

# Merry + Bright

Shine bright this season with skincare tips that will have you feeling confident and looking gorgeous at every holiday party.





### **Vitalizing Serum**

A botanical-based serum with a high concentration of active ingredients to support your skin's beauty-preserving functions.

### **Replenishing Night Cream and Gel**

An ultra-hydrating cream designed to protect your skin while providing 24 hours of rich hydration after one application.

**"I love the entire Celavive skincare line. The products feel amazing on my skin."**

**– Sara McMann, UFC Mixed Martial Artist, USA**

# TIPS FOR A *Radiant Holiday*

## *Tip #1* MAKE SELF-CARE A PRIORITY

Life is busy, especially during the holidays. Consistency is key, so make time in the morning and evening to take care of yourself and your skin.

## *Tip #2* GLOW FROM WITHIN

Staying hydrated and eating a balanced diet is key to healthy-looking skin. Increase your consumption of nutrient-dense fruits and vegetables rich in vitamins and antioxidants. Incorporate USANA supplements, such as **Proflavanol C<sup>100</sup>**, for added skin-boosting support.\*

## *Tip #3* GET SUN-SAVVY

Sunshine is beneficial for physical and mental well-being, but too much exposure to UV rays can cause the look of premature aging. Incorporate skincare products with certified sun protection, and reapply early and often if you'll be spending the afternoon outdoors.

## *Tip #4* CATCH SOME ZZZ'S

It's called beauty rest for a reason. Lack of quality sleep can leave you feeling sluggish and your skin looking lackluster. Wind down early and aim for eight hours of restful sleep.

## *Tip #5* REFINE YOUR RADIANCE

Exfoliate regularly with **Celavive's Exfoliating Scrub + Mask**, which helps to reduce the visible effects of pollutants, balance excess oils, and detoxify pores to make them appear smaller.

# Celavive Brightening

NEW!

## THE NEXT EVOLUTION IN CELAVIVE

Achieve a visibly brighter, more even complexion with formulas designed to target the various stages of visible discoloration and hyperpigmentation. Gift these to yourself this holiday season—we won't tell anyone.



"These products help your naturally beautiful skin look more evenly toned and radiant. As a skincare advocate, I am excited about this addition to an already amazing line."

– Dr. Jennifer Lee, Board Certified Dermatologist and USANA Partner

# Eco-Friendly Gift Giving

Repurposing ribbon and ditching disposable gift wrap are great steps toward eco-conscious gifting. This year, go a step further with presents both your friends and the planet will appreciate. Here are ideas to fill your zero-waste gift basket:





## Kitchen items

like reusable straws, beeswax food wrap, and sustainably sourced dish towels. They look great, and your recipient will feel good every time they use them.

*For more ideas, search “single-use plastics” on [whatsupUSANA.com](https://whatsupUSANA.com).*

## A membership

to a local club, ski resort, fitness center, or organic market. Memberships are the gifts that keep on giving, benefiting your lucky friends again and again.

## Vegan-friendly goodies

like loose leaf tea, soap nuts, organic fruits and vegetables, and house plants. You don't need a green thumb to care for a houseplant—include a special note and simple instructions.

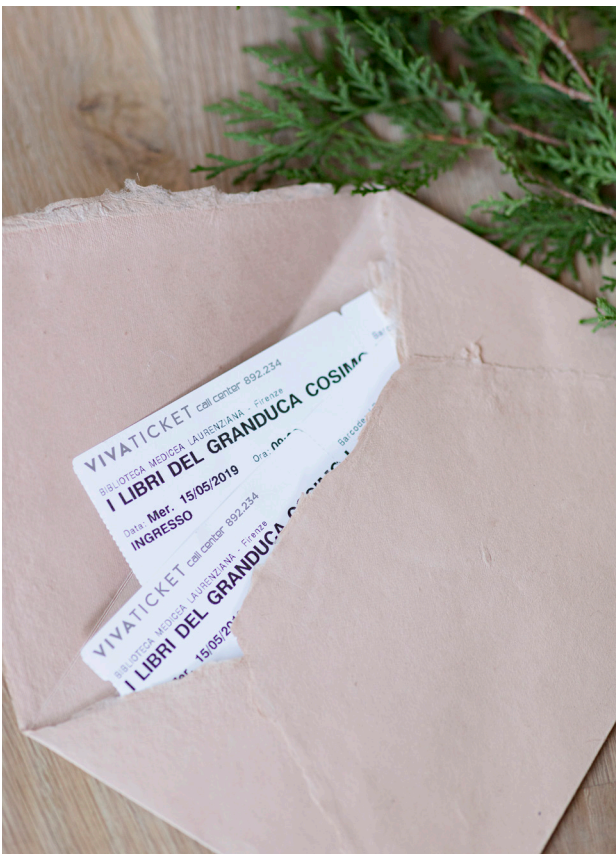
## Tickets

to the zoo, a theme park, the theater, or an art exhibit. Give your recipient an excuse to venture out and experience local arts and establishments.

## Donations

made in your recipient's name. When it comes to charity, everyone wins. This is the perfect zero-waste gift for the person who already has everything.

*Consider hosting a fundraiser in partnership with the USANA Foundation.*





# Stay Healthy This Season

Celebrating the holidays usually means indulging more than you normally would. But swapping some of those indulgences with sensible solutions goes a long way to help you feel more energized, sharper, and full of good cheer.

Slow down and enjoy your meals. It's easy to overeat when you're in a hurry, so drink a full glass of water before sitting down at the dinner table, and take slow, purposeful bites. This will help you consume less and give your digestive system the time it needs to process.





## Nutrimeal

A delicious, low-glycemic meal replacement shake with a balanced ratio of carbohydrates, proteins, and healthy fats to keep you feeling fuller, longer.

“I’m always on the go, but I never want to skip out on the nutrients my body needs to be at peak form. **USANA’s Nutrimeal** helps me get protein and fiber in a quick and easy meal replacement shake.”

– J’den Cox, USA Wrestling, USA



## Digestive Enzyme

A wide range of beneficial enzymes formulated to aid in digestion and relieve occasional stomach discomfort.\*



## Hepasil DTX

A liver-support supplement with our exclusive **InCelligence Detox-Support Complex** to deliver powerful phytochemicals to your hardest-working organ.\*



## Fibergy Plus

A powdered booster adding an additional 12 g of fiber to your **Nutrimeal** or **USANA MySmart** shakes to promote good digestive health.



# Sweet Treats with a Healthy Twist

Treat your friends, family, and party guests to a USANA-approved snack that's nutritious and delicious. Warm up with a freshly baked crumble cake, or cool off with frozen hot chocolate. Either way, these recipes are sure to satisfy any holiday craving.

## Crumble Coffee Cake Muffins

Makes 3 large muffins

### Ingredients

Cake Batter:

- ½ cup (5 scoops) **French Vanilla Nutrimeal**
- ¼ cup brown rice flour
- 1 tsp. baking powder
- 1 Tbsp. sugar or sugar alternative
- A dash of ground nutmeg
- ½ cup unsweetened almond milk
- 1 tsp. vanilla extract

### Crumble Topping:

- 1 Tbsp. sugar or sugar alternative
- ½ tsp. ground cinnamon
- 2 Tbsp. brown rice flour
- 1 Tbsp. coconut oil, melted
- ½ cup walnuts, chopped

### Instructions

1. Preheat oven to 325°F.
2. Combine dry ingredients for the cake batter in large mixing bowl: **French Vanilla Nutrimeal**, brown rice flour, baking powder, sugar, and nutmeg.
3. Add almond milk and vanilla and thoroughly combine.
4. Spoon mixture into three large silicone muffin cups.
5. Combine dry ingredients for the crumble topping in medium mixing bowl: sugar, cinnamon, and brown rice flour.
6. Add coconut oil and thoroughly combine.
7. Mix in chopped walnuts.
8. Sprinkle crumble topping evenly across batter in each muffin cup.
9. Bake 20–25 minutes, or until a toothpick inserted in the middle comes out clean.
10. Let cool completely before removing from muffin cups.

## Nutrimeal Protein Banana Bread

Serves 12

### Ingredients

- 3 Tbsp. coconut oil
- ½ cup (5 scoops) **Nutrimeal Free**
- 1 ½ cups almond flour
- ¼ tsp. salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 3 medium/large bananas
- 2 large eggs
- ½ cup plain Greek yogurt
- ½ cup sugar-free maple syrup
- 3 Tbsp. coconut oil, melted
- 1 tsp. vanilla extract
- ½ cup dark chocolate chips

### Instructions

1. Preheat oven to 350°F and grease loaf pan with coconut oil.
2. Combine dry ingredients in large mixing bowl: **Nutrimeal Free**, almond flour, salt, baking soda, and cinnamon.
3. Mash bananas with a fork in medium mixing bowl. Beat in eggs, Greek yogurt, maple syrup, melted coconut oil, and vanilla. Stir in chocolate chips.
4. Add banana mixture to dry ingredients and thoroughly combine.
5. Pour mixture into greased loaf pan and bake for 55 minutes, or until a toothpick inserted in the middle comes out clean.
6. Let cool 10 minutes before slicing and serving.



## Frozen Hot Chocolate

Serves 4

### Ingredients

- 3 ½ cups ice
- 2 cups almond milk
- ¼ cup (2 heaping scoops) **Dutch Chocolate Nutrimeal**
- 2 single-serve packets hot cocoa mix
- 2 Tbsp. chocolate syrup
- 2 tsp. vanilla extract
- Whipped cream and additional chocolate syrup for topping

### Instructions

1. Place serving glassware in freezer to chill.
2. Add ice, milk, **Dutch Chocolate Nutrimeal**, hot cocoa mix, chocolate syrup, and vanilla extract to a blender.
3. Blend until ice is completely crushed and everything is well-combined.
4. Remove glassware from freezer and pour mixture into glasses.
5. Top with whipped cream and chocolate syrup.



## Overnight Frozen Horchata

*Serves 4*

### Ingredients

- 2 cups water, steaming
- $\frac{3}{4}$  cup long-grain rice
- $\frac{1}{2}$  can (7 oz.) sweetened condensed milk
- $\frac{1}{2}$  cup almond or rice milk
- 2 cinnamon sticks
- $\frac{1}{4}$  tsp. ground cinnamon, plus a sprinkle for garnish
- 2 cups ice
- $\frac{1}{4}$  cup (2 heaping scoops) **French Vanilla Nutrimeal**

### Instructions

1. Combine water, rice, sweetened condensed milk, milk, and cinnamon sticks in large bowl.
2. Cover and let cool at room temperature.
3. Refrigerate at least two hours, preferably overnight.
4. Remove cinnamon sticks and spoon rice into blender (reserving soaking water).
5. Blend on high until mixture is completely smooth, 3–4 minutes.
6. Strain through cheesecloth into sealable container and mix in ground cinnamon.
7. Place in freezer until partially frozen, around 1 hour.
8. Scoop mixture into blender with ice and **French Vanilla Nutrimeal**.
9. Blend until ice is completely crushed and everything is well-combined.
10. Pour mixture into glasses and garnish with a pinch of ground cinnamon.

## Peppermint Protein Ice Cream Sandwich

*Makes 4 sandwiches*

### Ingredients

- 1 cup vanilla almond milk
- $\frac{1}{4}$  cup (2 heaping scoops) **French Vanilla Nutrimeal**
- $\frac{1}{4}$  tsp peppermint extract
- $\frac{1}{4}$  cup plain Greek yogurt

### Instructions

1. Place all ingredients in a blender and mix until well-combined.
2. Pour mixture into sandwich-size sealable bag.
3. Fill a gallon-size bag half-full with ice and add  $\frac{1}{2}$  cup table salt.
4. Place the small bag into the large bag and seal.
5. Shake vigorously for 5 minutes.
6. Remove small bag and rinse off salt.
7. Place one level scoop between two gluten-free cookies and enjoy.





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INDEPENDENT USANA ASSOCIATE.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.