

READY SET GLOW

with Rachel Read

COOL BRITANNIA

10/10 HOPE has long been one of our favourite one-stop natural beauty shops, and now we have yet another excuse to hit up their shelves - they've just added blooming lovely British brand, **Bamford**, to their lineup. This collection of bath and body products features the finest naturally-sourced organic and botanical ingredients, with formulations built around their signature essential oil blends that have been specifically chosen for their gorgeous scents and restorative properties. 85 percent of Bamford's bath and body range comes officially certified by the Soil Association (the UK's leading organic certification body), so this stuff is definitely the real deal.

Prices range from \$135-315. Available at 10/10 HOPE in Festival Walk, LAB Concept Admiralty and Eslite bookstores citywide. hk.1010hope.com.



HOME COMFORTS

It can be hard to keep track of all the exciting new independent eco beauty brands popping up, which is exactly why handmade skincare speciality store **Home Evoriginal** is such a great find! This green beauty gem tucked away in Prince Edward stocks more than 20 handmade, natural, organic and eco-friendly homegrown beauty brands. We spotted some tried-and-trusted favourites like Bahia Cosmetics and Swedish Handmade Bodycare, alongside new-to-us skincare lines like Kleanki, Eden Rose and OSoap (Home Evoriginal founder Angie Yiu's own range), and there's even an all-natural pet grooming collection from local organic brand LONC too. Chalk this one up as a total treasure trove for discovering cool local beauty loot!

Unit D, 1/F, 13 Yu Chau St., Prince Edward, 5702-3782, www.facebook.com/HEVOshop. Closed Mondays.



SALT BAE

We're all used to a bit of salt sprinkled on our dinner... but how about breathing it in as part of a beauty treatment? Well, you can try it for yourself at **Salt Spa by Premier** in Causeway Bay, which has harnessed the white stuff's long-heralded cleansing properties in the form of halotherapy. In addition to having all their walls and floors covered in the stuff, salt is pumped into the rooms to create a dry salt aerosol that you can inhale naturally for the duration of your treatment. It's said to alleviate respiratory issues, allergies and skin ailments, and as someone currently feeling totally allergied-up, I did feel that my breathing became much clearer and easier during my session. Salt Spa offers facials in their salt rooms, meaning you can get double the pampering during your halotherapy. Check out their signature Dead Sea mud and mineral mask, which, rather than being rinsed off with water, is removed with a magnet that's wafted over your face to lift the mask off... sounds weird but it works, and my skin felt all the better for it!

Facials start from \$1,180 for 60 minutes and halotherapy from \$680 for 45 minutes, with multi-visit packages available 21/F Golden Bloom Centre, 25-27 Jardine's Bazaar, Causeway Bay, 2881-0222, www.saltspa.com.hk.



Photo: Rachel Read

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.



THE ROUND CLINIC

ASK THE EXPERT

Magali Salgado

French Physiotherapist,
Clinical Sport massage



What is physiotherapy and when to consult?

Physiotherapy aims to improve, maintain and restore people's functional ability and maximum movement, at any stage of life.

We use techniques including but not limited to manual therapy, exercise program, balance therapy, myofascial release and/or massage.

The long term effects of an injury, even minor, should not be underestimated. You should be considering physiotherapy when encountering muscular or articular pains or as soon as you have an issue that changes your habits/lifestyle or disturbs your efficiency at work, alters your mood.

Wherein can physiotherapy help?

Physiotherapy's applications are very wide. Maintaining movement is one of the most essential elements for health and wellbeing.

Working towards that goal, the physiotherapist will first make a precise assessment to define where the disabilities and blockades are located. Then we design a treatment and exercise plan to restore the movement.

You would be surprised how often pains and dysfunctional movement are related to stress and work posture. From sprains to muscle tears, back pains to nerve entrapment, grinding teeth to headaches or dizziness, all can be treated by consulting your physiotherapist.

Magali can be contacted at The Round Clinic, One Island South, Wong Chuk Hang, 2648 2612, www.theroundclinic.com.