

FOCUS

ON PERSONAL & HOME CARE



HAVE MORE HOLIDAY FUN AND LESS HOLIDAY STRESS

Let's face it: between the baking, the celebrating, the eating, the cleaning, the shopping, the family, the traveling, the friends, the holiday cards, and the weather, the holidays are one of the most stressful times of the year. You can take simple steps to cut down on holiday stress and to help you stay focused on what really matters: the people you love. After all, it's the people who make the holidays so wonderful.

5 Ways to Cut Down on Holiday Stress

1. Start early

The more you do now, the less stress you'll have later. Here are some of our favorite ways to get ahead of the game.

- Plan your meals at least a week in advance, and then go shopping for all your ingredients.
- Hosting a meal or a party? Set the table the night before.
- Clean now, not the night before! Oxyfresh has a safe and effective all-in-one cleaning kit that will take care of all your cleaning needs.
- Make life easy on yourself, and be sure that you don't run out of Oxyfresh products when you need them.
- Sending holiday cards? Send them early in the month so you won't worry about them later.
- Make your gift list, and get the shopping done before the second week of December.
- Oxyfresh makes shopping easy with our online store!

2. Buy duplicates

If you find a great gift idea like the Diva's Spa Gift Bag or the Perfect Pet Lover's Gift Bag, considering getting one for several people on your list. Not only will you show that you care about them and their interests, but you can save time, save money, and introduce people to the products and company that have made your life better. Show

PRODUCT CORNER



The Diva's Spa Gift Bag is perfect present for anybody on your list who loves to spoil themselves — even if it's for yourself!

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or Go Online at Oxyfresh.com**

the people in your life how much they mean to you!

3. Don't let SAD affect you

The symptoms of Seasonal Affective Disorder (SAD) affect a surprisingly large number of people—almost 20% of all Americans! If you ever find yourself with a case of the winter blues, you may actually be suffering from SAD. While there are several factors that lead to SAD, a big one is a lack of Vitamin D. Your body manufactures vitamin D when it's exposed to sunlight, but winter means less sun, and less sun means less vitamin D. Recent studies have shown that vitamin D supplementation can help with the effects of SAD, and one of the best ways to get vitamin D is Life Shotz.

4. Protect yourself and your body

In all the hustle and bustle of the holidays, people forget to take care of their bodies. Whether that means using Skin Barrier to protect your skin or traveling with convenient samples of popular home care products, make sure you take care of yourself.

5. Simplify

Martha Stewart and her 100+ helpers make amazing pies and decorations. Professional woodworkers use equipment worth tens of thousands of dollars to build elaborate, handmade toys. You don't have to match these amazing acts of holiday excess. Our society pressures us to always do and spend more, but we're here to tell you that it's okay to simplify. In fact, we love to simplify ourselves. Our cleaners let you clean any surface without buying dozens of bottles, and the safe and effective ingredients mean less hassle and less worry. Sometimes you can do more by doing less.

Closing Thoughts

The holidays are a time for family and friends, not a time for stress. By taking a slightly different approach to the holiday season, you can make sure that you never lose track of what really matters, and Oxyfresh is here to help. From products that address real problems to excellent customer service, you'll get what you need to make the holidays special.



A clean pet with fresh breath is more fun to cuddle with! The Pet Lover's Gift Bag is the perfect present to give anyone with a pet!

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This is complete protection for your hands-on life. Oxyfresh's exclusive Skin Barrier® and Antibacterial Skin Barrier® create an incredibly powerful invisible layer of protection for your skin.

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