

READY SET GLOW

with Rachel Read



ORANGE IS THE NEW BLACK

Looking for a lovely natural perfume that lasts all day? **Atelier Cologne's** newest scent, Clementine California, is definitely a fragrance that I'm happy to let linger. It smells of sunshine, summer and California dreaming - a sparkling sweet citrus cocktail of mandarin and clementine, with notes of juniper and vetiver to keep things interesting. Atelier Cologne uses no synthetic fragrances, parabens, phthalates, sulfates, GMOs or animal-derived ingredients, and it really shows in the quality of their creations.

Clementine California costs \$650-1,600 for 30-200ml; available at Atelier Cologne boutiques in IFC, Central and Harbour City, Tsim Sha Tsui. www.ateliercologne.com



SPRING IN YOUR STEP

Mong Kok probably isn't many people's first port of call for relaxation in Hong Kong... but those people probably haven't visited **Chaun Spa**, an oasis of calm in the Cordis hotel. They've got an excellent pampering deal on right now: the "Spring Package" includes a one-hour lymphatic body massage, a one-hour Thalgo facial, access to the hotel's swimming pool (pictured), heat and water facilities and fitness studio, and a glass of sparkling wine to top it all off. It costs \$1,600 (plus 10% service charge) and runs until April 30.

41/F, Cordis Hong Kong, Langham Place, 555 Shanghai St., Mong Kok, 3552-3510, www.chuanspa.com.hk

LIP SERVICE

Lipstick sales across the world are soaring - making the timing pretty perfect for **Lipstick Queen's** first Hong Kong solo counter in FACESSS Harbour City. Created by lipstick obsessive Poppy King, this brand knows its speciality and isn't afraid to stick to it, creating vivid and vibrant lip products made from non-harmful waxes, oils and pigments in every shade under the sun. Just launched are its pigment-packed Cupid's Bow jumbo pencils, which work like a lipstick and lip-liner in one. Also worth checking out for the fun factor is the bestselling Frog Prince lippie - its emerald green colour reacts with your lips to create a flattering pink shade that's different for every wearer. All hail the Lipstick Queen!

Lipsticks cost \$220; available at FACESSS Harbour City, Tsim Sha Tsui. www.lipstickqueen.com



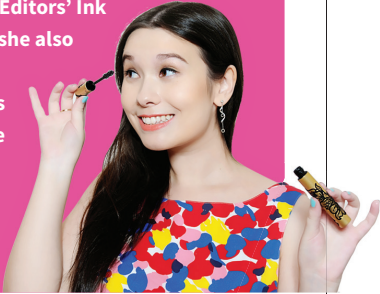
MOST WANTED

Indie beauty brands are really rocking right now, and the latest to cross my radar is Singapore-based **WANT**. This minimalist, cruelty-free line is formulated from pure botanical oils and minerals, and is free from synthetic ingredients, preservatives, colours and fragrances. The brand also contributes to women's cooperatives in Bali, Indonesia and Benin. Hero products include their Beet This honey cleanser, the Ginger Face scrub mask, and the super moisturising face oil. Shipping to Hong Kong is free for orders over \$272 (that's SGD50 in case you're wondering why it's such a random number).

Prices range from \$49-376, with the full Natural Beauty Kit available for \$812. www.want skincare.com



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



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Can you explain how genetic testing can help determine what's the right diet for me?

DNA testing consists of a 30-second non-invasive cheek swab that is simple to administer. Recent clinical data found that the addition of genetically tailored diets resulted in better compliance, longer-term BMI reduction and improvements in blood glucose levels. In addition to your genetic data, your practitioner will also take into account your health history, nutrition journal and existing blood lab test to come up with a personalised meal, fitness and supplement plan. In 21 days, clients reported a boost in energy levels, reduced bloating and waist-to-hip ratios. We then come up with a long term plan to maintain the results.

Paleo, juice cleanses, detox diets, low-carb, vegan, intermittent fasting... there are so many diets out there - what diet do you recommend?

There is no such thing as a universal diet that suits everyone. Yes, we can all agree on principles such as limiting processed foods, but a low-carbohydrate diet doesn't suit everyone, especially if you have thyroid imbalances or adrenal dysfunction. The key is to take into account nutritional deficiencies, infections or toxins, and then maintain a diet that helps restore the gut. This in turns depends on food quality and quantity, timing and avoiding triggers that may cause food sensitivities, for instance. By listening carefully to your needs, lifestyle and genetics I am able to create a dietary approach that is most suited to you.

More questions? Ask Monica at monica.proctor@laurenbramleymd.com or join our next event on March 23 to learn more. Sign up at awa.org.hk.

Information presented by
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