

Weather: Broken clouds, 28 °C



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Skin Deep, June 25, 2010

June 25th, 2010

I've done everything you can pretty much imagine to my poor hair over the years. From a mohawk-mullet, a white-blond underside dye job and hot pink badger streaks to (oh god) the dreaded "faux dreadlocks" perm when I was 15, my distressed tresses have been through it all. Nowadays I'm far more sensible and crave healthy-looking locks (much to my grandmother's relief) which is why I was delighted when Aveda sent over their new Daily Hair Repair treatment from the Damage Remedy line for me to try. Made with quinoa and wheat protein, all you need to do is comb it through damp hair to repair, strengthen and protect it from heat styling.

\$290 from Aveda, 2/F, The Loop, 33 Wellington St., Central, 2868-9859

* A couple of weeks ago, I paid a visit to Shu Uemura's new Tokyo Lash Bar, where a bunch of us reporters got to preview the new "Neo Tokyo Odyssey" concept lashes from the Japanese beauty label.



The ultra-futuristic disco lashes are like art for your eyes and breathtakingly beautiful, but would they wear it on Wyndham? I doubt it somehow. Go check them out for yourself at Shu Uemura counters, including Shop C, G/F, 38 Russell St., Causeway Bay, 2506-4283

I popped into Escapade Sports on Sunday, where they've just started stocking Vibram Fivefingers running shoes—definitely not for people who find toe socks creepy. They're supposedly better for your feet as each toe is encased in its own separate space, just like a glove. The shoes are designed to improve your range of movement in your feet, as well as strengthen the muscles in your feet and legs while running, walking and climbing. Personally I think they look freakish, but my other half can't wait to buy a pair. Go get some yourself (about \$1,000) at Escapade Sports, 1/F, Yee Hing Building, 19 Leighton Rd., Causeway Bay, 2891-1855, www.escapade.com.hk



It was my friend Emma's hen party last Saturday, and we all went nautical with an evening junk party. Rather than looking like a salty old sea dog, I decided to go 1940s cruise liner chic with one of my favorite-ever lipstick colors: MAC's "Lady Danger" (\$125), a gorgeous, five-alarm red with brilliant orange undertones. Match your nails with OPI's "Red My Fortune Cookie" (\$147) from the awesome new Hong Kong collection for proper old-school glam. Word of warning: that lipstick will get everywhere when you're trying to eat vodka jelly off your hand in Al's Diner at 2am. Get the lippie at MAC counters, including Lane Crawford IFC, 8 Finance St., Central, 2118-3388 and find OPI stocked at Essential Spa, G/F, 52 Elgin St., Central, 3102-9333



Ugh, I swear that Hong Kong's air pollution gives me heart palpitations, and even worse—wrecks my complexion. I've tried growing oxygen-giving plants at home but kept killing them all, so top of my wish list is one of Oxyvital's split unit air purifiers. In addition to



being sleek and stylish, they even exceed World Health Organization standards for home air purity. But they're not cheap: \$24,000 for a unit that'll purify a 1,000 square-foot home? Better double down on those damn plants. Oxyvital, 15B Wyndham Place, 44 Wyndham St., Central, 2893-5928, www.oxyvital.com



Went for a lovely lunch with Collective Luxury, the people bringing Elemental Herbology to Hong Kong. Over a hearty meal at Kee Club (featuring Yung Kee's roasted goose, hooray!) Elemental Herbology's Kiwi Keeley explained how the skincare brand is all about using different products to care for your skin depending on the season. I left with a marvelous biodynamic facial soufflé masque that Kiwi promises to be the best for keeping your skin perky on long-haul flights. Can't wait to give it a whirl. Elemental Herbology is currently available at Joyce (G/F, New World Tower, 16 Queen's Rd. Central, 2869-5816) and The Mira Spa (B3, The Mira Hotel, 118 Nathan Rd., Tsim Sha Tsui, 2368-1111)



* After years of trying and failing at various exercise techniques, I finally (about 15 years after the zeitgeist) hit upon yoga as my exercise of choice—mainly because of the bit at the end where you get to lie down. If, like me, you're reasonably bendy but lack any kind of muscle tone whatsoever, I suggest you give it a go. Yoga Limbs in Sheung Wan offers two weeks of free yoga, so you can see if all that harih om-ing is for you before committing to a package. 33/F, 69 Jervois St., Sheung Wan, 2525-7415, www.yogalimbs.com

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