

# TOP 10 NEW LIFESTYLE LAUNCHES

Perfect pampering for 2016, by [Kate Farr](#)



Relax and recharge at Lush Spa

Whether you're in need of a little post-festive pampering, or simply have a little extra Christmas stuffing to burn off, Hong Kong is packed full of great places to get you on track to hit those New Year's goals. Here are ten new health and wellness spots you'll want in your little black book for 2016.

If you're a fan of Brit import [Lush's](#) aromatic cosmetics and bath goodies then head over to their new spa. Offering facials, massages and scrubs, all using the brand's signature products, a visit to Lush Spa will leave you scented and serene.

Treatment prices from \$800 - \$3100.  
4/F Soho Square, 21 Lyndhurst Terrace, Central; 3915 0638.  
[www.lush-hk.com](http://www.lush-hk.com)

Happy Valley's [Zero Gravity Floatation Spa](#) promises to help harried Hong Kongers find their inner zen. Offering private pods for you to unwind in total comfort, one hour floating

is said to revive you the same as eight hours' sleep – the perfect cheat for any parent. A 60 minute float is \$990, with discount packages available.  
1/F, 29 Sing Woo Road, Happy Valley; 2180 9192  
[www.zerog.hk](http://www.zerog.hk)

Brought to you by [Lindsay Jang](#) – co-founder of ever-popular restaurants Yardbird and Ronin – comes Top Fit, a new “curated experience” gym. This translates to a stylish, intimate space,



Feel the burn at Top Fit

with plenty of expert support to make sure you're feeling the burn in all the right places. Classes start from \$350.  
3/F, The Wellington, 198 Wellington Street, Central; 2776 7298  
[www.top-fit.com](http://www.top-fit.com)

One for the boys – [Fox and The Barber](#) offers classic men's grooming services in the heart of Central. With a small but expertly executed menu of haircuts, traditional wet shaves and beard trimming, there's no excuse for turning up to the office looking less than polished. A classic wet shave is \$440.  
41-43 Graham Street, Central; 2405 6880  
[www.foxandthebarber.com](http://www.foxandthebarber.com)

Accentuate your peepers with a visit to [Suavis](#) – a lash bar specialising in natural-looking extensions. Choose from a menu that includes “Cute”, “Sexy” and “Glamorous” options, depending just on how much you want to amp up your flutter. Upper lash extensions from \$680.  
8/F, 1 Lan Kwai Fong, Central; 2336 6328  
[www.suavislash.com](http://www.suavislash.com)

Promising dramatic whitening in double-quick time, [The Smile Bar](#) uses smart laser technology to brighten up your smile. Sessions take just 20 minutes – opt for the Nano Seal add-on so you can leave red wine-ready. Each session costs \$588 with discounted packages available.  
1/F Hang Wai Commercial Building, 231-233 Queen's Road East, Wan Chai; 2620 0615  
[www.the-smile-bar.com](http://www.the-smile-bar.com)



Brighten up your smile at The Smile Bar



(Above) Skin Laundry, Hydro 1.0

US import **Skin Laundry** offers time-pushed city dwellers a chance to deep-clean and refresh their complexion with state-of-the-art laser and IPL facials that take just 15 minutes. With three convenient locations and a very reasonable price point, this is a regular indulgence that's easy to justify.

Each session costs \$550, with discount packages available.

The Pulse, Shop 205, 28 Beach Road, Repulse Bay; 2701 0256

Lane Crawford, Podium 3, IFC Mall, 8 Finance Street, Central; 3101 0020

Room 1201, Century Square, 1-13 D'Aguiar Street, Central; 2704 0166

[www.skinlaundry.hk](http://www.skinlaundry.hk)

**Hydro 1.0** have successfully merged spinning with swimming to create a high resistance, low impact aquatic bike workout that's suitable for absolute beginners and gym bunnies alike.

Aqua training classes from \$450, with discount packages available.

Shop 6, Brilliant Court, 28 Praya, Kennedy Town; 9475 0737

[www.hydro1hk.com](http://www.hydro1hk.com)

Eastsiders – check out the new **Fitness Academy** at Quarry Bay for Crossfit, Bootcamp and Olympic Lifting classes. There's plenty here to elevate your workout to the next level in time for beach season.

12 class packages cost \$3000 with significant discounts for monthly and annual subscriptions.

Shop D, King's View Court, 901 – 907 King's Road, Quarry Bay; 3708 8190.

[www.fitnessacademyhk.com](http://www.fitnessacademyhk.com)

Feeling indecisive? Three new companies have launched multi-gym access passes for fitness fiends who aren't ready to commit. **Class Cruiser** have a wide range of local gyms and fitness studios on their books, while **GuavaPass** is ideal for those who travel as a Hong Kong membership also grants you access in their other locations. **KFit** is a good fit for anyone who loves the social side of workout day, with regular meetups with other members to keep you motivated and over 300 studios to choose from.

Classcruiser and GuavaPass cost \$899 per month; KFit costs \$499 per month.

[www.classcruiser.com](http://www.classcruiser.com)

[www.guavapass.com](http://www.guavapass.com)

[www.kfit.com](http://www.kfit.com)



*Help Us Change Young Lives For The Better*

**Changing Young Lives Foundation** reaches out to underprivileged children and youngsters of low income families to change their lives for the better. Our learning centre is located in the Shek Kip Mei, Sham Shui Po area – the 3rd poorest district in Hong Kong. Our mission is to provide educational, health, welfare, and psychosocial programmes to enhance young lives. The programmes are provided free to our beneficiaries. Our aim is to build their inner strength in order to maximize youngsters' opportunities at school, life and work.

**Donation Hotline: 2319 3028**  
[www.changingyounglives.org.hk](http://www.changingyounglives.org.hk)



HONGKONGPHOTOGRAPHER.HK | 2834 3200

3F, Hong Kong Jewellery Building,  
 180 Queen's Road Central  
 Hong Kong