

READY SET GLOW

with Rachel Read

THE KIWI TO GREAT SKIN

New Zealand has a reputation for amazing clean air and natural beauty - so it's no surprise that Kiwi skincare and makeup brand **Antipodes**, which has just launched in Hong Kong, is stuffed full of all kinds of natural goodies. Featuring sustainably-sourced organic ingredients certified by BioGro New Zealand, their products are packed with native NZ botanicals and superfoods, such as vitamin C-rich kiwi seed oil, antibacterial manuka honey, nourishing avocado oil and antioxidant-rich grape extracts. All their formulas are intensively tested in an independent lab to prove they've got the goods to supercharge your skincare routine, with a range of face creams, serums and oils all scientifically proven to enhance collagen, elastin and antioxidant activity - resulting in more youthful, radiant skin.

Products range from \$119-409. Available at selected Watsons stores citywide, including Fortune Centre, 44-48 Yun Ping Rd., Causeway Bay, 2608-8383, www.antipodesnature.com.



TCM TREAT

Whilst cupping might be all the rage amongst Hollywood celebs (you know, the Chinese therapy famous for leaving giant red circular marks all over Michael Phelps' back), I've always been a bit afraid to try it myself... but if anywhere is going to convince me to give it a go, it's the always-indulgent **Oriental Spa** at the Landmark Mandarin Oriental. They've just launched an exciting new Sense of Balance treatment that combines a potent trio of TCM-inspired elements, including a stimulating 30-minute ginseng body scrub, a 60-minute Chinese meridian massage focusing on acupressure points, and a 30-minute cupping session where lightbulb-shaped jars are suctioned to various parts of your body. The treatment promises to restore your natural balance, improve your body's energy flow and invigorate your qi. Don't forget to arrive a little bit early to take full advantage of the Oriental Spa's stellar heat and water facilities too. The Sense of Balance treatment costs \$2,300 Monday-Thursday, or \$2,600 Friday-Sunday and public holidays (plus 10 percent service charge).

The Oriental Spa, Landmark Mandarin Oriental, 15 Queen's Road Central, 2132-0011, www.mandarinoriental.com.

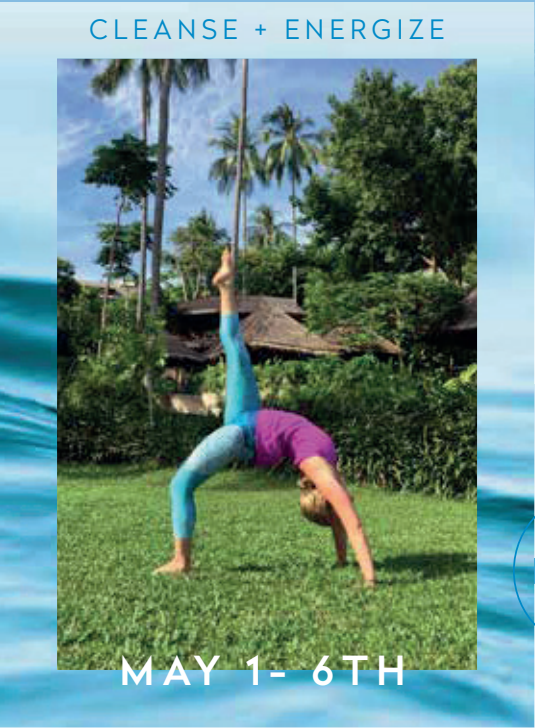
CLEANING UP

If your New Year's resolution was to discover more green beauty brands, then **Clean Beauty** just made things a whole lot easier for you. They've scoured the globe for the best eco-beauty products (all free from parabens, sulfates, phthalates, synthetic fragrances and other nasties we've run out of space for) and collected them into one convenient, curated concession for your shopping pleasure. Not only that, but they've even handily packaged a few of their favourite items into nifty seasonal selection boxes - think of it as a super-luxe beauty pick 'n' mix. Their latest Best of Oils box features four different natural oil blends from cult ranges SkinOwl, Lina Hanson and Évolué, all designed to help nourish, repair and rejuvenate your skin. Bingeing on a box set just took on a whole new meaning!

Best of Oils Beauty Box costs \$1,200 (contents worth \$1,640). Available at Harvey Nichols Landmark, Central; Pacific Place, Admiralty; and Beauty Bazaar by Harvey Nichols in The ONE, Tsim Sha Tsui.



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.rachtltg.com) where she reviews beauty, food and whatever else she can think of. Follow her on Instagram too @rachtltg.



RETREAT TO WELLNESS

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Restorative, luxurious treatments and sumptuous detox meals daily.

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