing and caring, we have also helped our family and friends to transform their lives to the better from the inside out with the ageLOC® technology.

Through the essence of Eid, God has given us an opportunity for the mankind to celebrate together, Muslims and non-Muslims. I would say, by doing the Nu Skin business, we are celebrating together all year round for we know that we have the power to transform people's lives to the better, every day!



**DR FAUZIAH AMHAD**  
BRAND DIRECTOR

Being a medical doctor, helping others to regain health is one of my life goals; and I am grateful to be able to embark on the same mission to transform more people's lives to the better through the Nu Skin platform.

Prior to Nu Skin, Hari Raya was an occasion for gathering, exchanging love and forgiveness after a month of fasting in Ramadan. But ever since I've joined Nu Skin, Hari Raya has become a more meaningful occasion as it gives me the opportunity to impart knowledge and concept on how we could further improve our health and lives through its innovative products and business opportunities. As the saying goes: "We make a living by what we get, but we make a life by what we give". I am thankful to be able to spread love and care to the underprivileged through various Nu Skin's Force For Good initiatives.

To all my Nu Skin family and friends, I wish you all 'Selamat Hari Raya Maaf Zahir Batin'. Let's continue to living a happier, healthier and younger life!



Hari Raya was not merely a joyous occasion, but a day of jubilation with thanksgiving and forgiveness. As the saying goes: "money is the currency of living but gratitude is the currency of life." It is true to say that no matter how much money one can make, you can never be happy if you don't know how to be thankful. Gratitude seems to be one important element in the life of the Nu Skin's leaders. Adopting the gratitude practice isn't just a saying, it's a lifestyle and mindset choice that could drastically change one's life.

Being a successful Nu Skin leader, could you please share with the readers on how do you uphold the essence of Hari Raya through sharing, caring and thanksgiving?

**OMAR, NINA SURIA BT & HAFIZ ZAMRI**  
SENIOR BRAND DIRECTOR

We're grateful for the opportunity that ordinary people like us can help others to own a better health and life. We share the Nu Skin opportunity with full sincerity and true belief. We have come to realize that when you help people with a sincere heart, good things come your way in abundance. Through Nu Skin, we've helped family, friends and even strangers (who eventually become so dear to us!) earned a better living aside from regaining their health. We've seen sincere tears of gratefulness and kinship in the eyes of friends who overcame serious health issues with the help of ageLOC®; in the eyes of the orphans where we helped collect donations to fund their basic toiletry needs, and in the eyes of our loved ones when they beam with pride over the mission we fight for - that is to help others lead healthier and more meaningful lives.

Indeed, Nu Skin can give ordinary people extraordinary lives. This Raya will be yet another extraordinary occasion for us, as more than ever we look forward to seeing our loved ones on Raya morning. A grateful mind focuses on the best in people and the best things in life, always.



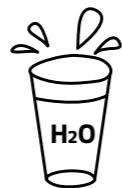
Balik kampung! Ho-ho-ho... Balik kampung! Ho-ho-ho... Balik kampung! Hati girang!

While it feels great to be able to balik kampung to spend more time with your family and loved ones, but there's no way to avoid those prying eyes from the nosy Mak Ciks, Pak Ciks and annoying cousins.

We understand that prepping for Hari Raya and the long traveling journey can really drain one's energy and glow. Hence, we've got you covered with these simple beauty tips to help you survive and glow up this festive season!

Simply follow these four beauty tips that will ensure you're perfectly primed and polished for the coming Hari Raya.

### DRINK PLENTY OF WATER



H<sub>2</sub>O has long been known as the best toxin flusher. Besides flushes out toxins, water also helps deliver key nutrients to cells. Staying hydrated helps in giving you a younger-looking, radiant complexion, too. So, keep your skin moisturized, make sure you drink at least 2 litres of water per day.

### GET YOUR BEAUTY SLEEP



'Sleeping beauty' isn't just a fairytale! Lack of sleep can make your skin look tired, dull and dreadful, especially around the eye area. A well-rested good night sleep allows your skin to replenish itself and reap those anti-aging benefits. So, make sure you get a good night's sleep every night, not only will you look radiant, but you will also have lots of energy to enjoy and celebrate your Raya!

### CLEANSE, TONE & MOISTURE



These are the basic steps in maintaining a clean and healthy skin. So, cleanse your face at least twice a day, apply toner every time after you've cleanse it; and most importantly protect your skin barrier by applying moisturizer.

### DISCOVER THE POWER OF FACIAL MASK






Face mask brings fast effects in regards to enhancing the skin. The serum in face mask is filled with various types of vitamins and minerals that are good for the skin. Be it in a hurry or having some chillax time (or while on your way back to hometown), simply give your skin an instant radiant boost with Nu Skin's Ultimate Mask Snowwhite.

## PREPPING THE RAYA GLOW!

It's that time of the year again where everyone is eager to balik kampung to celebrate with their loved ones this holy festival. Be it traveling on the road or rail or air, balik kampung during this festive season is definitely one jam-packed journey.



Featuring a protein-coated bamboo sheet that is infused with premium ingredients such as

NIACINAMIDE	<b>WHITENING FUNCTION</b> A water-soluble Vitamin B that helps to prevent melanin from moving to the skin surface layer to inhibit pigmentation and enhances skin's barrier care and skin moisturizing effect	
GLUTATHIONE	<b>SNOW-LIT SKIN</b> An antioxidant combining 3 amino acids: glutamine, glycine, Cysteine. It is a powerful antioxidant effect for healthy bright skin	
ASCORBIC ACID POLYPEPTIDE	<b>YOUNGER-LOOKING SKIN</b> A combination of Peptide protein and Vitamin C to provide stability and more effective delivery of ingredient to skin	

Ultimate Mask Snowwhite gives you a whiter and brighter skin after leaving it on for 10 – 20 minutes, enhancing your complexion with that extra glow you'll need just before Raya!

Let's look fabulous and transform yourself into your best version from the inside out this Aidilfitri! Selamat Hari Raya and may you have a great time with your family and friends!



# STAY IN SHAPE THIS RAYA!

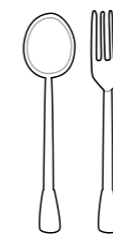
Being the food-loving nation, festive seasons also known as feasting seasons in Malaysia. Although delicious delicacies are made available wherever you go this Hari Raya, make sure you go easy on your digestive system, and don't overdo the feasting while you forge closer ties with family and friends at the gatherings and open houses.

While many know that overeating is bad for their health, but with those Kuih Raya, Lemang, Satay, Ketupat, Beef Rendang and an array of mouthwatering delicacies served during the festive season, most people cannot resist from indulging in the spread provided to them. Hence, we've compiled a few tips to help you minimize the 'damage' that could possibly happen from a slight lapse during this feasting season.



## TIPS #1: STRATEGIZE YOUR MEAL

Use small plates to eat smaller portions of food. This could also avoid wastage and reduce the tendency of overeating. Besides, you should also plan your open houses to accommodate to your meal time.



## TIPS #2: STAY HYDRATED

Malaysia's blazing hot sun is no joke and it can get very hot when you hop from one open house to another. Many often mistaken thirst for hunger, so, to avoid overeating, make sure you bring a bottle of water with you and drink in between open houses to stay hydrated.



## TIPS #3: CHOOSE THE GOOD

Choose dishes with less oil, sugar and fat. Ulam, Kerabu and soup-based noodle such as Soto are among the better choices of food you may opt for. If it is just so irresistible, get help from Pharmanex FIBREnet® before indulging. FIBREnet® contains a unique form of chitosan fiber which could help to bind with your dietary fat to deter dietary fat absorption. Simply take 4 capsules with 12 to 16 ounces of liquid prior to your two largest meals, and you are good to enjoy your Raya feasting without having to worry about excessive fats storing in your body!



## TIPS #4: TAKE ADVANTAGE OF LIVE CULTURES

Other than calories, consuming too much on yummy food before it is properly digested will often cause some stomach upset or indigestion. Furthermore, late night partying and poor quality of sleep during this festive season will cause your immune response to be weakened as 70% of the immune response is in your digestive tract. Take advantage from Pharmanex ProBio BCC®, a health supplement that contains a potent probiotic bacteria culture of Lactobacillus fermentum, which is able to relieve symptoms associated with occasional gastrointestinal (GI) discomfort, occasional bowel irregularity, diarrhea, and other common digestive and non-digestive discomforts.



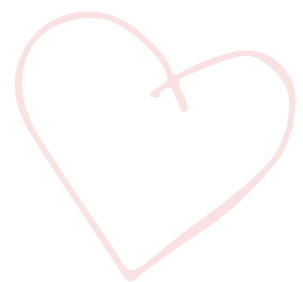
This robust strain of Lactobacillus fermentum in ProBio BCC® is proven to survive gastric acid and effectively colonize in the gut. What's more? Its unique delivery system ensures more "live" cultures reach the gut than many other probiotic products, ensuring your gastrointestinal stays happy and healthy while you are indulging.

Hari Raya is meant to be celebrated. Simply keep the above tips in mind and practice them during these feasting season.

Selamat Hari Raya and happy feasting!



# THE ACT OF GIVING



As we reflect on the good around us, did you know that there are more than 50,000 children born with congenital heart disease in Southeast Asia each year? Most of the families of these children are compelled to postpone life-saving surgery due to the lack of resources. Some children die before a chance at treatment; some become disabled, while others must wait even longer for treatment, anywhere from two to three years at a time.

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 SEACHF program, and sponsoring life-saving treatments that these children would otherwise not be able to obtain.

With 272 lives saved as of to date, the Company continues to push the edge of charity in constantly finding new ways for their contributions to reach those in need. Meetings like the recent annual SEACHF Board Meeting held at the Institut Jantung Negara (IJN) are organized to showcase the SEACHF 2019 activities as well as discussion and sharing among the IJN doctors and ways to increase the 1% contributors in Malaysia. And every year without fail, charitable initiatives and activities like the recent Festive Season Ward Visitation during Chinese New Year - SEACHF Board Members bringing cheer to the children in pediatric wards with toys and festive delectables.

Giving a monetary contribution is a great way to truly support causes that are in need especially during a festive season like this. With Nu Skin's mission to be a force for good throughout the world by empowering people to improve lives, you can be a part of this culture! So, go on and spread some happiness by being a Force For Good during this Raya season!

Shopping. Eating. Celebrating. Besides the usual holiday routine that everyone goes through during the Raya celebrations, many tend to forget that the festive season is also a time to ask for forgiveness, perform good deeds, reconcile and renew relationships with others.

Amidst of all the open houses and celebrations, this is also an ideal time where you get to give back to the underprivileged by doing good and helping them to achieve a better life. Whether you donate money or time, giving back to the society can bring hope and smiles to the less fortunate. There is absolutely no greater joy than offering our helping hand to those who are in need.



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