

Localiiz

digest

A Healthy New Year

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Restaurants**

**What's On this
Chinese
New Year**



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Hong Kong's Best Barbers

Property Picks: Perfect Pads for Parties

The Ultimate Guide

to the best F&B happenings in town!

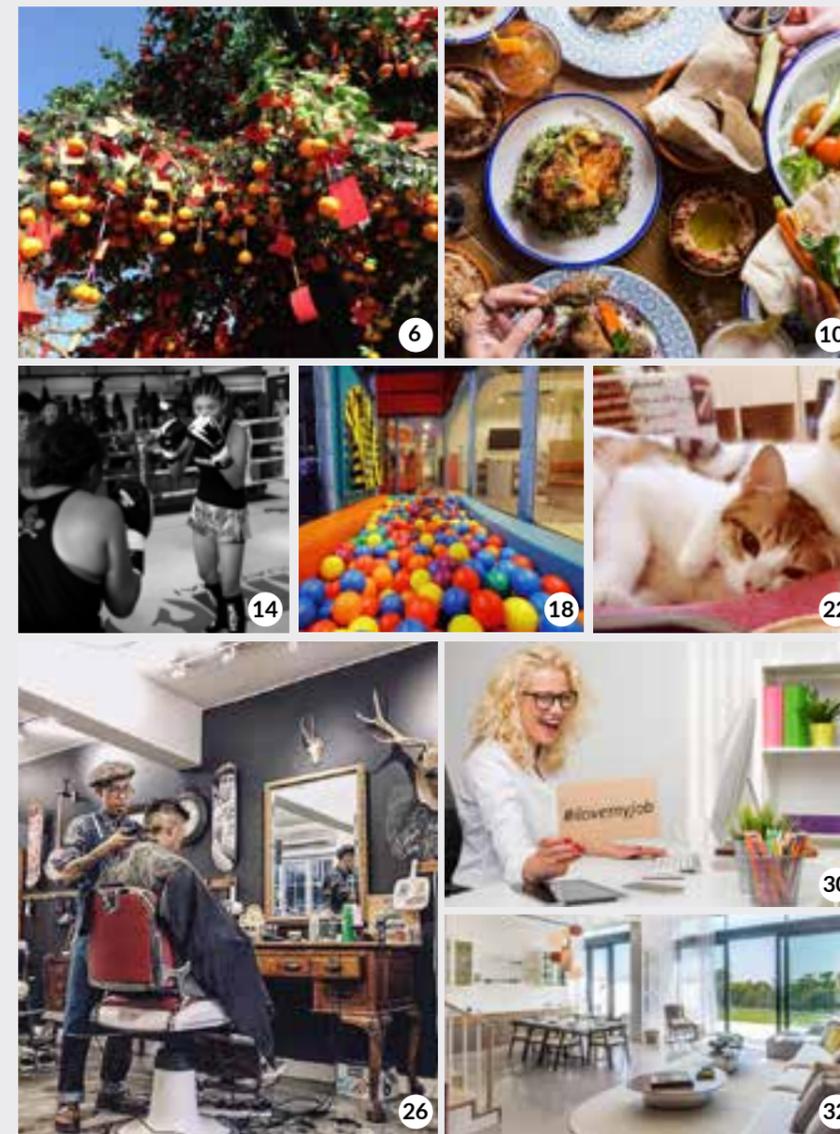
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Welcome

A new year, a new beginning ...

In the blink of an eye we have kissed goodbye to 2017 and have welcomed in a new year of living it up in the 852.

As always, we hope that our magazine gives you some great ideas on how to fill your diaries for the next two months while helping you reach your healthy new year goals. We've got plenty of articles in store to help get you off to a flying start - from the best restaurants for healthy dining to the most fun and effective workouts in the city - and of course, some quirky date ideas for Valentine's Day to give your special someone an experience they will never forget - for all the right reasons!

And it's not only Valentine's Day that will get our hearts fluttering this February, as we welcome in the Year of the Dog and all the exciting and magical festivities it brings. See what's in store on page 6.

Don't forget to keep your eyes peeled on our website, where we publish new articles every day, and follow our adventures on Facebook, Instagram, and Twitter.

As always, we would like to thank all of our readers who has supported us over the years and helped us to become one of Hong Kong's favourite lifestyle websites - we wouldn't be here without you!

Here's to a fabulous new year in the city!

Sophie

Sophie Pettit, *Managing Editor*
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We love nothing more than glimpsing into Hong Kong life through the eyes of our readers. Each week, we enjoy watching hundreds of fabulous shots fill up our Instagram feed as you share your adventure in the 852.

Picking our favourite **Snap of the Week** is never an easy task with so many action-packed, creative, and striking photos to choose from - all in a bid to win your very own Localiiz umbrella and be featured on our social media. But we have hundreds to give away, so keep tagging your pics with **#localiiz** and be in with a chance of winning one - you'll thank

us when the next typhoon hits!

Need some creative inspiration? Just take a look at these cracking shots of Hong Kong that earned a spot in our Snap of the Week album.

Happy snapping, readers!



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SAVE THE DATE

What's On in Hong Kong

Don't miss your chance to grab tickets, register, or sign up for your favourite events with the Localiiz guide to What's On in Hong Kong. If you're looking for something to do this weekend, then catch the best events in The Weekend Ahead.



CATS The Musical

As one of the longest running shows in the West End and Broadway history, the multi-award-winning musical **CATS** is back after a 12-year break. With additional extended performances running from **January 6 to February 11**, this iconic musical, now with a modern twist, will be bringing you and your little ones into the magical world of the Jellicle Cats as they come out to play on the night of the Jellicle Ball. With a dazzling fusion of feline dancing, a larger-than-life junkyard, and all the hit songs from the show, you can't afford to sit this one out. So get your tickets now before it's too late!



Volvo Ocean Race

In celebration of the heroic sailing teams of the **Volvo Ocean Race** arriving into Hong Kong at the finish line for the fourth leg of the race, from **January 17 to 31**, Kai Tak Runway Park will be transformed into an entertainment extravaganza featuring live music performances, interactive games, lion dancers, and a ton of nibbles to chew on. Don't miss out on the in-port races where you can catch the teams in action competing along Victoria Harbour and Hong Kong Island before they set sail again. Get yourself a front row ticket in a spectator boat for the in-port race, and enjoy a day in the VIP Lounge during the festival.



46th annual Hong Kong Arts Festival

From **February 23 to March 24**, our city will be swamped in arts and culture during the **46th annual Hong Kong Arts Festival**, where art-lovers from all around the globe come together to indulge in endless exhibitions and live performances. Spanning multiple forms such as theatre, Chinese opera, and dance, the festival will keep you entertained all month long. Sales for events during the festival have already begun, so hurry up and bag yourself a ticket now to avoid disappointment.



January

The Chameleons Hong Kong Debut
January 5

CATS the Musical
January 6 - February 11

The Sound of Music in Macau
Until January 7

Zero Waste Roundtable with Bea Johnson
January 8

SCAD Fashion Showcase 2018
January 11

TakeOut Comedy 11th Anniversary: Tom Cotter
January 11 - 13

Hong Kong Swing Festival
January 12 - 14

KidFest 2018
January 12 - February 11

Macau City Fringe Festival
January 12 - 21

Imagine Dragons Evolve World Tour
January 13

Mademoiselle Privé CHANEL Exhibition 2018
January 13 - February 10

Freespace Happening
January 14

Studiosanz 15th Anniversary Showcase
January 16 - 17

Hong Kong International Chamber Music Festival
January 17 - 24

Volvo Ocean Race Festival
January 17 - 31

Amit Tandon Live in Hong Kong
January 19

Inov-8 Lantau Ladies Trail Running Race
January 20

LOL with Kanan Gill Live in Hong Kong
January 21

Standard Chartered Hong Kong Marathon
January 21

Disney on Ice - 100 Years of Magic
January 25 - 28

Education UK Exhibition 2018
January 27 - 28

February

The XX Live in Hong Kong
February 1

Education and Careers Expo
February 1 - 4

Legends in Concert in Macau
February 2 - 4

Hong Kong Wedding Fair
February 2 - 4

India by the Bay
February 2 - 9

Angels Zumbathon
February 3

Vegetarian Food Asia
February 3

Hong Kong International Youth Chinese Music Festival
February 3 - 4

Motoring Club Festival
February 4

A Midsummer Night's Dream
February 8 - 11

Longines Masters of Hong Kong
February 9 - 11

Hong Kong Pet Show 2018
February 9 - 11

Daniel Chan at The Venetian Macau
February 10

Mademoiselle Privé CHANEL Exhibition 2018
Until February 10

Run Date by Coffee Meets Bagel
February 11

CATS the Musical
Until February 11

KidFest 2018
Until February 11

HK Phil: Valentine's Day Concert
February 14

Hong Kong Yachting Race Week
February 20 - 25

The 46th Hong Kong Arts Festival
February 23 - March 25

AIA Great European Carnival
Until February 25



Things to Do and See This Chinese New Year

It's that time of year again when our city gets swamped with red and gold decorations, dancing lions, and people donning the lucky colour red to celebrate Chinese New Year. As we kiss goodbye to the Rooster and welcome in the Year of the Dog, Hong Kong is gearing up for some exciting events this February 16 to 19.

Kung Hei Fat Choi!



Chinese New Year Night Parade

Featuring over 30 amazing floats and spectacular performances by both local and international performers, the Chinese New Year Night Parade is the biggest street party extravaganza of the year. Filling up the streets of Tsim Sha Tsui with marching bands, traditional Chinese dancers, lively music, and firecrackers, visitors will have the chance to get up close with our city's vibrant and diverse culture. Make sure you arrive early and bag yourself a front-row viewing spot.

When: February 16, (8pm - 9.45pm)
Where: Hong Kong Cultural Centre, Canton Road, Haiphong Road, Nathan Road, and Salisbury Road
How much: Free



Flower Markets

Kumquat trees, water lilies, cherry blossoms, and daffodils are just some of the flowers and plants you'll find yourself getting lost in at the fifteen Chinese New Year Flower Markets dotted around Hong Kong. Victoria Park is the most popular so get ready to shuffle along with the crowd as you discover festive merchandises, beautiful flowers, delicious food, and heaps of fun games for the kids. *Here's a helpful tip:* go to the market earlier in the day or late at night to avoid the crowd, or if you're patient enough, wait until the last day to go and bag killer bargains at every stall.

When: February 10 - 16
Where: 15 parks across Hong Kong Island and Kowloon (including Victoria Park in Causeway Bay and Fa Hui Park in Mong Kok)
How much: Free



Traditional Temple Rituals

If you're not so keen on all the extravagant celebrations that Hong Kong has to offer, how about doing things the traditional way? Each year, hundreds of people gather at one of the 600 beautiful temples dotted across the city to worship and give thanks for their good



Lam Tsuen Well-Wishing Festival

Join hundreds of Hong Kongers from all over the city at the Well-Wishing Festival in Lam Tseun village. Cast your hopes and wishes onto a piece of red paper tied to an orange, and chuck it as high as you can over the wishing tree. The higher the branch it reaches, the more likely your wish will come true! If that's not enough to impress you, the festival will also include delicious food, fun games, and amazing cultural performances, making it a perfect family day out.

When: February 16 - Beginning of March, (9am - 7pm)
Where: Lam Tsuen Wishing Square, Tai Po, New Territories
How much: Free



Chinese New Year Race Day

Kick off the Year of the Dog with one of the biggest race days in our city's annual calendar. Not only will you get to cheer on your favourite jockeys as they race towards the finish line for the grand Chinese New Year Cup, you will also get to enjoy a variety of shows with traditional lion dances, singing performances, and top lucky tips from Feng Shui Masters. So even if you're not much of a gambler, there's still plenty of reasons to make your way over to Sha Tin Racecourse.

When: February 18, (12pm - 6pm)
Where: Sha Tin Racecourse
How much: \$10 entry fee to the public



Lunar New Year Fireworks Display

If you're going to see one thing this Chinese New Year, then make sure it's the epic Lunar New Year Fireworks Display. As an essential part of the Chinese New Year tradition, the dazzling display can be viewed from both sides of Victoria Harbour with vantage points such as the Tsim Sha Tsui and Central Waterfront Promenade, the Bauhinia Square, Victoria Peak, or even the Hung Hom Bypass between Salisbury Road and Hung Hom Road which will be closed off from all traffic. There are also many fireworks cruises available where guests can avoid the crowds and watch the spectacular fireworks explode from the comfort of a luxury boat.

When: February 17, (8pm - 8.23pm)
Where: Victoria Harbour
How much: Free

fortune over the past year. Make sure you swing by popular places such as Wong Tai Sin, Che Kung, and Man Mo Temple for an insight into the heart and soul of Chinese New Year. This is as authentic as it gets.

When: Throughout Chinese New Year
Where: Temples across Hong Kong
How much: Free



5 Tips To Saving Money on Public Transport



The cost of travelling around the city can really add up, especially if you commute every day or have lots of visitors to meet at the airport. That's why we're always on the lookout for ways to save dollars. Here are a few of our favourites.

1

Tap Before Disembarking

Did you know that you don't have to pay for a whole bus journey on some routes if you get off before the full fare kicks in? If you're only going a few stops, you may be able to tap your Octopus card on the way out and watch as money is actually added back to your card! We found this works when we get off the bus before the final segment of charges begins.

\$2 Concession Scheme for Senior Citizens

Senior citizens aged 65 or above and eligible persons with disabilities can travel on designated public transport modes for only \$2 per trip any time thanks to a government Scheme which aims to help build a caring and inclusive society. Modes of transport include the MTR, buses, minibuses, and ferries.

2

Fare Saver Stations

The MTR installed 31 little stations around the city to save you money, up to \$2 per day to be exact, with a simple tap of your card. The only problem is you may be missing one on your next journey if you don't know where they are. Visit www.mtr.com.hk to find them.



Take the Airport Express in Groups

The single journey ticket would normally cost you \$100, but you can save if you travel with a friend or two. Trips from Hong Kong to the airport range from only \$85 per person for two travellers to \$70 per person for a group of four.

4

AsiaWorld-Expo on the Cheap

Going to AsiaWorld-Expo to catch the latest gig? Well then, you can travel for as little as \$60, same day return from Hong Kong Station, as long as you have proof that you're going to an event. Just flash them your gig ticket and save some bucks.

5



Happy saving, Hong Kong!

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Top 10 Healthy Restaurants

It might be a cliché, but it's true that 'healthy eating' often tops the list of New Year's resolutions for many of us. Lucky for us then that Hong Kong is blessed with a plethora of restaurants catering to our every need, whether we've vegetarian, vegan, or on a strict low-carb diet. From casual eateries to more sophisticated locales, we share our ten favourite healthy eating spots around the city. Bon appétit!

3 Grassroots Pantry

The bright, Scandinavian minimalism of Grassroots Pantry gives this venue a clean-eating atmosphere in which to enjoy breakfast, lunch, dinner – and everything in between. From Thai and Indian inspired curries to vegetable stir-fries and kelp noodle salads, this healthy eating hub boasts a truly delectable menu, so deciding which dish to try from the jam-packed selection might be your biggest problem. If you have a sweet tooth, you'll be pleased to know they offer a selection of guilt-free gluten-free and vegan desserts too.

Grassroots Pantry, 108 Hollywood Road, Sheung Wan, (+852) 2873 3353



1 Maison Libanaise

Good Lebanese food is hard to find in Hong Kong, but the Black Sheep boys have struck gold with this three-storey gem off the escalator in Soho. Serving up a selection of healthy Middle-Eastern dips, mezzes, salads, grilled fish, and meat skewers, the restaurant is a popular spot at lunch and dinner time, where health-conscious Hong Kongers line up for their wraps and salad bowls which are packed with only the freshest ingredients. The Pan-fried Haloumi and Za'atar Fried Chicken are winners on the hot mezze front, while the Lahém Mishwé chargrilled prime beef striploin skewers and Sole Fillet make for a delicious dinner.

Maison Libanaise, 10 Shelley Street, SoHo, (+852) 2111 2284



2 MANA! Fast Slow Food

Vegetarian, vegan, gluten-free, organic – you name it, MANA! ticks all the boxes. This environmentally-friendly oasis of deliciously healthy grub is a go-to for clean eaters who aren't willing to scrimp on flavour. From Signature Flatbreads and Raw Bowls full of wholesome ingredients, to heartier mains such as the Babylon! Burger or Yams & Dips, the tasty menu allows you to feast on organic plant-based treats without any guilt. There are some pretty appealing drinks on offer too, including the Earth Juice and Babylon Shake which are ideal for detoxing.

MANA! Fast Slow Food, 92 Wellington Street, Central, (+852) 2851 1611

MANA! Cafe, 8 Tai On Terrace, Poho, Sheung Wan, (+852) 2347 8555



5 Veggie SF

Who says vegetarian food is boring? Aside from the diverse range of veggie fusion dishes on the menu, quirky 1950s San Francisco themed cafe Veggie SF is decked out in genuine antiques from the era, transporting you back to a time when food was simple, fresh, and delicious. The restaurant owners also understand that whilst your stomach needs a cleanse, so does your mind, so you will find inspirational readings which grant you with "Love, wisdom, and healing" along with your Veggie Lasagne or Signature Organic Beetroot Burger. Bless.

Veggie SF, 10/F, 11 Stanley Street, Central, (+852) 3902 3902

Open everyday except for Sundays

4 Locofama

Nestled in the health-conscious neighbourhood of Sai Ying Pun, Locofama is an organic restaurant which has options for every diner, serving up vegan, dairy-free, nut-free, pescetarian dishes, and gluten-free dishes. They also offer a range of carb-free dishes to cater for the paleo diet, but these definitely don't

scrimp on flavour. Working closely with local farmers, this community-spirited hangout sources 'clean' ingredients (aka chemical free crops) and serves up mouth-watering, organic dishes as a result. This charming little eatery is relaxed and casual, making it one of the best options for dining with friends and having a good old catch up.

Locofama, 11 Fuk Sau Lane, Sai Ying Pun, (+852) 2547 7668



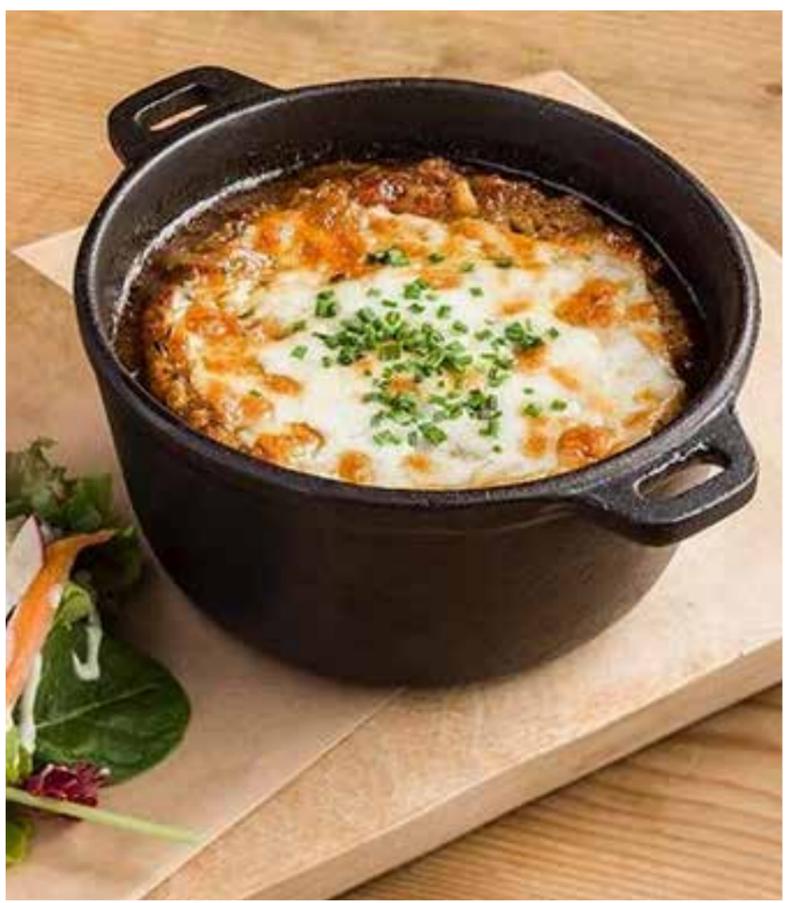


7 Jamie's Deli

If you're a fan of the British Naked Chef and his passion for healthy "pucker tucker", then it's well worth checking out his new deli in Harbour City. Open for breakfast and lunch only, this casual grab-and-go venue boasts an overwhelming selection of prepared salads, sandwiches, hot entrees, and pizza that are as nutritious as they are delicious and conveniently served in takeaway

tubs and boxes. You can choose a hot item and load it up with two veg for \$88 or three for \$98, which is surprisingly reasonable given the generous portion sizes. The Gennaro's Meatballs and Lemon and Herb Salmon are the 'hottest' items on the menu, while the Kale Caesar and Mixed Grains with Caramelised Onions and Feta make for refreshing and flavoursome sides. There's also a modest beverage counter serving - thankfully no Coke or other branded sugar-laden sodas - but rather a selection of fresh fruit juices and smoothies, of which the Green Smoothie is an absolute delight.

Jamie's Deli, Shop 412, 4/F, Ocean Centre, Harbour City, Tsim Sha Tsui, Kowloon, (+852) 3758 3333



6 DiVino Patio

Inspired by a shift in their customers' diets and health-conscious attitudes, DiVino Patio offers more organic meats and vegetables, as well as sugar-free and gluten-free options. Signature dishes include slow-cooked cuttlefish with Italian black rice, tomato salsa, and Bottarga di muggine roe, and the gorgeous pan seared swordfish steak with wild rocket, light pesto sauce, gauffrette potatoes, and sun-blushed tomatoes. The restaurant has also joined the Green Monday movement to promote healthy and environmentally-friendly living in Hong Kong by encouraging meat-free-diets on Mondays. Goodies include gluten-free pizzas and pastas, in addition to a selection of vegetarian treats. *Delizioso.*

DiVino Patio Ristorante Bar Pizzeria, Shop 11, 1/F, BRIM28, Causeway Bay Centre, 28 Harbour Road, Wan Chai, (+852) 2877 3552



8 Le Pain Quotidien

With plenty of vegan and vegetarian options, a beautiful Parisian-style terrace, and prime location at the entrance of Wan Chai's charming Lee Tung Avenue, rustic Belgian restaurant Le Pain Quotidien is a great spot for people-watching by day or night. The crunchy, juicy Quinoa Detox Salad is the ideal lunchtime pick-me-up, while the hot Chilli Con Carne (pictured left) makes for a delicious dinner. We can't get enough of their feisty Beet Booster smoothie too, and admittedly we have caved into the temptation of their Chocolate Eclair - but it was only once. Ok, twice.

Le Pain Quotidien, Shop G41, The Avenue, Lee Tung Avenue, Wan Chai, (+852) 2520 1801
Shop 008, LG1, Pacific Place, 88 Queensway, Admiralty, (+852) 2808 1837



9 OVOCAFÉ

When self-confessed "coffee geek" Felix Wong joined forces with local creative lifestyle brand OVO, a fresh and modern take on healthy eating was born. Serving the most delicious vegetarian comfort food for breakfast, lunch, and dinner, OVOCAFÉ is on a mission to have a positive influence on people's eating habits, dishing up meals

within an elegant floral interior scented with roasted coffee beans. From the Superbowl Salad and Black Truffle Soup to the Tom Yummy Noodles and Linguine with sun-dried tomato and okra, there's a dish to satisfy any palate. They have a killer All-Day Breakfast too!

OVOCAFÉ, G/F, OVOMARKET, 1 Wan Chai Road, Wan Chai, (+852) 2527 6011
Shop 1, Nan Fung place, 173 Des Voeux Road, Central, (+852) 2527 6077

10 Green Common

Originally a health food store, Green Common has now expanded into six delis scattered across Hong Kong, meaning you're never far away from its impressive menu of plant-based dishes and the famous vegan Beyond Burger, which recently won investment from vegetarian celebrity Leonardo DiCaprio. Offering everything from multi-coloured Rainbowl Quinoa and Kale-Licious salads to Beyond Spaghetti Bolognese with Vegan Cheese and Beyond Chicken Yaki Udon, Green Common is a great option for guilt-free dining and is refreshingly innovative. We get it now, Leo.

Green Common, locations vary, visit www.greencommon.com



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 Central, Hong Kong
 www.divino.com.hk

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 No. 28 Harbour Road, Wanchai
 www.divinopatio.com

carpaccio
 BOOK NOW 2328 5202
 Shop 307, 3rd Floor, ISQUARE
 63 Nathan Road, Tsim Sha Tsui
 www.carpaccio.com.hk



2 Ariel Tang



Whether you're a well seasoned yogi or just starting to dip your toes into the wonderful world of yoga, Ariel Tang is your go-to woman. With years of yoga teaching under her belt, Ariel not only teaches, but also inspire her students to inject a dose of healthy living into their everyday lives. Now focusing her teachings on Yin Yoga, Yin Yang, and Jivamukti, Ariel offers a variation of classes from special healing group sessions to private yoga classes. She also teaches Lagree, the highly effective full-body workout, at H-Kore in Central, so make sure you go and check her out!

Ariel Tang, visit Ariel's Facebook page for more information
Single class costs \$250, class packages are available

3 Velocity Studio



If you've been anywhere on the Internet lately, you would have seen the latest fitness craze of underwater workouts - luckily, Hong Kong always knows how to stay on top of trends. Velocity Studio is Hong Kong's very first solo Aquabike studio designed for women who get to cycle their way through the bubbling waves of water resistance inside individual private cabins. This wacky workout helps to tone your thighs, lift your buttocks, and effectively burn fat in just a half-hour session. There's also no membership fee so you can pick and choose any time slots that suit your busy schedule.

Velocity Studio, 14/F, Oliv, 15-21 Sharp Street East, Causeway Bay, (+852) 2110 4460
Single session costs \$485, session packages are available

4 Pherform



Do you feel more motivated when you're working out with a friend? How about when you're with a group of strong, fitness-inspired women? Pherform is the first women-only fitness studio in Hong Kong where a team of award-winning fitness trainers and coaches tailor every workout to every individual's specific needs. From an intense Rumble class where kickboxing comes into play, to Ignite classes where you can push through high-intensity workouts at your own pace, your bums and tums goals will be achieved in no time.

Pherform, 2/F, Man Cheung Building, 15-17 Wyndham Street, Central, (+852) 2798 8824
Single class costs \$325, monthly and class packages are available

10 Best Workouts for Women

With new yoga studios and fitness gyms popping up left, right, and everywhere, finding what suits you best can be overwhelming to say the least. Well look no further, because we've rounded up some of the best places around Hong Kong for you ladies to get fit, feel healthy, and have some fun along the way!

1 Flex Studio

Flex Studio is the mother of all fitness studios, with its huge timetable of jam-packed classes, which allow you to take part in whatever suits your busy schedule. The Xtend Barre class is especially one to highlight as it's a low-impact, full-body workout that draws inspiration from basic ballet movements, helping you to achieve a firm, sculpted dancer-like body. Besides from having an endless list of classes for kids, teens, and adults, they also provide regular workshops and physiotherapy sessions that can help treat injuries, chronic pains, and relieve any discomfort.

Flex Studio, 3/F, Man Cheung Building, 15-17 Wyndham Street, Central, (+852) 2813 2399
Shops 308-310, One Island South, 2 Heung Yip Road, Wong Chuk Hang, (+852) 2813 2212
Single class costs \$300 - \$320, class packages are available

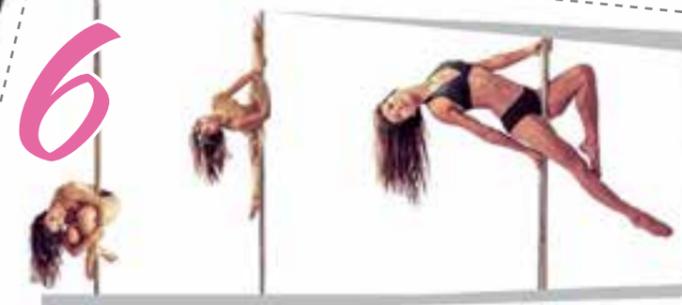
5 Bounce Limit



This list wouldn't be complete without mentioning Bounce Limit, Asia's first trampoline fitness studio in Sheung Wan. With 20 individual mini-trampolines constructed into the floors of the studio space, you can bounce away to functional and body-weight classes such as TRX Bounce, Tabata Bounce, and Bounce Pilates. And you don't have to worry about feeling sore since these mini-rebounders can absorb up to 85% of any impact - perfect for those with aches and pains.

Bounce Limit, The Pemberton, 13/F, 22-26 Bonham Strand, Sheung Wan, (+852) 2441 0021
Single class costs \$300, class packages are available

6 Aerial Arts Academy



In recent years, pole dancing has become increasingly more popular in Hong Kong, and is no longer just associated with adult-only seduction, but rather as a form of graceful and elegant art that requires ultimate strength and stamina. If you're just starting out, Aerial Arts Academy provides a variety of classes including Pole Dance, Aerial Hammock, and even Aerial Trapeze at all experience levels, so take a look at their four-week beginners course to get started on your aerial journey.

Aerial Arts Academy, 16/F, Parkview Comercial Building, 9-11 Shelter Street, Causeway Bay, (+852) 2375 8088
G/F, Capri Building, 130 Austin Road, Tsim Sha Tsui, (+852) 2375 8088
3/F, Studio on Queens, 55 Queen's Road Central (Building Entrance at Li Yuen Street West), (+852) 2375 8088
Single class costs \$200 - \$300, credit and class packaged are available



7

Warrior Academy

Do justice to the phrase "Fight like a Girl", and put on those boxing gloves at Warrior Academy. What started out as just a Muay Thai only gym has now branched out and brought together martial arts, strength and conditioning, as well as nutrition and recovery all in one place. Within their broad category of class types, Warrior Academy provides a women only Killer Core class that exclusively allows you to work on those dream abs you've always wanted. Of course, nothing is stopping you from giving those martial arts classes a go too!

Warrior Academy, 1/F, HK Plaza, 188 Connaught Road West, Sai Ying Pun, (+852) 2838 3878

Single class costs \$250, monthly and class packages are available



9 TORQ

Get ready ladies because this one is not for the faint-hearted! Offering a range of classes catering for people with different goals, TORQ is an indoor cycling studio perfect for all. If you're looking to burn some serious calories using strategic cross training circuits, the TORQ-SWITCH class is what you need, but if you don't have time for a full-blown workout, try their SWITCH-TURBO class where a 35-minute high-intensity circuit training class will have you walking away feeling pumped and refreshed (*that's if you can still feel your legs*).

TORQ, 3/F, Abdoolally House, 20 Stanley Street, Central, (+852) 2677 8623

Single class costs \$280, monthly and class packages are available



8

Hula Hooping

Hula hoop your way to health and happiness with Hong Kong's first hooping company, Turning Circles. Strengthening your core, toning your arms, and developing strong, slender shoulders, this alternative al fresco workout is now a popular sport in the city thanks to hula hoop pro, Emma Brown. Under her guidance, you will begin by mastering the art of whipping hoops from your waist up to one hand, before pulling all sorts of impressive stunts that look amazing. Classes and courses are held in Tamar Park, or under the cover of Pier 10 if the weather is protesting. And if you're on the lookout for an alternative celebration, whether it's a hen do, kids' party, or a grown-up birthday bash, then a private hooping session will get the fun flowing.

Turning Circles, Tamar Park, (+852) 5324 7473

8 week course costs \$1,120,

12 week course costs \$1,680



10 XYZ

Having only been around for a couple of years, XYZ has quickly established its name within the fitness world of Hong Kong. Although the studio only features three main types of classes, it's as effective and efficient as ever, offering an intense 50-minute revitalising session called Born to Move, a steadier paced cycle ride Grow Young, and Buddy Ride which allows riders to bring along a friend for free. Now there's no reason for you not to get cycling!

XYZ, 2/F, New World Tower II, 18 Queen's Road Central, Central, (+852) 2865 0999

Single class costs \$350, class packages are available

ZINGARAFIT

find instructors in any sport, anywhere



Dedicate the new year to learning something new and fall in love with the beauty of yoga. Grab a few friends or book a solo session for a private booking with Hong Kong's freelance yoga instructors.

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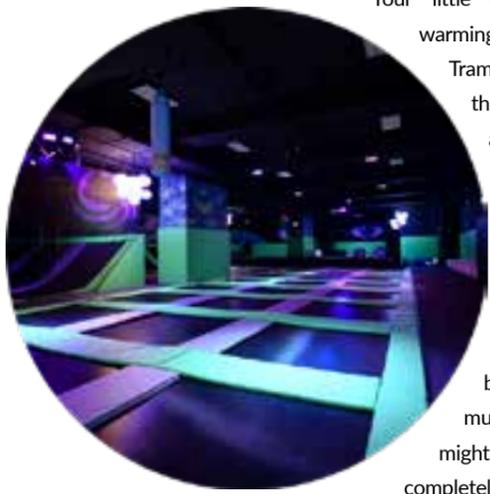


Baby it's Cold Outside!

The Best Indoor Play Areas for Kids

It's a well known fact that Hong Kong gets chilly during the winter months, and that can be troublesome for energetic kids looking to let loose. Nevertheless they still need to stay active, so we've selected the best indoor play areas around the city for when the weather outside is frightful and you're looking for ways to keep them entertained.

Ryze Ultimate Trampoline Park



Your little ones will soon be warming up at Ryze Ultimate Trampoline Park where they get to run riot across 40 trampolines, a basketball and dodgeball court, tight rope section, and two massive foam pits where they can practice their back-flips. There's so much to do here that they might just find themselves completely wiped out before

their session even ends. Open to people of all ages, Ryze has something for everyone, just be mindful of your younger children around over-excited teens doing back-flips in every direction. The facility is minded by a great team of skilled young staff who are always on hand to assist anyone in need of some help, or to provide some tips on how to get the most out of their bouncing

experience. The park can get quite full, especially on weekends, so call ahead to ensure a spot.

Ryze Ultimate Trampoline Park, 3/F, 321 Java Road, Quarry Bay, (+852) 2337 8191

How much: Kid Jump sessions cost \$95 per child with one adult, children under 2 jump for free and standard sessions cost \$150 per hour.

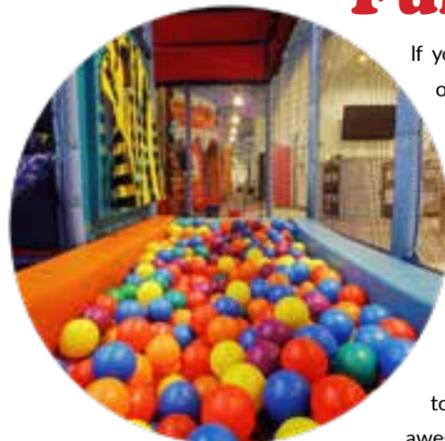
Epicland

Biggest doesn't always mean best, but when it comes to playrooms, EpicLand's 14,000 square-foot indoor playground is a mecca of fun. The vibrantly coloured setting has it all – slides, obstacle courses, mini golf, and even a dedicated laser tag room for the big kids. It's not just all fun and games though, as EpicLand are big advocates for learning through experience, and have the facilities to back it up. With over 150 fun learning programmes, your kids will be coming home having learned something new every day. The only hitch is that you'll have to make your way over to Discovery Bay if you want to experience this incredible playroom – definitely worth it though!

EpicLand G/F, 31 North Plaza, Family Recreation Centre, 96 Siena Avenue, Discovery Bay North, Lantau, (+852) 2441 0098

How much: \$149-168 on weekdays (with an adult), \$188-\$200 on weekends (with an adult), contact them for quotes on party packages.

Fun Zone



If your kids are below the age of thirteen, then Fun Zone's indoor playgrounds are some of the best places to take them for a day full of excitement and enjoyment. Their exceptionally large jungle gym has all the attractions that you would expect to find, and even has an awesome foam room where

kids can mess around with soft balls, collecting them, and putting them into all sorts of contraptions that can launch them into the air and make them levitate. If you're keen on helping your child make new friends or develop their social skills, then playgroups are offered in collaboration with trusted partners such as RugBees, Kindermusik, and Gecko Yoga. Fun Zone also has a relaxing cafe complete with WiFi, so parents can kick back and enjoy a nice cuppa' while their kids play their heart out. Fun Zone also offer a variety of great party packages that include admittance, a private party area, and lots of fun birthday items to play with.

Top Tip: Take advantage of their Happy Hours (2 hours prior to closing) for slightly cheaper admission.

Fun Zone, Shop 121, Level 1, The Westwood, 8 Belcher's Street, Kennedy Town, (additional Ma On Shan location), (+852) 2558 9558

How much: Weekdays: \$130-\$140 (with an accompanying adult), Weekends: \$165-\$180 (with an accompanying adult), Party packages start at \$2,800.

E Cube Club

A rising star in the Hong Kong playhouse scene is none other than E Cube Club. With 11,000 square feet of space, their flagship location in Megabox is a labyrinth of fun. Almost a dozen separate play areas, such as a driving zone and ball pit, offer almost too much choice of fun for your little ones. There is even a dedicated Angry Birds Zone where children use massive slingshots to play a life-sized version of the modern classic video game. And as with most playhouses, they offer all-inclusive party packages which are sure to provide your kids with a whole day of excitement and fun – well worth the investment in our opinion.

E Cube Club, L12-1, MegaBox, 38 Wang Chiu Road, Kowloon Bay (+852) 2117 1068
How much: Free



Electric Bunny

Staying active is essential to maintaining a healthy lifestyle, both physically and mentally, and Electric Bunny know this well. This is why they focus on developing all aspects of your child through exercise and creative fun, in a stimulating and safe environment. Getting them used to participating in group physical activity encourages them to develop good co-ordination, sports skills, and well as social skills. Under close supervision, kids will have all sorts of exciting equipment to experiment with such as walking beams, swings bouncy balls, bowling sets and much, much more. Electric Bunny is best suited for children aged between 6 months and 4 years old.

Electric Bunny, Room 2203, 22/F Fortress Tower, 250 King's Road, Fortress Hill, (+852) 2882-3661

How much: Contact them for more information



The Sai Kung Playhouse

If you happen to live a little further out, say in San Kung, then many of the aforementioned places might be a bit tricky to get to. Luckily there is a great playhouse located in San Kung Town Centre, which offers a bright, airy play space for kids aged up to 4 years old. The Sai Kung Playhouse is filled with toys, arts, and crafts that will keep them captivated for hours. Trustworthy staff can also watch over your little ones for you while you tend to your daily chores, and thanks to the free WiFi and chilled out couch area, parents can sit back and relax while watching their cherubs play to their hearts' content.

The Sai Kung Playhouse, 1/F, 11 Man Nin Street, Sai Kung Town Center, (+852) 2792 5888
How much: \$150-\$250

Angry Birds Playroom

Perhaps the most unique and topical playroom out there is the Angry Birds Playroom. Complete with just about every brand-related item you can think of, from real-life iterations of the mobile game and slides, to inflatables and even a flash wave pool, it's a great way to encourage your kids to switch off the multitude of 'electronic' playgrounds they seem to spend too much time in and get some exercise. It also just so happens to be located in the D Park Mall which is extremely child-friendly, so why not make a day of it and enjoy the surrounding area before or after your play session?

Angry Birds Play Center, D Park Mall, Tsuen Wan, (+852) 2151 9662
How much: \$100



Playhouse Sky City

Best suited for the youngest of the lot, Playhouse Sky City is the only airplane/transport themed play centre we've ever heard of. With big open spaces your active kids can hop on a plane with wheels and 'fly' their hearts out. It seems like such an appropriate theme as Hong Kongers often get very used to the idea of jet setting from an early age. That's not all though, a trampoline, ball pit, and series of mazes offer plenty of other ways to stimulate your little one's senses.

Playhouse Sky City, Shop 1, B/F, Metropole Building, 416-426 King's Road, North Point, (+852) 2151 0400
How much: \$80-\$100



Playtent

What's more fun than playing games is learning through experiencing them. Offering a more educational approach to playtime, Playtent offers a catalogue of fun courses, taught in both English and Mandarin, that are designed to enhance intellect and encourage curiosity among children. Classes

range from art, theatre, storytelling, cooking, and even social studies, and aim to nurture children's deeper understanding of the world around them and their connection to it. Through interactive playtime, kids are encouraged to work together, helping them to develop various skills along the way.

Playtent, Shop B/1 Mezzanine Floor, 18 Stanley Main Street, Stanley, (+852) 9177 4451
How much: \$2,000 per month (2-3 sessions)

Jolly Thinkers

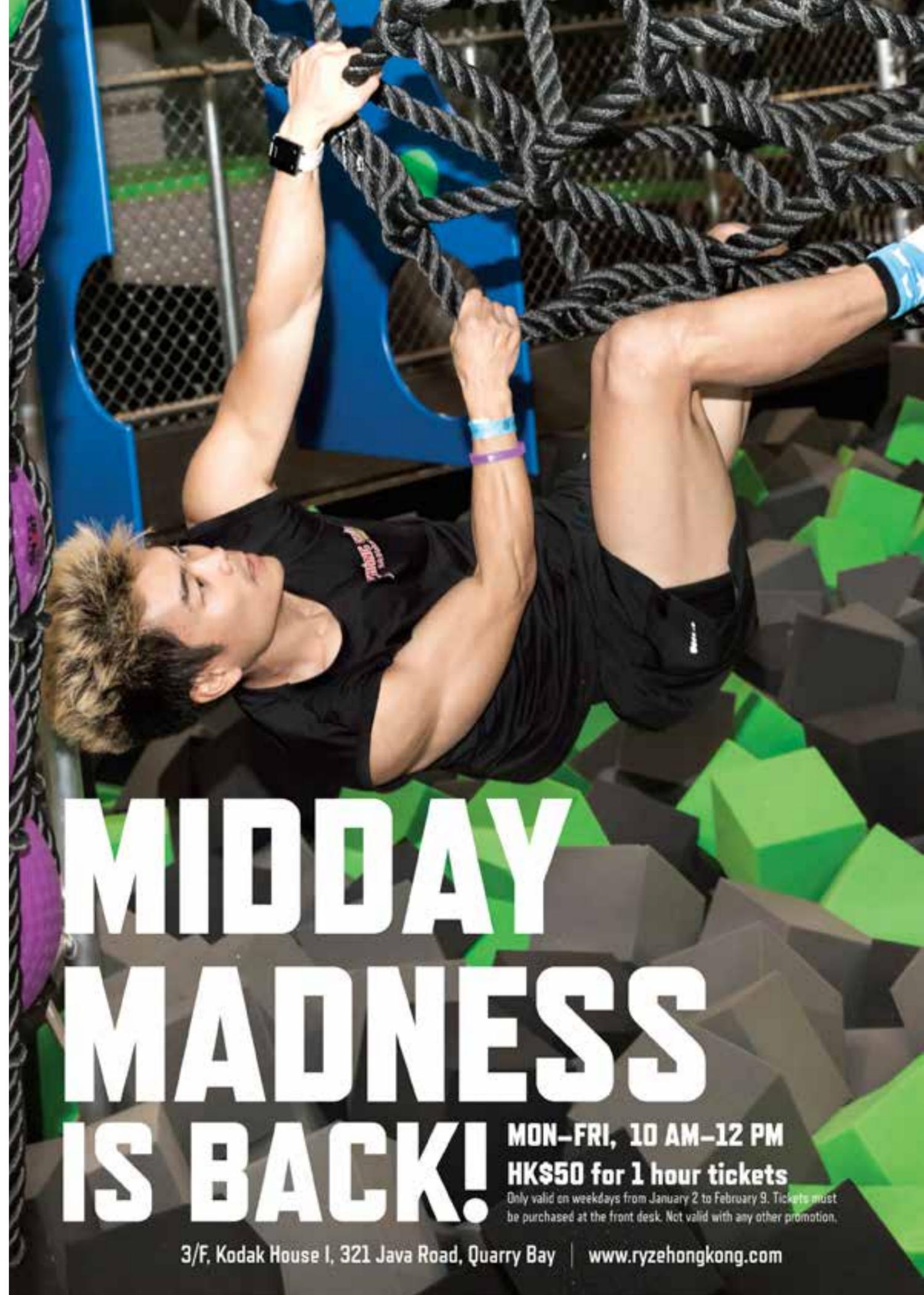
Some of the best times a kid can ever have is when bonding with their parents over a good old-fashioned board game. Be it a friendly game of *Guess Who*, or an inexplicably tense game of *Monopoly*, face-to-face, real world interaction is a great way to get down with the kids and actually have them enjoy it. With over 350 different games from all around the world, there's something for everyone to enjoy at Jolly Thinkers. Of course, so much choice can be a little intimidating, so if you're unsure of where to start, their lovely, child-friendly (and bilingual) staff are also a great resource for finding the perfect age appropriate games for your little ones.

Jolly Thinkers, 11/F Bayfield Building, 99 Hennessy Road, Wan Chai, (+852) 2527 2882
How much: \$60 per person for two hours (including a drink of your choice, and unlimited access to any game you want), each additional 30 minutes will cost you a further \$6.

Jumpin' Gym

Jumpin' Gym are truly the Titans of the Hong Kong playhouse market, and it's no wonder why. With a whopping 37 individual locations, each littered with games, rides, and attractions, they offer fun suitable for the whole family. From mechanical rocking boats, to bumper cars and basketball, they boast the most elaborate and engaging activities for kids to partake in out of any market competitors. The gym is best known for its token system, which encourages kids to play games and collect tokens that are exchangeable for all sorts of prizes including playfully plush toys and RC cars.

Various locations around Hong Kong (visit www.jumpingym.com for more information)
How much: Free admission and membership also available



MIDDAY MADNESS IS BACK!

MON-FRI, 10 AM-12 PM
HK\$50 for 1 hour tickets

Only valid on weekdays from January 2 to February 9. Tickets must be purchased at the front desk. Not valid with any other promotion.

3/F, Kodak House I, 321 Java Road, Quarry Bay | www.ryzehongkong.com

8 Fun and Original Date Ideas for Valentine's Day

When planning that all-important Valentine's Day date, it can be tempting to play it safe and go down the dinner and a movie route. But with so many weird and wonderful things to do in Hong Kong, we say why not shake things up and make this February 14 one you and your special someone will never forget – and for all the right reasons!

1 Make 'Em Laugh

Marilyn Monroe once said, "If you can make a woman laugh, you can make her do anything." Why not take her advice and win over your woman (or man) at one of the city's vibrant comedy clubs. With fresh-face performances and guest appearances by well-known names popping up every week, there are plenty of opportunities to laugh the night away with your beloved. Catch the Special Valentine's Day Comedy Show at TakeOut Comedy or swing by The Punchline Comedy Club for a night of giggles.

TakeOut Comedy Club, 34 Elgin Street, Central, (+852) 6220 4436

Special Valentine's Day Comedy Show, 14 February, (8pm) (\$200 per person/\$300 per couple)

The Punchline Comedy Club, Tamarind, 2/F Sun Hung Kai Centre, 30 Harbour Road, Wan Chai, (+852) 2598 1222



2 Dine in an Igloo

Okay, we know we said ditch the whole dinner idea, but this one is far from a cliché. Igloo is Hong Kong's first luxurious fine dining beachside rooftop restaurant which invites happy couples to feast on a selection of Asian and Western fusion food from the comfort of their own private igloo. Located on the Pulse rooftop, with a panoramic sea view of Repulse Bay and garnished with plush roses and pink décor, this unique dining experience provides the perfect cozy retreat in which to enjoy a romantic sunset with your favourite guy or gal. The restaurant will only allow a maximum of 60 guests to ensure that everyone can have their privacy, so make your reservations now because seats will no doubt be filling up fast and this is one Instagrammable dinner you do not want to miss!

Igloo, Sunset Beach Club, the pulse, 28 Beach Road, Repulse Bay, (+852) 9499 9037 (reservation only)

Dinner costs \$988 – \$1,788 per person

3 Catch Some jazz

What could be more romantic than sipping on martinis and kicking back to some smooth live jazz with your favourite human? Our vibrant city is blessed with fantastic venues that are guaranteed to get your toes tapping and your heart fluttering. If your love is an old soul then treat them to an unforgettable night at Foxglove where you will be transported back to the golden age of cocktails and jazz in an intimate venue inspired by a 1950s first-class luxury liner. For a more casual affair, head to the famous western-style Ned Kelly's Last Stand in Tsim Sha Tsui where the Dixieland jazz band perform Southern Louisiana sounds with a lot of horns every Tuesday to Saturday night. Nice.

Foxglove, G/F, 18 Ice House Street, 6 Duddell Street, Central, (+852) 2116 8949

Ned Kelly's Last Stand, 11A Ashley Road, Tsim Sha Tsui, Kowloon, (852) 2376 0562



4 Paint Some Pots

We all know that pottery wheel scene from *Ghost*, right? Well, why not put your date in a spin at a Loveramics Ceramic Workshop where you get to splash, splatter, doodle, and dab your own designs onto mugs, bowls, and other ceramic goodies. Ok, so you won't be smooching over the pottery wheel while in Swayze/Moore fashion while the Righteous Brothers blast out in the background, but you will get to enjoy some quality bonding time with your significant other while

creating some lovely crockery for your home. All materials are provided, and a selection of locally roasted coffee and organic tea is on hand to keep your creative juices flowing during the two-hour session. Functional and fun, this is a great option for budding artists looking to revamp their kitchenware.

Loveramics, Shop 207, The Pulse, 28 Beach Road, Repulse Bay, (+852) 2994 1289

Shop 21, Ground Floor, Eslite Bookstore, City Plaza 1, Taikoo Shing, (+852) 3419 1139

\$400 per ceramic piece (includes one coffee or tea) \$400 per ceramic piece (includes one coffee or tea)



5 Cuddle Fluffy Animals

Want to please your moggie mad partner without actually adopting a real cat? Take them to meet the eleven resident kitties at Hong Kong's one and only cat café, Cat Store. These feisty felines love nothing more than to be stroked, groomed, and spoiled rotten while you sip on a frothy hot chocolate and nibble on a cat-themed snacks and desserts. Prices are pretty reasonable, meaning you and your kitty (yes, there is an 'order for your cat' section) can enjoy several treats without breaking the bank for a cute snap or two. And when you see the numerous cat murals, photos, decorations, and even Yakult bottle lanterns on display – your Instagram feed will explode.

snap some adorable selfies with the fluffy-headed Donkey and sociable Orea. Top partner brownie points!

Cat Store, 3D Po Ming Building, Foo Ming Street, Causeway Bay, Hong Kong, (+852) 2710 9953

Rabbitland Cafe, 3/F, 530 Jaffe Road, Causeway Bay, (+852) 5281 0280

(Entry is \$68 per person/1 hour which includes a drink)



If bunnies are more your spirit animal, then hop on over to Rabbitland Cafe and prepare yourself for a cuteness overload as you step inside the 'bunny den' for a play date with 12 fluffy fellas. While you can't actually pick the bunnies up, you'll still have plenty of interaction as you stroke them and

6 Enjoy a Boozy Couples Massage

Do you and your drinking partner in crime love kicking back with a cool martini? Well now imagine bathing in it! Multi-award-winning spa Sense of Touch knows exactly how to spoil lovebirds this Valentine's Day with their amazing Couple's Double Martini Ritual, which invites the two of you to indulge in a 60-minute massage

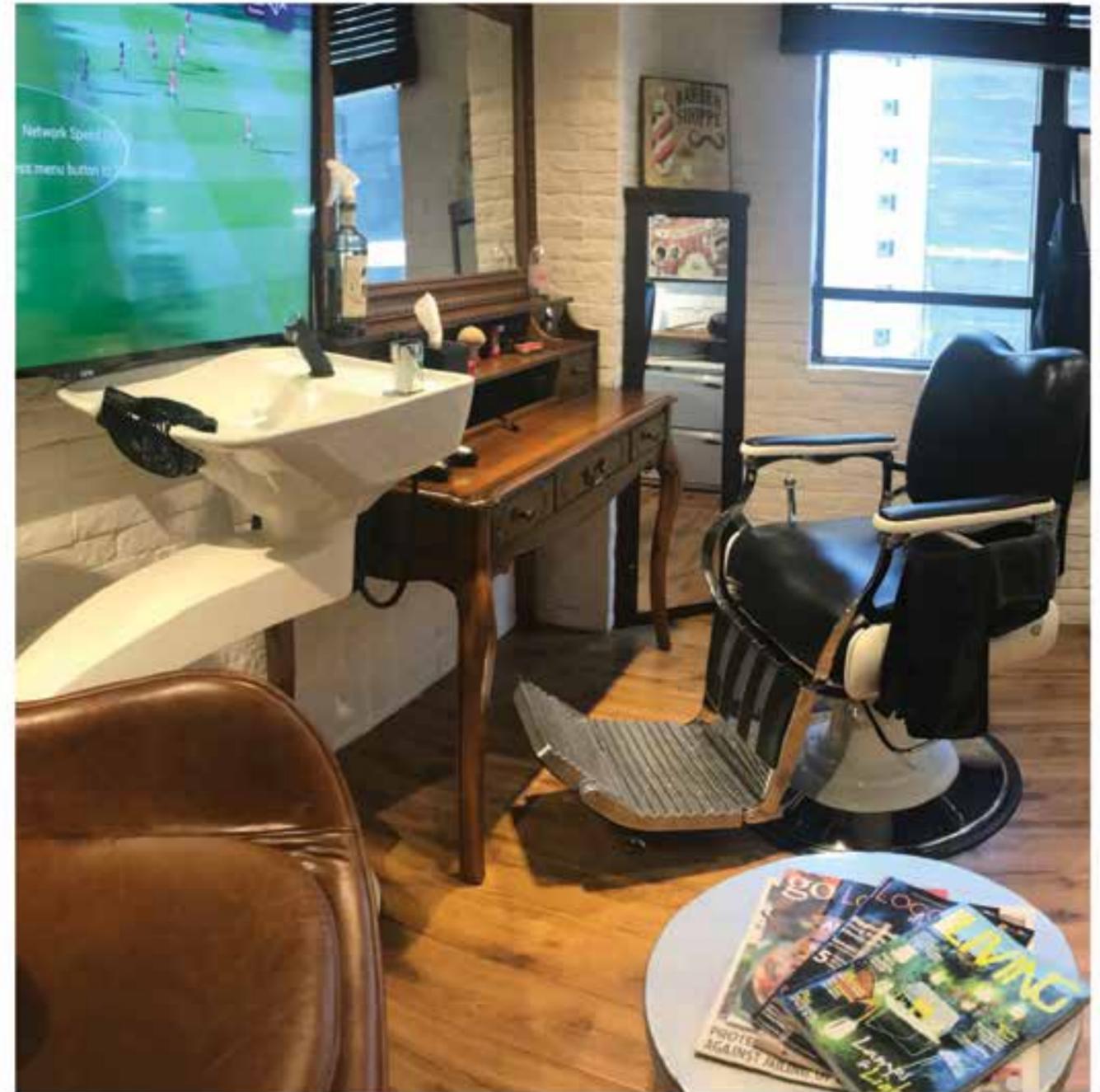
of your choice, plus a soothing facial and a relaxing soak in a tub for two. And with all the gorgeous candles, pebbles, and blissful spa music playing in the background at this gorgeous sanctuary, you can be sure the mood is set to 'romance'. If you'd prefer to just treat your significant other, the spa also offers three other alcohol-themed signature treatments which use beer, sake, and wine. *Delightful.*

Sense of Touch, locations vary (visit www.senseoftouch.com.hk) Couple's Double Martini Ritual - \$3,480 for two (2.5 hours)

Cheers to Beers / For Heaven's Sake / A Vine Romance - all \$1,780 each (2 hours)



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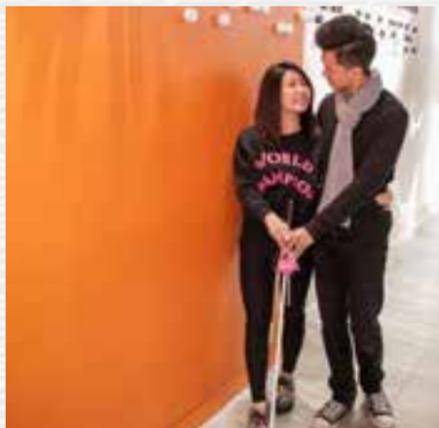
**A LUXURY BARBERSHOP
AND GENTLEMEN LOUNGE
+852 28016755**

7 Have Dinner in the Dark

Can't stand the sight of your partner? Just kidding. For an unforgettable Valentine's Day, why not ditch dinner at your favourite restaurant and experience dining in complete darkness? Dinner in the Dark is a fantastic concept which invites you to sharpen your senses as you feast on a three-course meal served in the pitch-black by a visually-impaired team. You won't know what the cuisines are before the dinner, meaning you and your date get to have loads of fun guessing what you are eating as you feel your way around your plate (*hurray, we get to play with our food!*)

This Valentine's Day, the team have something extra special up their sleeves for you and your date in the form of a 75-minute pre-dinner tour where you'll get to explore a specially constructed pitch-black exhibition with the aid of visually impaired guides. Featuring five different authentic settings that we likely encounter in our everyday lives, the tour enables you to 'see' the world in a unique and inspirational way. And with a strict no mobile phones policy, there's no chance that either of you will be glued to your phones the whole evening - something you'll appreciate after.

Dialogue in the Dark Experiential Exhibition, Shop 215, 2/F Nob Hill Square, 8 King Lai Path, Mei Foo, Kowloon, (+852) 2891 0438
(\$1,000 per person, includes pre-dinner tour and three-course meal)



8 Go Art Jamming

If you're a budding Picasso just dying to show off your artistic skills to your partner, then why not book you both in for an art jamming session at one of the city's quirky studios? Head to Messy Jam and let your creative juices flow in their airy studio, or venture over to AURA ART or Paint Palette in Causeway Bay where you get to go wild, side by side, with all the acrylic paints you need to create a colourful masterpiece for your home - all the while sipping on some complimentary soft drinks - or bubbly if you want to bring your own. If you ask the staff nicely, they'll even let you play your own music to inspire you both as you paint away - so get that sexy playlist ready lovebirds!

Messy Jam, Flat D, 2/F, Tai Fat Building, 37 Ko Shing Street, Sheung Wan, (+852) 9366 9836
\$600 per person (4 hour session - includes 50cm x 60cm canvas)
AURA ART, 2/F, 18 Matheson Street, Causeway Bay, (+852) 2886 2359
\$210 per person (all materials provided)
Paint Palette, 3/F, 532 Jaffe Road, Causeway Bay, (+852) 2575 8830
\$220 per person (from Monday to Thursday) and \$280 (Friday to Sunday and public holidays)



Netflix and Chill



If avoiding loved-up couples and cosying up on the sofa with a bottle (or two) of wine is more your idea of romance, then you're in luck because there are some wonderfully cheesy Rom-Coms on Netflix, and some equally wonderful wine delivery services which deliver to your door.

Check out the fabulous Netflix & Chill Wine Box from WINE MOMENTS online store, which includes six bottles for a very reasonable \$610, or alternatively opt for their romantic Dinner for Two box (\$395) which includes a bottle of sparkling white, red, and sweet wine to pair with dessert.

For all the single ladies (and boys) out there, the Anti-Valentine's Day Box (\$345) comes with three bottles including the brilliantly named Rotten Roses rosé, giving you the perfect excuse to invite all your single friends over for movie night.

If you fancy something a little more premium, then sift through the huge collection of wine at premier wine retail and auction website Bidvino. You can order a bottle online from around \$40 to the \$3K mark, and if you're looking for more rare, vintage wines then you'll no doubt enjoy bidding for their bottles in the weekly auction and enjoying free next day delivery too. Cheers to that!

WINE MOMENTS,
(+852) 2111 9291
Visit www.winemoments.com

Bidvino,
(+852) 5803 3054
Visit www.bidvino.com



A CUT ABOVE THE REST:
HONG KONG'S
BEST BARBERS



GENTLEMEN'S TONIC

A favourite of London's affluent Mayfair district, Gentlemen's Tonic has been a welcome export to Hong Kong since opening almost six years ago. It's the urban gent's mecca with its masculine colour scheme and treatments named after some really brilliant blokes (namely Shackleton, Edison, and Hemingway - top lads). They run the whole gamut of men's grooming from a basic wet shave (starting at \$375), beard trimming and styling, haircuts (\$350), all the way to more expensive package deals (\$910 - \$2,100) which include massages with fancy oils and such.

Gentlemen's Tonic, 43-49 Wellington Street, Central, (+852) 2525 2455

Haircuts start from \$350 upwards

of sorts where you can imbibe a rare spirit or two, puff a cigar, play some darts, or just watch the game. Oh, you can also get a shave and your hair cut. And they do a damn fine job with everything from hot towel shaves, to a sneaky trim, and a litany of other services.

The Duke's, 6-8/F, 60 Wellington Street, Central, (+852) 2801 6755

Haircuts start from \$300 upwards



HAIR HOUSE

Although many of the new-wave barber shops in Hong Kong encompass a Western-centric aesthetic, Hair House pays homage to the extensive history of Eastern barbers - namely, the long-established tradition of Shanghai barbers in the city who were once the style dictators and arbiters of 'cool' in the city. After spending years working as a hairdresser, Adam Chan decided he wanted to change his focus solely to the noble art of shaves, trims, and fades. It's the decidedly more economical option without compromising on quality, with a wet shave costing \$240 and a trim coming in at \$320.

Hair House, 2/F, 20 D'Aguilar Street, Central, (+852) 5598 9965

Haircuts start from \$320 upwards

haircuts starting at \$500 with a senior stylist. For your money though, The Strand gives you the very best in cuts and after-care.

The Strand, 1-5/F, 18 Cochrane Street, Central, (+852) 2850 7686

Haircuts start from \$300 upwards

AMBASSADOR BARBER PARLOUR

Our list thus far has been full of high-end, concept-driven barbers, amazing at what they do and what they bring to the table, but often esoteric by nature. If you just want a no-nonsense, decidedly frill-less, old-school barber (that's actually old-school because it's been around for over 50 years), then look no further than Ambassador Barber Parlour. With a standard full cut and shave starting at \$160, it's pretty easy on the wallet, and being the resident barbershop in Causeway Bay for half a century, they work a pretty mean trim into the bargain.

Ambassador Barber Parlour, 23 Lang Fong Road, Causeway Bay, (+852) 2895 5930

Haircuts start from \$160 upwards



THE MANDARIN BARBER

Considered to be the original and best in the city, The Mandarin Barber has retained much of the same staff for decades now, giving it a feeling of humble authenticity in a city where permanence in business is rarely a given. It's maintained a flawless reputation for the VIP treatment of its guests - it's hard not to feel like you've kind of made it as you drink in the venues exclusive-feeling surrounds with its original, decadent 1960s furnishing perfectly maintained. This, along with the VIP treatment rooms if you fancy getting a shave, trim, facial, wax, or massage treatment in private, add to the joyously excessive opulence on offer. The prices are surprisingly reasonable (considering the grandiosity on display) with haircuts starting at \$460, shaves at \$400, and moustache/beard trims at \$220.

The Mandarin Barber, Mandarin Oriental Hong Kong, 5 Connaught Road, Central, (+852) 2825 4088

Haircuts start from \$460 upwards



THE STRAND

This hidden gem is more an amalgamation of barber and salon with dedicated floors for ladies as well as men (most of the venues on our list cater to the boys only I'm afraid). As well as offering the standards, there's a plethora of other services on offer such as head shaves, beard trims, hair colouring, wet shaves, hair and scalp treatments, mani and pedis, facials, massages, waxing, and spray tans. Basically, you can get the transformational works here, with



ERA BARBERS

It's all in the name for ERA Barbers - the era being very much the 1950s, and the specific look that goes along with it. Think rockabilly - full wet shaves (starting at \$300) with hot towels, faded back-and-sides, and other era-appropriate looks. Fashionable looks are circular - and looking like an extra in Grease is very much 'in' with the cool kids these days. You're a cool kid aren't you? Well go here.

ERA Barbers, 36 Pottinger Street, Central, (+852) 2577 3080

Haircuts start from \$250 upwards

THE DUKE'S

An unabashed shrine to everything that encompasses man - whisky, tobacco, sports, and face maintenance of the gentlemanly sort. The Duke's is a huge, three-story complex



Are you in desperate need of a New Year makeover? Whether you need a total transformation or just a bit of routine upkeep, our city has become a hub for the barbershop renaissance. Every budget is catered for, with a consistent level of quality when it comes to the base services, and any extra cost going towards bells and whistles. So, if you want to go from a mess to your sexy best, read on.



FOX AND THE BARBER

It's no secret that the old-school barber is historically a male-dominated industry, but much like how the image, pretense, and experience of visiting one is changing, so are the people that are re-invigorating the industry. Namely, Sarah McGlynn, the owner of Fox and the Barber in Central, who is pushing the envelope on the British model of high-end male grooming. You definitely get what you pay for here, with a wet shave setting you back a cool \$440, but the devil's in the details, and Fox and the Barber is the absolute top of the shelf in terms of quality grooming.

Fox and the Barber, 41-43, Graham St, Central, (+852) 2405 6880

Haircuts start from \$340 upwards



HANDSOME FACTORY BARBERSHOP

Something of a cultural icon in its native Canada, Handsome Factory chose Hong Kong as the place to set up its only branch outside its native home, and man are we glad they did. Like a lot of contemporary barbers, Handsome Factory is very much on board with the whole punk-rock,

looking-smart-while-having-a-hula-girl-tattooed-on-my-face paradigm. Except here, there's a slight twist to the formula, as Handsome Factory actually serves as both barber and concept store for Japanese watch brand Edwin. On the face of it, it might not seem like the most intuitive of business partnerships, but it actually makes a lot of sense - you can get a spiffy timepiece to go with your spiffy new face. See? It works.

Handsome Factory Barbershop, 27 Haven Street, Causeway Bay, (+852) 2320 9976

9 - 11 Cochrane Street, 1/F, Central Corner, Central, (+852) 2353 0001

Haircuts start from \$380 upwards

Tried and Tested: 5 Best Skin Care Products for Winter

The chilly winter weather in Hong Kong, not to mention the high pollution levels, can wreak havoc on our pores which might be crying out for some love. Luckily, we've tried and tested all the lotions and potions we could get our hands on to find you the secret to keeping hydrated, radiant, and blemish free all season long.

Snow Fox Skin Care Range

Calling all foxy ladies! If you're on the hunt for organic, vegan, natural skin care products (are there any boxes these don't tick?) then the Snow Fox Skin Care range is your ticket. These three products work together to give you "flawless skin" in three simple steps - wash, detox, and hydrate/protect. The peppermint based Soothing Facial Cleansing Mousse (\$280), ginseng, jojoba, and macadamia All Day Defense Cream (\$420), and Arctic Breeze Detox Cooling Mask (\$240 for box of 5) is definitely worth a try. The best thing about these foxy treasures (apart from their gorgeous, fresh packaging) is that they contain no harmful chemicals or preservatives, which makes them gentle on sensitive skin.



Snow Fox Skin Care (prices vary)

Siam Roots Skin Conditioner

This gorgeous natural oil-based skin conditioner not only smells deliciously fresh and uplifting - thanks to the Thai lemongrass and ginger extracts - it also acts as excellent fodder for your skin. It only takes a few pumps into your palm and massaged over your face to enable the oil to penetrate the top layers of your skin and trap water beneath the surface to leave it feeling soft, smooth, and hydrated. Not only is this a cost-effective skin care solution, as a little goes a long way, but it's also extremely practical to take on holiday, as the bottle falls within the 100ml travel limit when flying overseas. With 100% natural essential oils packed in, including jojoba seed oil, sweet almond oil, grape seed oil, ginger oil, and lemongrass oil, you can also rest assured that this Siam Roots potion is also free of any nasty chemicals and is gentle on your skin.



Urban Greenosophy, \$260 (90ml)

Coconut Matters WILD Virgin Coconut Oil

You'll feel like you're on holiday in an exotic, faraway land when you work a little coconut oil into your morning skincare routine. One of the most versatile natural ingredients to ever grace our bathroom (and kitchen) cupboards, this tropical treasure is not only packed with vitamins, antioxidants, minerals, fatty acids, and proteins, it's also soothing and full of moisture, making it an absolute winner in our book. It's easy to go WILD for this little jar of goodness from local eco-brand Coconut Matter, especially as it's 100% Australian certified organic and smells absolutely divine. Just one dab is all it takes to gently cover your face each morning, leaving it deeply nourished and glowing. It's also great for soothing sunburn so make sure you stock up for summer!



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Coconut Matter, \$90 (200ml) / \$210 (500ml)

Bonus Buy



Pick up one of three gorgeous HOPE WonderBalm lip balms (\$200 each) which help support a very worthy cause. For every balm purchased, \$100 will go to the Hong Kong Adventist Hospital to help

support young, underprivileged cancer patients in Hong Kong. Choose from CLEAR purest protection, which makes an excellent lipstick primer and conveniently doubles as a lip balm, the rich and red velvet VIVID be the icon, or the vibrant pink and tropical HOPE is all. Available to buy at Coconut Matter and Hong Kong Adventist Hospital



Gooseberry Beauty, \$400 (60ml)

Gooseberry Beauty Fig & Yarrow Buttercream

This creamy, yellow, buttery goodness might look more like cake mix than face cream - especially given the list of delicious ingredients packed in - but it works wonders on your skin. Blending together shea butter, chamomile, grapefruit seed extract, jojoba oil, and rosemary leaf extract, the Fig & Yarrow Buttercream is non-greasy and super hydrating, making it the perfect antidote to tired and dry skin. Although it's slightly thicker than the other creams we tested (due to its buttery texture), it doesn't feel too heavy on your face. It does, however, take a little longer to sink into your skin, so it's a good idea to add a few extra minutes to your morning routine to let it absorb before you apply your makeup. Definitely better suited to your face than your stomach, this utterly buttery formula is a winner in our book.

Kiehl's Pure Vitality Skin Renewing Cream

Honey and ginger are well known for their natural healing properties, and we've struck gold with this pot of Kiehl's face cream. The star ingredients of this formula are Korean red ginseng root and New Zealand manuka honey, which work together to penetrate to the deepest layers of your skin to create an intensely hydrating effect. Given how rich the packaging is, this cream is surprisingly lightweight and absorbs quickly without leaving a noticeable residue or sticky finish. The great thing about it, apart from the smooth, radiant glow it gives you all day long, is that a little goes a long way, meaning you only need to dip your finger in once to get enough cream to cover your face.



Kiehl's stores, \$520 (50ml)

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Top 5 Tips

To Finding a Career You Love



Changing paths can be a scary prospect and a difficult reality in Hong Kong, but having a job you don't hate getting out of bed for (too much) is vital for your happiness and wellbeing. Kully Jaswal of Ignition Career Coaching shares her top tips for those in search of a more fulfilling track.

Having transitioned from a role in accounting herself, career coach Kully Jaswal knows the importance of combining work and passion. As the majority of our lives are spent at work, it would be a shame to waste all that energy on unexciting pressures, she explains. So whether you're a fresh graduate or a seasoned professional, follow her five steadfast rules and make work work for you!

1 Know Yourself

Before anything else, it is essential to know your values, priorities, and interests. A good indication of these is what you choose to do and how you react to stimuli in your most relaxed times, without any pressures or obligations. Each individual has their own traits and tastes, which may not necessarily be cloned from family or friends. The traditional expectation to conform often keeps people from establishing and expressing their own personalities. Unless you know what drives you, it's hard to gain clarity and make progress.

2 Professionalise your Passions

Using techniques like the Harrison Assessment and the MBTI personality tests, it's easy to discover how these interests and talents can be channelled into identifying and planning a career. Following this, it is recommended to carry out extensive research and networking with those already in the industry to get a feel for the type of work and lifestyle involved. Details to consider could include the financial prospects, working hours, regular tasks, channels of promotion, longevity of career, and margin of error.

3 Skill Up

Once you've ascertained your preferred profession, the next step is to get certified training. This could even be done part-time or online while you still maintain some form of income. Learning the basic skills of your chosen field could also help affirm if you've made the right decision. Besides training, fresh graduates should consider getting coached in areas such as job application and interview technique, while executives may require some guidance when it comes to shedding their inertia and taking new risks.

4 Be a Team Player

Realistically, just performing enjoyable tasks competently is seldom enough to sustain a flourishing career. A thorough integration with the local and company culture is vital. You ought to 'do as the Romans do', which means speaking the company's language and interacting with colleagues beyond what is formally required, especially if you aim for a long career with a local firm. Those unfamiliar or uncomfortable with this should try multinational companies, which generally don't enforce many culture-specific practices.

5 Get a Life

Besides professional success, changing careers can also ignite an all-round wholesome transformation. Healthy habits like regular exercise, sufficient sleep, nutritional eating and inspirational reading are encouraged, and creatively expressing yourself through writing, painting, or dancing can be just as cathartic as a holiday. The aim is to stay relaxed, energised, and contented; this is likely to inspire innovative ideas, confident decisions, and greater clarity on your present and future goals. Pressures can then be seen as challenges, and with a career that you love in the bag, pacing a few extra miles for ultimate carrot of growth and happiness is well worth the sweat of the journey!



KELY Support Group

Empowering young people to reach their full potential

KELY Support Group (KELY) is a non-government funded bilingual organisation which provides support to youth between the ages of 14 and 24 in Hong Kong from Chinese-speaking, Ethnic Minority and English-speaking backgrounds. Our programmes and services focus on knowledge, resistance and harm reduction around drug and alcohol misuse. Using a positive youth development approach, with a priority to understand young people's perspective, we equip them with key life skills and resilience as they face various challenges growing up in Hong Kong.

kely.org



Localiz Property Picks:

Perfect Pads for Party People

There's one thing we all love about Hong Kong, and that's the endless parties and entertainment it brings us, but repeating the same old shenanigans down in LKF week after week can get tiresome. What if you had a pad big enough to throw your own epic parties every weekend? Move over Gatsby, there's a new host in town!



Harmony, Stubbs Road

- \$183,000 per month
- 2,265 sqft - 2,800 sqft
- Four bedrooms, ensuite bathrooms, pre-installed Wi-Fi connection access, centralised air conditioning, heating and fresh air intake control system, laundry facilities, helper's room, balcony

Conveniently located along upper Stubbs Road, Harmony is the perfect place to throw a lavish dinner party. Not only does this snazzy pad have a spacious living area attached with a full harbour view balcony that's bound to impress your guests, but the floor-to-ceiling windows of the dining area also allow natural light to flood through, making the whole place all the more inviting. And just wait till you show off your tech-savvy kitchen, equipped with top-of-the-line fittings and appliances.

Contact: Spacious



Whitesands, Lantau

- \$72,000 per month
- 1,954 sqft - 2,598 sqft
- Three bedrooms, private garden, roof terrace, balcony, bar area, walk-in closet

Tucked away against the hillside of Sunset Peak, this modern Lantau pad is about as dreamy as it can get. With a gorgeous open layout from the living and dining area seamlessly connecting to the luscious green garden, it's the perfect spot for a family-friendly party. So while the kids roll around on the grass with their four-legged friends, parents can lounge out on the sofa and rummage through the bar for some much needed concoctions. If you feel like going the extra mile, how does outdoor alfresco dining sound? It would be a shame not to make the most out of that stunning sea view.

Contact: Habitat Property

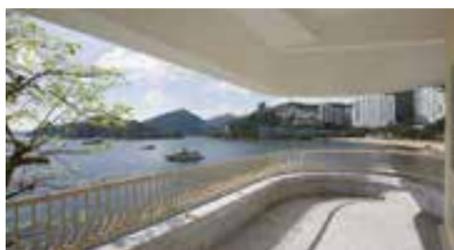


Kingston Building, Causeway Bay

- \$63,000 per month
- 756 sqft - 1,200 sqft
- Two bedrooms, private rooftop terrace, master bedroom access to balcony, open kitchen

Located in the heart of bustling Causeway Bay, this stylish penthouse is a rare gem. Not only does the spacious balcony provide an amazing view for fireworks and laser shows from across the harbour, but the pad's private rooftop terrace is also perfect for some outdoor mingling over a few drinks or even some late night dancing. If you prefer the cosy indoors, then the open kitchen is ideal for a good old fashioned potluck dinner party too!

Contact: Sunshine Property



16 South Bay Road, South Bay

- \$120,000 per month
- 1,809 sqft - 2,300 sqft
- Three bedrooms, study room, balcony, fully fitted kitchen, helper's room, ensuite bathrooms

Classy, elegant, and sophisticated - what else do you need for the most fabulous soirée? As soon as your party guests step through the doors of this dazzling white palace, they'll be welcomed with the amazing view of Repulse Bay, as well as a spacious living area with a touch of classical western design. Even if you're not up for going all out on a huge party, the balcony has plenty of room for you to invite a few friends over for a relaxing Sunday brunch.

Contact: Habitat Property



Ko Tong Ha Yeung, Sai Kung

- \$40,000 per month
- 21,000 sqft
- Six bedrooms, four bathrooms, two car spaces, garden, two balcony, rooftop terrace, helper's room, outdoor laundry room

Surrounded by lush greenery, this village house has all the space you need for a fun get-together

Contact: Spacious



ROOM FOR WHAT MATTERS



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