

YOUR GUIDE TO LIVING WELL

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HEALTH POST

Living with gluten intolerance
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Beat the wheat

FIRST AID SKILLS
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LEARN THE MOVES
AND DANCE AWAY
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Photo: Stanley Shiu

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Buzz off

Nobody likes being mosquito fodder, but neither do most people enjoy the lingering smell of repellent. Para'Kito offers an interesting solution. Injection-moulding technology is used to infuse essential oils into polymers, which are then pressed into a pellet and fitted on a neoprene wristband (HK\$140 each). The oils diffuse into the air around the wearer, with a tested protection level of 70 per cent for 15 days. The waterproof, chemical-free pellets are refillable (HK\$90 for two) and never come in contact with skin, which makes Para'Kito suitable for pregnant women. It's available at Escapade Sports.

