

ISSUE 4

aloe life

Make
your escape

SHORT ON TIME? HAVE AN
ADVENTURE OF A LIFETIME
WITH THESE WEEKEND
GETAWAYS AROUND
THE WORLD.

Plus...

HOW TO CHOOSE THE
RIGHT PRODUCTS WITH
THE RIGHT INGREDIENTS

WIN A TRIP TO FOREVER'S
FACILITIES

WAYS TO TURN TRAVEL
INTO A CAREER

HOW TO MAKE A SIMPLE
SUPERGREENS MOCKTAIL



FOREVER®

**99.7%
PURE INNER
LEAF ALOE
VERA GEL**

The Power of Aloe

In a smaller package

Imagine slicing open an aloe leaf and consuming the gel directly from the plant. Our **Forever Aloe Vera Gel®** is as close to the real thing as you can get!

The first to receive certification by the International Aloe Science Council (IASC) for purity and potency, this nutrient rich drink is sugar free, gluten free and aseptically processed allowing the formula to remain free of added preservatives and boast an amazing **99.7% pure** inner leaf aloe vera gel.

**Now in packs of 12-330ml
bottles to take on the go!**

Forever Aloe Vera Gel® | SKU 715
Forever Aloe Vera Gel® Mini | SKU 061



**The
Aloe Vera
Company**

FOREVERLIVING.COM



FOREVER®

It's a great time to get away



Sometimes getting away is as much about the journey as it is the destination. The craving for exploration is something that's been ingrained in the heart of humankind since the beginning of time. It's also a significant part of our culture at Forever.

In this issue of Aloe Life, we'll take a close look at travel and help you prepare for that next adventure, whether it's a far-off expedition or a spa-like getaway in the comfort of your own home.

Even if you don't have time to take a long vacation, there are ways you can still get away and recharge. The main feature in this issue highlights some of our favorite locations for turning a long weekend into a true escape. Explore your possibilities from every angle, whether it's a few days packed with outdoor adventure or a relaxing, pampering retreat (P.10).

Of course, if you're traveling for any amount of time, you'll need to feel your best to make the most out of your experience. Discover ways to keep your mind and body healthy while you're on the go, so you can enjoy every moment of your journey. We've also included some much-needed airplane survival tips to stay cool, calm and relaxed on long flights, featuring some of our best travel-friendly products (P.28).

Some of you may be thinking you're too busy to travel or don't have enough vacation time saved up. If this sounds like you, we have a great article on bringing the feeling of a retreat into your own home. We talked to our resident product expert here at Forever, who shared some great advice about bringing the vacation to you when you can't get away (P.18).



I hope this issue will inspire you to commit to seeing more of the world and broadening your perspectives. As we always say at Forever, seek adventure! Nothing refreshes your mind and fuels the imagination like getting outside of your comfort zones.



Executive Director of Marketing
Forever Living Products

Shine On

With **SPF 30 Protection** from UVA and UVB rays, this water-resistant sunscreen will keep your skin protected wherever the adventure leads you.

Protect your skin with the power of aloe. Forever's Aloe Sunscreen shields your skin from the sun's harmful rays while doubling as a powerful moisturizer. This long lasting, water resistant sunscreen will keep your skin protected wherever the adventure leads you.

Aloe Sunscreen | SKU 777



The
Aloe Vera
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What's inside?



Welcome to the latest edition of Aloe Life.

This issue of Aloe Life is all about exploration. Get inspired to find the kind of journey you've always wanted, either at home or abroad.

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Meet the small but mighty

Forever

Aloe Vera Gel® Mini

Good things really do come in small packages, especially when it comes to the incredible benefits of Forever Aloe Vera Gel® - now available in 330ml bottles. All the goodness of our 99.7% pure inner leaf aloe vera gel ready for you to enjoy at home or on the go.

Just like the bigger bottle, our 330ml size is 100% aseptically packaged with no added preservatives. **Forever Aloe Vera Gel®** is high in vitamin C, promotes healthy digestion, increases nutrient absorption and provides a natural source of energy.

Forever Aloe Vera Gel® is the first of its kind to receive the International Aloe Science Council (IASC) certification for purity and potency. Forever's aloe is hand harvested from our own plantations, hand filleted and processed within hours of harvest to ensure you experience aloe as nature intended.

The 330ml **Forever Aloe Vera Gel®** mini is packaged in 100% recyclable material with six layers of protection to keep the gel fresher longer. The packaging offers all the features of its larger counterpart but is perfect for taking with you on any adventure. Three of the new aloe vera gel minis are equal to one full-size size bottle and can be purchased in a pack of 12.

Now, you have another option to drink your daily **Forever Aloe Vera Gel®**. We've packed a lot of nutrition into every bottle. It's pure, portable and filled with all the powerful benefits of aloe. Try the new 330ml **Forever Aloe Vera Gel®** and drink to your daily nutrition!



**99.7%
PURE INNER
LEAF ALOE
VERA GEL**



The keys to creating the purest gel products in the world

Forever Aloe Vera Gel® is enjoyed all over the world. As a vertically integrated company, Forever controls every aspect of production from the aloe plantations to the finished product. Keeping customers across the globe supplied requires exceptional people, great facilities and state-of-the-art technology.



Our Aloe Plantations

Everything starts at our aloe plantations in Texas and the Dominican Republic, where we cultivate more than 50 million plants. Every leaf is hand harvested to ensure that no part of the aloe is damaged and the plant can continue to thrive for years. The leaves are then filleted by hand, cleaned and rigorously inspected before getting packaged and shipped to Texas to become Forever products.



Aloe Vera of America

Located in Dallas, Texas, Aloe Vera of America is a cutting-edge manufacturing facility where Forever uses the latest technology to create the aloe vera products our customers love. Aseptic processing allows Forever to produce **99.7% pure** aloe vera gel without having to add any preservatives!



Forever Direct

Our facility in the Netherlands plays an important role in getting our products to a worldwide network of customers while controlling cost and maintaining the highest standards of quality. The combination of dedicated employees and advanced technology allows us to package and ship orders accurately and quickly while controlling our own distribution channels.

Your Golden Ticket to the heart of Forever

Drink gel and win a trip to tour Forever's top U.S. facilities

Have you ever wished you could get an all-access pass to see how your favorite Forever products are created? We're launching a Willy Wonka-style contest that could be your golden ticket to tour the places that make Forever's global reach possible.

There might not be any chocolate rivers or Oompa-Loompa sightings, but there's plenty of magic that happens to bring our **99.7% pure** inner leaf aloe vera gel to customers all over the world. One lucky aloe vera drinker will receive a grand prize golden ticket for an all-expenses trip to visit Forever's home office in Scottsdale, Arizona, Aloe Vera of America in Dallas, Texas and our aloe vera plantation in Mission, Texas.

See the entire growing, production, manufacturing and business operations for an experience you'll remember every time you open a fresh bottle of **Forever Aloe Vera Gel®**.



Drink up and win big!

Order your Forever Aloe Vera Gel®, Aloe Berry Nectar®, Forever Aloe Peaches™ or Forever Freedom® and start sharing your photos.

You might just be the lucky winner!

How to enter

Share your gel photos on social media

Show the world how much you love your gel for a chance to win. Take a photo of your **Forever Aloe Vera Gel®** in an iconic location somewhere in the world using the hashtag #AloeAroundTheWorld and you'll automatically be entered to win the grand prize.

Forever Aloe Vera Gel® | SKU 715
Forever Aloe Vera Gel® Mini | SKU ???

Forever around the world



FOREVER®

The Forever Home Office is a beautiful property in Scottsdale, Arizona and headquarters of Forever's global operations.



FOREVER
NUTRACEUTICAL

This 82,500 square-foot manufacturing facility in Tempe, Arizona is where Forever produces supplements and powdered nutritional products.



ALOE VERA
OF AMERICA, INC.

Located in Dallas, Texas, AVA is the manufacturing hub for our worldwide operation.



With properties stretching all over the world, Forever is truly a global company.

We are proud to connect millions of people to our products through a worldwide network of offices, distribution centers manufacturing facilities and aloe plantations. Controlling every aspect of production ensures that we can provide the freshest, highest quality products to anyone, anywhere.



FOREVER ALOE PLANTATIONS

We grow, harvest and process our own aloe vera at plantations in the Dominican Republic and Texas.



FOREVER DIRECT

Our distribution center in the Netherlands makes it possible for Forever to deliver products to over 160 countries.

Vacation on the fly

Weekend getaways around the world

Just because you only have a few days, doesn't mean you can't book the trip of a lifetime.

There are plenty of great ways to go long on adventure, even when you're short on time. Sometimes a weekend or a long weekend can be just the refresher you need to break away from everyday life and immerse yourself in new experiences.

With a little planning, you can have an experience that's perfect for you. Whether you're looking for outdoor adventure, a cultural metropolitan escape or a place to unplug and unwind, we've come up with a few ideas to get your imagination going.



*Budapest
Hungary*

For an offbeat European Experience

Why you should go: You can pack a lot of sightseeing and culture into a short trip to Budapest. There's a realism to the diverse architectural beauty as many of the buildings have not undergone renovation or restoration in quite some time. Hungary's rich history ensures you'll get to experience a wide range of architectural styles.

There's no shortage of hearty Hungarian dishes to keep you fueled, from classics like traditional goulash to chicken paprikash and street foods like Langos, a deep-fried dough served

with variety of toppings. You'll get the full European experience at an affordable price, from sightseeing to nightlife, street markets and great food.

Where to go: No trip to Budapest is complete without a trip to the Szechenyi Baths. Lounge in the hot water that's supplied by two thermal springs. Don't forget to treat yourself to a sky-high view of the city by taking a turn on the Budapest Eye.

This giant Ferris wheel is the tallest in Europe and will yield incredible views of the city and beyond.

Take a Danube River dinner cruise and enjoy a special view of the riverbanks and bridges as the sun sets and night comes alive with lights.



Visit a Forever property in Hungary

Pay a visit to Forever's Budapest office while you're in the city. This beautiful building was constructed in 1863 and serves as the headquarters for operations in Albania, Bosnia, Croatia, Kosovo, Montenegro, Serbia and Slovenia.

Just a little way out of the city, you can get an authentic feel for Hungarian village life at Forever's Hotel Kastely Szirak. The castle hotel is surrounded by beautifully manicured grounds with a backdrop of forests, rolling hills and farmland. A perfect place to unwind and feel at peace.



For the outdoor adventurer

Why you should go: When it comes to outdoor adventure, set your sights on the world's first national park. Yellowstone has all the natural drama you could ever ask for in one place. Towering, jagged mountain peaks, geysers, forests, lakes and abundant wildlife. This beloved national park is steeped in U.S. history, having been established as a national park in 1872.

In addition to the 3,468 square miles of epic scenery, Yellowstone is home to a spectacular array of wildlife. Expect to see grizzly bears, wolves and free-ranging herds of bison and elk.

Whether you prefer camping or putting your feet up by the fire in one of the many nearby lodges, there's always a new adventure right around the corner.

Where to go: You can't put a trip to Yellowstone in the books without a stop at the park's most iconic attraction, Old Faithful. You can watch this famous geyser erupt from the viewing area or stroll along boardwalks to get an up-close look at some of the 500 geysers in the park. Make a stop at the Lake Village to take in Yellowstone Lake, the highest-elevation lake in the lower 48 states.

Both Hayden Valley and Pelican Valley are ideal locations for astonishing wildlife viewing. The two vast valleys are among the best places in North America to see grizzly bears, bison, elk, wolves and other animals roaming free.



Up the adventure with a Scenic Safari

Tailor your adventure to one that fits your lifestyle. Forever Resorts operates Scenic Safaris to provide travelers with a truly memorable and one-of-a-kind Yellowstone experience. Set out from Jackson, Wyoming and explore all the wonders of Yellowstone and Grand Teton by ATV, river float, luxury van or go on foot with a trained guide.



South
Africa

For the bucket list traveler

Why you should go: South Africa has everything for the world traveler looking to check a major destination off the bucket list. Cities like Cape Town and Johannesburg have all the culture you can handle, from world-class resorts, fine dining, museums and captivating historical sites. The Western Cape is ideal for surfers and wine enthusiasts alike while Johannesburg boasts some of the most incredible golf courses in the world.

Of course, the country is filled with stunning natural beauty, culture and wild adventure.

Check out one of South Africa’s many game preserves for a chance to see the Big Five of big game: elephants, lions, leopards, buffalo and rhinos.

Where to go: Kruger National Park is South Africa’s most famous game reserve as well as the country’s oldest and largest. This is the destination for those hoping to see all the Big Five. However, the popularity also comes with big crowds, so consider Kgalagadi Transfontier Park, Mkhuzi Game Reserve or Addo Elephant National Park.

If fun on the high seas is more up your alley, the Cape Town area boasts some of the best surfing on the planet. If being under the water is your thing, there are companies in Gansbaai, Mossel Bay and Simonstown that offer cage-diving tours allowing you to get an up-close look at great white sharks.



Unwind at a Forever Resort

Put yourself in the middle of it all with a trip to Forever Hotel at Centurion. This tranquil oasis is located in the middle of the bustling city life of Lyttleton so you can enjoy the metropolitan experience with easy access to nearby nature preserves, golf courses and fine dining. If you want to pack a lot of experience into a short trip, this Forever resort will put you right where you need to be.

Discover your next trip at: <https://www.foreverresorts.com/>

Make the most of a weekend getaway

If you can't make your trip a long one, the key to enjoyment will be making the most out of the short time you do have. Planning right can ensure you still pack in a worthwhile adventure even when you don't have the luxury of time. Here are a few ways to maximize your journey.

1 Cut down on the transportation time

If you want to spend as much time as possible at your destination, try to make your travel time as short as possible. Book non-stop flights so you don't have to waste time with a layover. Try to pick a single location with lots of attractions nearby to help ensure you don't have to travel for hours between places.

2 Give yourself an extra day

Take a little pressure off the weekend getaway by making it a long weekend. If you can get just an extra day or two off work, it will go a long way toward giving you extra time to see the sights and unwind.

3 Unplug and enjoy the quiet time

Immerse yourself in the experience as much as possible by putting away the phone and laptop. Ignoring those business calls and emails for a while will help you soak in as much of your short vacation as possible and disconnect from the real world. You'll come back feeling refreshed.



4 Pack light to stay on the move

The beauty of a shorter trip is that you can pack lighter and avoid a lot of hassle. In fact, if you're flying, you can probably fit everything you need in a carry-on bag and avoid having to stand around at the baggage claim waiting for your luggage.

5 Keep a light itinerary

When it comes to your itinerary, keep it limited to your must-see attractions. On a short trip, you'll want to leave yourself with some quality time to just wing it so you don't end up feeling stressed or pressured to make it to the next destination on time.

Enjoy your getaway!

Are you ready to make some memories? Get out there and enjoy every minute. Even a short trip can be an experience that will stay with you for decades to come.

Greens on the go



A super source of plant-based nutritional power.

Supercharge your active lifestyle with an ideal blend of 20 fruits and vegetables. **Forever Supergreens™** is a delicious drink mix formulated to boost energy levels, support metabolism, assist in muscle recovery, maintain the body's natural defense system and help support the body's pH balance.

Forever Supergreens™ | SKU ???

The
Aloe Vera
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FOREVER®

Sip of the Season

Give your taste buds the tropical treatment with a mocktail powered by Forever's new **Supergreens™** drink mix. This delicious recipe is like a little slice of paradise in a glass. It's perfect for lounging poolside.

4

1/2 Cup
Pineapple
Chunks

2

8oz.
Coconut Water

1

4oz.
Forever Aloe
Vera Gel®

3

1 Serving
Forever
Supergreens™

Blend ingredients together and add ice.

Optional: Drizzle Forever Bee Honey® on a plate and dip the rim of the glass. Be sure to coat the whole rim. Then, dip the rim in a bowl of shredded coconut. Add umbrella, sip and relax.

Can't get away?

Bring the vacation home.



Have you ever felt like you just need to get away? Sometimes it really feels like you need a vacation, but it's not always in the cards. If you find yourself unable to jet off somewhere new when the urge strikes, the next best option is to bring the vacation to you.

Give yourself the pampering retreat you need in the comfort of your own home. You'll be surprised how relaxed and rejuvenated you feel to get right back to your day to day. We talked to Forever's Director of Product Development Holly Stout, who shared a few ways you can feel like you're on vacation without leaving your home.

Promote relaxation from the inside

Get into vacation mode by resetting your body with **Forever Aloe Vera Gel®**.

"Think about how you can promote relaxation from the inside," Holly says. "Aloe vera gel makes everything you do after you drink it better because it has such a beautiful way of increasing the body's ability to absorb everything you consume. If you eat a healthy, balanced diet, then aloe enhances that."

Aloe is a perfect base for a "mocktail." Mix it with any type of juice or **Forever Pomesteen Power®** for great tasting berry flavor with a boost of free radical-fighting antioxidants.

Or, try **Aloe Berry Nectar®** or **Aloe Peaches™** for a fruity and sweeter morning pick me up.

The aloe will promote nutrient absorption, help support digestion and provide a natural energy boost.

"Your digestive system is really known as the control center of your body," Holly says. "When you can create balance and absorb the most nutrients, it helps provide a feeling of wellbeing and sustained energy throughout your day."

If you're in the mood for something warm, **Forever's Aloe Blossom Herbal Tea®** is the perfect way to wind down and let the pressures of daily life drift away. The combination of aloe blossoms, cinnamon, orange peel, ginger, chamomile and other spices create a perfect blend of rich flavors and aromas that can help you feel calm and more relaxed.

Enhance the experience with **Forever Bee Honey®**, the perfect complement to hot tea. It's rich, naturally sweet, complex and packed with flavor.

"Honey acts as a defense system for the body," Holly says. "Add a touch of honey to your tea for sweetness. It's the perfect blend. I like to drink my tea out of a special mug that brings back fond memories. My favorite mug is one my daughter gave me. This just elevates the feeling of wellbeing even more"



Promote deep relaxation and peace with aromatherapy

The connection between your mind and your senses is incredibly powerful. Have you ever been transported to a specific place and time by a familiar aroma? That's because our senses all work together to help create our perception of the world and one of the most powerful senses is smell.

Just as certain aromas can conjure specific memories, others can impact your mood and sense of wellbeing. That's what aromatherapy is all about. All you need to bring some peace and tranquility into your home is a few key essential oils.

Holly suggests **Forever™ Essential Oils Lavender** to promote a sense of peace. It can be diluted with carrier oil or **Forever Alpha-E Factor®** to be applied directly to your skin.

“Mix it in your hands and breathe it in,” Holly says. “Take five deep breaths, then rub it on the bottoms of your feet so your body can absorb the additional benefits. Your feet are a gateway to your body. The consistency of the skin on your feet is different so the effect on your body is enhanced and heightened.”

Essential oils can also be used in a diffuser, if you prefer to surround yourself with the aroma.

Whether you choose to apply the essential oils directly to your skin or use a diffuser, take advantage of the time to relax, put on some peaceful music and let your mind wander.



Give your skin a world class spa experience

In the hustle of daily life, it can be hard to find time to nourish and refresh your skin. While you slip away into the serenity of aromatherapy, take this time to also pamper your skin. You'll not only restore lost moisture, but reinvigorate your skin and regain that youthful glow.

Holly says Forever's new **aloe bio-cellulose mask** is the perfect companion for an at-home spa day.

This next-generation mask deeply replenishes skin with powerful hydration to unveil soft, supple skin that glows.

"Start by washing your face with one of our amazing cleansers, then put on the aloe bio-cellulose mask," Holly says. "Be mindful and aware of the sensations you are feeling. Feel that bio-cellulose as it grabs onto your skin and your skin starts to drink it in."

While the mask works to soothe and rejuvenate your skin, Holly recommends massaging **Aloe Propolis Crème** into your hands, starting at the base of the palm. This not only elevates your spa experience, but will leave your hands feeling ultra-smooth and hydrated.



*Finding
your vacation
state of mind*

Getting away doesn't always have to involve a destination. Take your mind and body on a journey of relaxation and self-reflection.

"It's about finding moments of calm," Holly says. "Moments that are pleasant and evoke joy. That's what a vacation does. It puts us in a different state of mind that allows us to feel joy and disconnect from all the stresses. Be present in the moment. Celebrate your body, mind and skin with all the amazing products that feel luxurious and indulgent."

Forever Aloe Vera Gel® | SKU 715
Aloe Berry Nectar® | SKU 734
Aloe Peaches™ | SKU 777
Forever Pomesteen Power® | SKU 262
Forever Aloe Blossom Herbal Tea® | SKU 200

Forever Bee Honey® | SKU 207
Forever™ Essential Oils Lavender | SKU 506
Forever Alpha-E Factor® | SKU 187
aloe bio-cellulose mask | SKU 618
Aloe Propolis Crème | SKU 51

Aloe has tremendous benefits for your health...

inside

Aloe supports digestive health, promotes a healthy immune system, supports nutrient absorption and boosts natural energy levels.



and out

Aloe moisturizes, conditions and soothes the skin.



The
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The key to choosing products with the right ingredients

Ingredients matter when it comes to the products you put in and on your body. As consumers it's important to educate ourselves and be more conscious of what is in the skincare, supplements, food and drinks we put in our bodies.

In the last several years, we have all become more aware of the need to pay more attention to the ingredients not only to ensure we are getting the maximum benefit, but safeguarding our health as well.

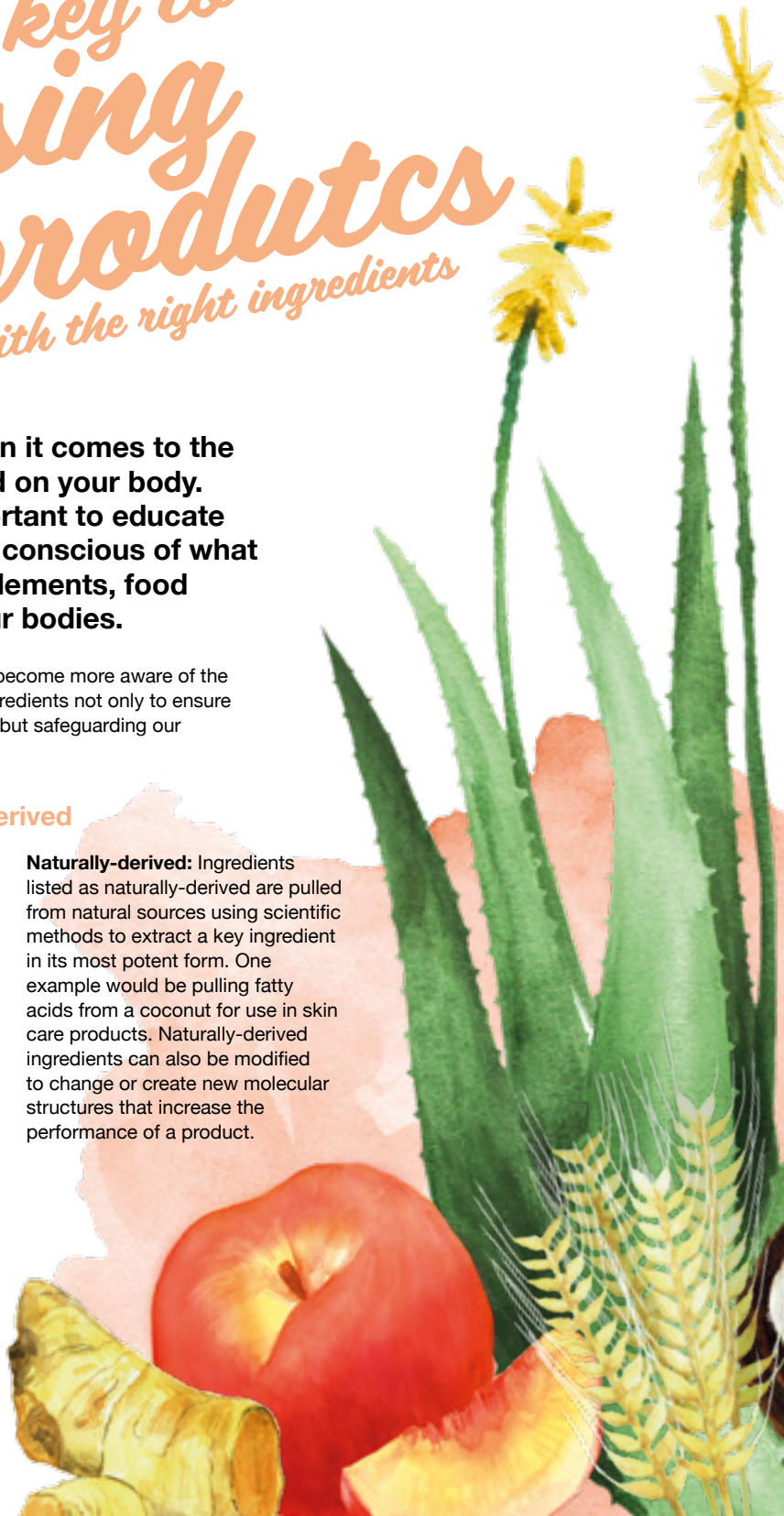
All natural vs. naturally-derived

There is a difference between natural and naturally-derived ingredients and just because something is listed as all natural, doesn't necessarily make it superior. In fact, naturally-derived ingredients can have some very distinct advantages when it comes to potency, stability and performance.

So, what's the difference?

Natural: When ingredients are listed as natural, it's because they are used as close to their natural form as possible and do not undergo any type of processing that would fundamentally alter the product. That doesn't mean natural ingredients do not go through any type of processing. They can be minimally processed with no artificial ingredients or coloring.

Naturally-derived: Ingredients listed as naturally-derived are pulled from natural sources using scientific methods to extract a key ingredient in its most potent form. One example would be pulling fatty acids from a coconut for use in skin care products. Naturally-derived ingredients can also be modified to change or create new molecular structures that increase the performance of a product.





Are all-natural products always the best choice?

There's no question that nature provides us with an incredible bounty of ingredients. In fact, natural ingredients have always played an important role in the production of dietary supplements, skincare products and medicine to name just a few.

However, there's a common assumption that all-natural is always better. The U.S. Department of Health and Human Services looked into the reasons behind the perception that natural is always better, healthier and safer.

Researchers found that people's preference for natural products is based on a wide array of ideas, including the perception that nature is pure and inherently superior to anything a human could create. These biases toward all-natural ingredients influence the decisions people make about the food they eat, products they buy and their health.

In reality, more consumers today are finding that using an all-natural product will require them to sacrifice something, whether it's performance, fragrance, texture or overall product experience. While nature does give us powerful botanicals, vitamins and minerals, it is also the source of bacteria, mold and other harmful substances.

Scientific advancements allow us to harness the very best of nature while using the best of technology to create powerful products without compromise.





When it comes to skincare, infinite by Forever™ firming serum combines pure inner leaf aloe vera gel with one of skin science's most amazing breakthroughs.

Natural aloe vera soothes and nourishes the skin while scientifically tested trifluracetyl tripeptide-2 works to mimic the natural processes of skin to improve skin elasticity and combat skin-damaging proteins. The result is an anti-aging serum that increases the appearance of firmness and reduces the appearance of fine lines and wrinkles.

Forever's firming serum is scientifically enhanced so that aloe achieves its optimal benefits to soothe and smooth skin while increasing firmness, thickness and reducing the appearance of uneven skin.

The performance of dietary supplements is also boosted by advancements in science.

Forever Active Pro-B™ is made using six strains of clinically-studied probiotic bacteria, including **FloraActive™**, a range of beneficial strains developed by Copenhagen University Hospital.

Using advanced cryo protection technology, probiotics are taken to a deep state of dormancy to protect the bacteria from being activated until they reach the digestive tract. This ensures more bacteria are released where they can have the greatest benefit. After cryo protection, **Forever Active Pro-B™** is packaged using **Activ-Vial™** technology, which includes an engineered sleeve built into the wall of the bottle to control moisture absorption and protect the probiotics throughout the shelf life.

infinite by Forever™ firming serum | SKU 556 Forever Active Pro-B™ | SKU 610



The best of science and nature

The prevailing school of thought is that the best products come from leveraging science and nature. Today's technology allows Forever to take the best of what nature has to offer and make it even more effective and powerful through scientific advancements.

“

WHEN IT COMES TO THE PRODUCTS YOU CHOOSE TO PUT IN AND ON YOUR BODY, GIVE YOURSELF THE BEST RESULTS POSSIBLE BY KNOWING WHEN AND HOW TO CHOOSE INGREDIENTS THAT LEVERAGE SCIENCE AND NATURE.

A woman with long blonde hair is smiling and leaning over a balcony railing. In the background, a hot air balloon is visible against a sunset sky. A large, stylized sun graphic is in the top left corner, with the text 'The incredible benefits of travel' written in a blue, cursive font over it.

The incredible benefits of travel

Taking time to vacation and travel abroad every year can actually help you live longer.

Does the thought of traveling abroad fuel your imagination or fill you with a sense of excitement? It turns out travelling can do a lot more for you than just injecting some much-needed fun and relaxation into your life.

Taking advantage of those vacation days you have piling up can refresh your mind, your body and even help you live longer.

Research suggests that travelling to new places will improve almost every facet of your life. You're likely to return to work more productive and creative. Your stress level and anxiety lower significantly and you may even have a better chance at nailing down that promotion. Let's take a closer look at the ways travel can help take you to a better place both physically and emotionally.

Travel is great for your heart and not just in the figurative sense.

According to a joint study by the Global Commission on Aging and the U.S. Travel Association, women who vacation at least twice a year have a significantly lower risk of heart attack or coronary-related death. The same was true for men. Men who don't take at least one vacation a year are 30 percent more likely to die from heart disease.

This makes sense when you consider the proven stress-relieving benefits of travel. Studies show that people who travel feel happier, more well rested and less anxious for weeks after their trip has ended.



Traveling promotes physical activity

While vacation may feel relaxing, most people are ramping up their fitness more than they realize. According to U.S. News & World Report, tourists who visit Europe walk as many as 10 miles a day while sightseeing. There are plenty of other ways to stay fit on vacation. Consider taking a tour of your destination via bicycle or getting out of the city for a hike or other outdoor adventure.



Travel boosts happiness and lowers the risk of depression.

It may come as no surprise that people are generally happier and more relaxed when they are travelling. However, researchers with Cornell University found the travel euphoria actually begins even before you board your flight. It turns out even the act of planning a trip and the anticipation of an upcoming journey can lead to a direct increase in someone's happiness.

There's more than just a short-term contentment associated with traveling abroad. People who vacation at least twice a year are less likely to suffer from long-term depression and chronic stress, according to a study published by Marshfield Clinic.

Travel makes you smarter and more creative.

Columbia Business School professor Adam Galinski has authored several studies on the link between creativity and travel. He suggests immersing yourself in the local culture when traveling abroad because it enhances your cognitive flexibility, which in turn expands your creative prowess. But the intelligence-boosting benefits go beyond creativity.

Galinsky's study showed that people who travel more and interact more closely with other cultures are more likely to be a catalyst for innovation and show greater flexibility and depth of thought.

Traveling toughens your mental resolve.

Facing challenges in an unfamiliar environment offers a great lesson in adaptability. When you're outside of your comfort zone, routine difficulties can feel overwhelming. For instance, suffering an unexpected illness near home is no big deal. You know where the nearest clinic is, how to get there and likely have plenty of people you can call to help you out. That's not the case in a foreign country.

Maybe you'll end up getting lost, losing your wallet or your hotel turns out to be a dump. Don't let any of these potential pitfalls scare you. The fact is, the more challenges you face, the easier it becomes to overcome difficulties that arise in a strange place – or when you're back at home.

Where will you end up?

Now's the perfect time to start thinking about where your next adventure will take you. After all, the sooner you start planning, the happier you will be. By immersing yourself in other cultures and exploring the world, you'll gain a valuable new perspective, meet new people and improve your health and happiness.



Stay healthy on long flights

While flying is the safest way to travel, spending long hours in an enclosed cabin doesn't come without health risks. There's the threat of pathogens, jet lag and dehydration to name just a few. Luckily, there are steps you can take to ensure that your adventure isn't thrown off course before you arrive.

Rest up

Rest up before you fly.

Try to make it a priority to get a good night's sleep before you fly. Waking up sharp and well rested will help cut down on the stress associated with showing up to the airport on time, getting through security and finding a place to store your carry on.

Fatigue can lead to stress and irritability that will only compound the stress of flying. If you think you'll get sleep on the airplane, you may want to think again. Small seats, loud noises and the temperature fluctuations can make it difficult to get rest. Chances are you won't get much sleep on your flight, so you'll want to be well rested going into your journey.

Disinfect

Disinfect your seating area.

Sanitizer wipes are a great first line of defense against picking up unwanted germs. Wipe down your tray, arm rests and seatbelt buckle to kill any viruses or bacteria lingering around on the surfaces people most frequently touch. Be sure to choose wipes with a high enough alcohol content to kill germs and bacteria.



Move around

Move around as much as possible.

Sitting in one place for too long can have a wide range of negative impacts, from poor circulation, to chronic body pain and even problems with your posture. During long days at the office, you still have the opportunity to get up and do a few laps around the building. However, when you're stuck on a plane for hours on end, getting exercise can be tricky. At minimum, you can do simple exercises in your seat such as moving your toes up and down while flexing your calf muscles. Even better, take some time to walk up and down the aisle when you have a chance.



Hydrate

Stay hydrated on your flight.

Long flights can not only leave you feeling dehydrated, but can leave your skin feeling drained of moisture as well. The inside cabin of most commercial airplanes has a humidity level of 10 to 20 percent. That's far lower than the 40 to 65 percent humidity found in most indoor climates. Drink plenty of water during your flight. When you reach your destination, unwind and replenish your skin's lost moisture with **Forever's aloe bio-cellulose mask**. You'll experience powerful hydration that gets in deep for a truly rejuvenating experience.

aloe bio-cellulose mask | SKU 618

Sanitize

Use hand sanitizer even after you wash.

Did you know the tanks used to store water on airplanes can be a breeding ground for bacteria? A recent United States Environmental Protection Agency study found that 15 percent of the samples collected from 300 planes contained coliform bacteria and two samples tested positive for E. coli. Bring some hand sanitizer with you to be sure you're killing any unwanted germs. **Forever Hand Sanitizer®** is a great option because the high aloe content will leave your hands feeling soothed and soft.

Forever Hand Sanitizer® | SKU 318

Relax

Relax and enjoy the flight!

If you get nervous about flying or have trouble relaxing in tight quarters, bring a few comfort items to help you unwind. A neck pillow, eye mask and earplugs can help close off the chatter and bring you some peace. **Forever™ Essential Oils At Ease blend** is a perfect travel companion to help bring you a sense of calm. Use the easy roll-on applicator to put a little behind your ears and on your wrists for perfect in-flight aromatherapy experience.

Sit back, relax and enjoy your travels.

Forever™ Essential Oils At Ease blend | SKU 509

Boost your immunity...

7am

Start the Day with Aloe Vera Gel

Forever Aloe Vera Gel® promotes healthy digestion and helps your body absorb more nutrients so you get more out of what you put into your body. Starting your day with a serving of gel will help make everything you do after more beneficial!



8am

Juice Your Fruit and Veggies

Juicing uncooked veggies allows you to extract more immune-boosting nutrients. Spinach, broccoli, citrus and kiwi are great choices thanks to the high vitamin content. Vitamin C helps boost infection-fighting white blood cells while antioxidants fight free radical damage. If you don't have time to juice, make sure you're getting at least two servings of fruit and three servings of vegetables every day.



10am

Power your Digestion with Probiotics

A daily probiotic like Forever Active Pro-B® will keep your digestive system happy with six strains of healthy immune-boosting bacteria. Probiotics work in the intestine and your gut and supply good bacteria that promote digestive health. Take one each day with water.



Forever Aloe Vera Gel® | SKU 715
Forever Active Pro-B™ | SKU 610
Forever ImmuBlend® | SKU 355
Forever Daily® | SKU 439
F15® | Beginner SKU 528-529 | Intermediate SKU 532-533 | Advanced SKU 536-537

Your body's immune system is an amazing natural defense system that works tirelessly to keep you protected from germs and micro-organisms. There are a few easy ways you can give your immunity a boost throughout the day and night.

9pm

Get Plenty of Rest and Sleep

Studies show that a lack of sleep can have a detrimental impact on your immune system and increase your odds of getting sick. Getting a full eight hours of sleep will also help you recharge so you don't run out of steam before the next day's workout. Rest up!



6pm

Exercise for at Least 40 Minutes

Try to work in at least 40 minutes of exercise every day to keep your body in good health. A jog around the neighborhood or any other type of moderate physical activity is an important part of keeping your immune system healthy. Try **F15**® for workout tips. You'll look and feel better, too.



3pm

Fill Nutritional Gaps with Supplements

Supplements like **Forever ImmuBlend**® and **Forever Daily**® will help you fill nutritional gaps and keep your immune system fueled. When the daily grind is on, it's not always feasible to get your daily value of vitamins and minerals from food alone. Supplements are a fast and easy way to make sure your body has the immune-boosting nutrients it needs.



12pm

Eat a Balanced Diet

Eat balanced meals with fresh vegetables. Fresh garlic is a great immune booster due to a high concentration of a compound called allicin, which has been shown to promote the disease-fighting ability of white blood cells. Having a few almonds with your lunch is a great way to pack in some vitamin E and healthy fats.



o pm

Oliver Lepki
**Living the
work and
travel dream**

If you dream of a life that lets you earn a living while seeing the world, don't tuck it away in that place in your mind where all the other "somedays" are kept.

It seems like there are always a thousand reasons to convince yourself that going all-in on a new life-changing course just isn't in the cards right now. Yet time is a funny thing. Days stretch into weeks, months and years and the picture of that life you've imagined for yourself starts to fade. Seize the moment and the opportunities that can bring the dream of a new life so much closer.



Oliver Lepki has an interesting relationship with time. As a successful Forever Business Owner for ten years, he's free to do what he wants, when he wants. There's no clock to punch, no 5 p.m. bell to signal the end of the workday. The minutes and seconds go by and Oliver can remain blissfully unaware of where they stand.

When he dreams, he does so on a grand scale. And when Oliver decided he wanted to see the world, it wasn't going to be in bits and pieces over the course of a lifetime. He decided to spend six months on a whirlwind jaunt of continent hopping. He wasn't in it alone. His wife Olivera and two sons would be joining him.

For most people, the idea of leaving real life behind for half the year would seem like sheer fantasy. After all, how many people have the kind of job that would let them set off to see the world while dust gathers on the desk. Oliver however, doesn't have a normal job.

Oliver was going to make the most of the free time his Forever business afforded him. He realized that every moment that flies by is gone and never coming back. He didn't want to be someone who tucks away their grand plans and big idea in the corner of their mind, always thinking of someday.



**AS A SUCCESSFUL
FOREVER BUSINESS
OWNER, HE'S RICH
IN A CURRENCY SO
MANY OF US TAKE
FOR GRANTED: TIME.**



Embracing a global network to realize a dream

Forever not only afforded Oliver and his family time, but a global network that would give him natural checkpoints along the way. When he needed, he could connect to his business. The timing was perfect for his sons too. At the ages of 8 and 10, Oliver knew he could pull them out of school for a few months without any detrimental impacts.

Oliver, Olivera and the boys planned a trip that would span five continents and take them through every time zone on the planet. They set off on their adventure in February of 2017.

Their first stop was Forever's global headquarters in Arizona, where Oliver toured the home office and attended team events.

Then, it was off to Hawaii where the islands felt like paradise and the weather, and water, was just perfect. The family decided to extend their stay and soak in a few extra days of relaxation. Why not? They had all the time in the world and it was just the beginning of the journey. Oliver set aside some time to work from his laptop when he had internet access, keeping tabs on orders and following up with his team.

The adventure took them next to Australia, then Thailand, Morocco, Portugal, Spain and southern France. They travelled by air, sea, rail and road for an enriching and life-changing experience. The family jetted off to Cairo next and a few months into the journey arrived in Dubai to attend Forever's Global Rally. There, they connected with Forever friends, executives and other Forever Business Owners from all over the world.



The clocks always caught his eye

Throughout the Lepkis' journey, Oliver's eye was always drawn to the clocks he'd see around the world. He photographed the most interesting clocks and when he returned, put them together in a video. Each clock included a quote that captured his relationship with time, such as "the time you enjoy is not time wasted."

Oliver wasn't satisfied working a nine-to-five, squeezing in those fleeting moments of pleasure during short vacations over a lifetime. He found an opportunity that fit his dreams and allowed him to not only earn a living, but take his family along for the ride of a lifetime.

“
THE TIME YOU
ENJOY IS NOT
TIME WASTED.”



Tossing the itinerary and the timeline

The freedom Oliver found through Forever also allowed him the luxury of spontaneity. His journey around the world was going so well at the six-month mark, the family decided to extend the trip to spend more time in Serbia, Bosnia, Austria, Germany, Slovenia and Rome.

The last part of the journey took the Lepkis through Scandinavia. Eventually, the family touched back down at home in Toronto. His boys were back in school and Oliver became more focused than ever on his Forever business to help others realize they can have the same freedom and experiences.



Find the best of both worlds: dream jobs that include travel

Do you have the courage to chase opportunity and make the world your home?

Whether you are looking to pack in an adventure for a few months, or want to spend longer abroad, the first step is abandoning the notion of “someday” and taking steps to realize your dream. Once you start taking concrete action, the path to your new life will feel more rewarding and a lot closer than you could imagine. Here are a few jobs that could take you all over the world.

Become a travel blogger

Do you have a knack for writing, photography and social media? Travel bloggers explore the world, writing guides and providing recommendations for other travelers. Build your social following and readership and you can build yourself a solid income.

Teach another language overseas

There's always a high demand for people to teach a foreign language overseas. Teaching in a foreign country can be a very fulfilling experience. Not only will you help people learn and understand another language, but you'll have the opportunity to immerse yourself in another culture and grow as a person.



While English is the most dominant language when it comes to international commerce, there's a need for people who speak other languages as well.

Open up the world through consulting

Companies all over the world hire consultants from nearly every industry when a specialized skillset is needed. People in the consulting field are often jet-setting to far flung destinations to collaborate on projects. Internationally, businesses spend hundreds of billions to hire consultants to provide an outside perspective and unbiased advice based on their expertise.

If you have a very specific know-how in almost any arena, there's a company or individual out there needing your advice. Some of the most common types of consultants include business, management, labor and information technology. If your expertise is in demand and you've got the travel bug, maybe it's time for you to look into consulting opportunities.



Become a Forever Business Owner

With worldwide distribution and uncapped earning potential, becoming a Forever Business Owner can put you on the path toward independence.

With a four-decade history of manufacturing the finest aloe vera products on the planet, Forever can help you launch your own retail business.

With operations in 160 countries, you can build a Forever Business almost anywhere in the world. If this sounds like an opportunity for you, get in touch with a Forever Business Owner in your area to set up a meeting.



Your Daily Best

Advanced delivery of essential nutrients.

Forever Daily® is a perfectly balanced blend of vitamins and minerals. Our Exclusive AOS Complex™ allows us to combine key nutrients with aloe and amino acids to maximize absorption so your body gets all the benefits.

Be your best every day by giving your body ideal nutrition.

Forever Daily® | SKU 439



**The
Aloe Vera
Company**

FOREVERLIVING.COM


FOREVER®

Heard around the world

Everywhere we look, aloe fans are showing their love for our products! Forever is featured all over the world in the news, magazines and by influential bloggers and celebrities. Here are just a few places Forever has been featured and what people are saying.

Tom Holland (Spiderman)
 "Drinking healthy with my @ninjakitchen and #argi#trainharderrecoverfaster"



Kira Kosonen in Scandinavia (Influencer)
 "I really need my basic #morning #routine to start the day"



Holly Stout (Forever's Director of product marketing)
 #purebeautyawards! Smoothing exfoliator received Highly Commended skincare product.



Carla Catushica (Fortaleza, Brazil)
 "HEALTH should be a PRIORITY in our lives: "Better to PREVENT than REMEDY."



Anette Svanstrand (Sweden)
 "This facemask is unique, theres no equal on the market to take care of your hands"



Tebogo Williams (South Africa)
 "@thealoeboys are very welcoming & kind hearted YOU ROCK!!!"



#TheAloeVeraCompany

Get involved in the conversation!

Make
Forever
your future



OPPORTUNITY FOR EVERYONE. EVERYWHERE.

Turn your love of Forever products into a business opportunity that could take you around the world. The Forever Opportunity empowers you to change your life by helping others look better and feel better.

Talk to the person who gave you this magazine to find out how to become a Forever Business Owner.

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FOREVER®