

READY SET GLOW

with Rachel Read



SMELL YA LATER!

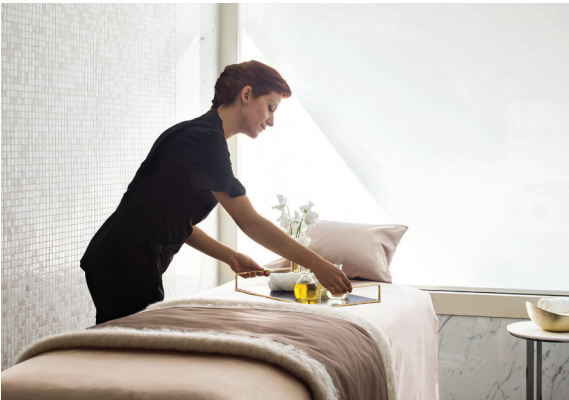
If you've ever been on a crowded MTR during a sweltering Hong Kong summer, you'll know just how essential a good deodorant is in this city! Homegrown eco brand **Coconut Matter** has just launched a range of fantastic prebiotic deodorants made from vegan, cruelty-free and all-natural ingredients. Rather than synthetic fragrances and chemicals, these sticks instead use a bioactive compound that combats odour-causing bacteria without blocking your sweat glands. They're currently available in four varieties that glide on invisibly (we're partial to the citrusy zing of Spring) and actually moisturise your skin, and they're all packaged in biodegradable recycled cardboard tubes too. P.S If you haven't checked out Coconut Matter recently, they've added loads of great all-natural, eco-friendly beauty products to their range, including body butters and soap bars - all the more reason to do a bulk shop since their website offers free shipping on orders over \$350.

Deodorant costs \$95; body butter costs \$180-200; soap costs \$89. www.coconutmatter.com.

ABSOLUTELY LAB-ULOUS

Quick PSA for any fellow Lush junkies out there - did you know about their **#LushLabs** collections? Delivered straight from Lush's research and development whizzes, they're sold exclusively online for around a month each time, meaning you get first dibs on what could become the brand's next big thing. Their most recent launch was a line of spa-inspired **#LushMood** creations that included divinely-scented foaming Shower Bombs that turned into silky cleansing mousses when held under running water - great news for those of us that don't have baths but want to get in on some bath bomb action! If you love a **#LushLabs** product, let them know and there's every chance your favourites could return as permanent items in the not-too-distant future... which is exactly what has just happened with previous **#LushLabs** fan faves, the plastic-free Glow Stick highlighter crayons and Slap Stick solid foundations.

Shower Bombs cost \$40. www.hk.lush.com.



MARVELLOUS MURRAY

I'm sure you've all heard the hype about **The Murray Hong Kong**, the hottest hotel opening of the year - but did you know they have a spa too? Featuring five treatment suites, this urban sanctuary's vibe is very much in-keeping with the rest of the hotel's classy aesthetic (think ultra-luxe marble matched with polished bronze accents) and offers a small menu of massages and facials. Their signature treatment is the gentle and restorative Murray Facial by Grown Alchemist, created especially for the hotel by the Australian botanical brand to showcase their natural and organic beauty products. Your therapist will help select the appropriate products for your skin type; I was particularly impressed by how thorough the treatment was, and how gorgeous all the Grown Alchemist products smelled. I particularly loved the super-effective, granule-free papaya enzyme exfoliant. My top tip? Request one of the couple's treatment suites if they're free, as these each come with their own private herbal sauna or steam room - ideal for maxing out your pampering session.

The Murray Facial costs \$675 for 30 minutes, \$1,300 for 60 minutes and \$1,925 for 90 minutes; other treatments range from \$500-1,700. Level 3, The Murray Hong Kong, 22 Cotton Tree Drive, Central, 3141-8888, www.niccolohotels.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.



Do you know the best moisturizing ingredients for your skin type? Here are some expert opinion from skin care formulator and founder of Skin Need - Your Private Formula

OIL-PRONE: usually unscathed from the chilly weather, but do tone down on the BHAs, Retin-A, and products with high level of denatured alcohol to minimize chances of skin irritation. A note on moisturizer: plant-based Allantoin, decolorized Aloe Vera, Ginseng extract, Jojoba oil, and Cellulose are lightweight yet hydrating!



DRY SKIN: occlusive-like emollients such as Capric Triglycerides and Shea Butter, nourishing and skin smoothing Cetearyl Alcohol, lipid repairing Ceramides and Cholesterol, evaporation preventing Sweet Almond and Apricot Kernel oils are great oils for dry skin!

COMBINATION: can benefit from using skin hydrating ingredients mentioned above; heavier humectants such as Glycerin and lightweight emollients including Squalane, Safflower oil, and Argan oil are great choices to reduce trans-epidermal water loss (TEWL)

Now, with the above ingredients in mind and a good moisturizer in hand, come wind or cold temperature, your skin is ready and set to GLOW!



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