

# READY SET GLOW

with Rachel Read



### I GOT YOU BAE

As if the shops in Hong Kong didn't provide enough retail temptation, a brand new e-commerce platform has launched to further trouble our wallets with all things beauty. **Miss Baobae** is the cool older sister of much-loved baby hamper company Baobae.com, and is dedicated to unique and emerging beauty brands from across the globe, many with an eco-friendly slant. Currently on my wish list: super-pigmented organic ILIA lipsticks, all-natural miracle eczema curers MooGoo, cult organic skincare brand Aromatica, and alcohol and paraben-free solid perfumes with the prettiest packaging in town from Sabé Masson. Delivery is free in Hong Kong for orders over \$450... I can sense a haul coming on already!

[www.missbaobae.com](http://www.missbaobae.com).



## ALL GROWN UP

10/10 HOPE have long been leaders in the eco-beauty game in Hong Kong, and they've just added yet another exciting new brand to their rostrum: **Grown Alchemist**. This botanical-based skincare line was founded by two brothers with a passion for "natural-organic alchemy" after noticing a friend's adverse reactions to traditional beauty products whilst undergoing cancer treatment. They've got the hard science to back up all those au naturel benefits too, with an army of cosmetic chemists to vigorously research and test each product. With sleek, simple packaging and an all-star line up of organic and vegan ingredients free from harmful chemicals (we're talking powerful antioxidants, peptides, hyaluronic acid, collagen-boosting actives and plenty more goodies), this is definitely a brand to watch.

Available at 10/10 HOPE in Festival Walk, LAB Concept Admiralty and Eslite bookstores citywide. [hk.1010hope.com](http://hk.1010hope.com).



## ONE FOR THE BOYS

Male grooming has come a long way since a spray of Lynx and furtive purchasing of any product in "sport" packaging. Say hello to Austria's hottest export since The Sound Of Music: **SA.AL&CO**. This premium skincare line should appeal to any men with a love of minimalism; the whole range consists of only five products: hair and body wash, shaving crème, a combined light moisturiser and aftershave balm, intense moisturiser and deodorant, meaning even the most clueless grooming newbies should get the hang of it. Its ingredients are 100 percent certified natural and vegan, and its stylish brushed aluminium packaging is totally recyclable too.

Available at **JOYCE Grooming at The Landmark, Central** and **Joyce Beauty in Harbour City, Tsim Sha Tsui**. [saalskincare.com](http://saalskincare.com).

Rachel Read is a freelance writer, editor and co-founder of writing agency Editors' Ink ([www.editorsinkhk.com](http://www.editorsinkhk.com)); she also has her own lifestyle blog, **Through The Looking Glass** ([www.rachttlg.com](http://www.rachttlg.com)) where she reviews beauty, food and whatever else she can think of. Follow her on Instagram too @rachttlg.



empowered  
medicine  
**DR** LAUREN  
BRAMLEY  
& PARTNERS

## ASK THE EXPERT

**Alastair  
Sherlock  
Osteopath**



### How is osteopathy different to physiotherapy and chiropractic?

I see the main difference between osteopathy and other modalities almost as philosophy. I chose osteopathy because it requires the practitioner to zoom out and view the condition as a whole rather than focus on the problem area, for instance your shoulder or knee. The term "holistic" is a misappropriated word nowadays, but that is exactly what osteopathy is - you look at the entire body to find and deal with the root of the problem. When you deal with the cause, the symptom invariably is given little choice but to disappear. It is a beautiful and engaging process and I feel lucky to love what I do each day.

### What kind of patient is best suited to osteopathy?

Bearing the first question in mind, there is very little that cannot be made at least comfortable, if not treated completely, if we consider that structure and function are linked. Restore that and we usually observe resolution. Underlying the condition is an organism - the body - dealing with a drain in its resources. By rebalancing the body, we usually deal with the issue itself, and therefore most things can be affected positively, even the seemingly unrelated and obscure. It is the most rewarding aspect of my work when we get presented with a real challenge and arrive at a positive outcome.

Information presented by  
Dr. Lauren Bramley & Partners