

# READY SET GLOW

Rachel Read

## WHAT'S THE TEA?

Afternoon tea, bubble tea, yum cha... it's safe to say that we're a city of tea lovers here in Hong Kong! Enter tea-infused skincare line **Lu Ming Tang**, which is based around the restorative power of tea. It features classic tea leaves like pu'er black and longjing green chosen specifically for their beneficial properties. Add some extra spoonfuls of ingredients like oxygenating chlorophyll and super-antioxidant EGCG tea polyphenol for a skincare range designed to detoxify and regenerate complexions. The range includes cleansers, serums, moisturisers and masks, all of which are made without parabens, sulphates, phthalates and other harmful chemicals. Get your fill from Lu Ming Tang's dedicated Hong Kong e-store, with shipping free on orders over \$500.

**Products cost \$95-560. Available at [lumingtang.myshopify.com](http://lumingtang.myshopify.com).**



## THE ONLY WAY IS CUP

If you're lacking a bit of a get-up-and-go recently, **I-Spa at InterContinental Hong Kong's** new Body Cupping Therapy might be just what you need. This 75-minute detoxifying treatment is designed to aid your body's flow of qi, improving the lymphatic system and sluggish circulation by using a triple whammy of different massage techniques – deep tissue, Swedish and lymphatic drainage massage – coupled with homeopathic remedies and essential oils. If you want to get the full works, I-Spa also offers 15-minute cupping add-on sessions specifically for your face and eyes, which promise to lift your contours and reduce eye bags. Getting your qi in order was never more relaxing!

**The Body Cupping Therapy treatment costs \$1,430 for 75 minutes; 15-minute add-ons cost \$150 each. InterContinental Hong Kong, 18 Salisbury Rd., Tsim Sha Tsui, 2721-1211, [hongkong-ic.intercontinental.com](http://hongkong-ic.intercontinental.com).**

## SO FAR, SO GOOD

Local skincare brand **So Good Botanicals** has just launched their new food-based Bite Me collection – and their powerhouse products are proof that superfoods aren't just for your salad. The new range includes three face masks: Lola, a pick-me-up for dull and tired skin that features raw honey, organic virgin argan oil and organic maca root powder; Tomato Face, designed to cleanse and hydrate thanks to potent ingredients like organic tomato and meadowfoam seed oil; and Green McQueen, packed with natural antioxidants and vitamins from raw spirulina and avocado oil to brighten and smooth complexions. There's also a delicious body polish with organic cocoa butter, cacao nibs and organic virgin coconut oil to nourish and soften your skin. So Good products are cruelty-free and contain zero synthetics, preservatives, fillers or harsh chemicals like parabens, sulphates, silicones and petrochemicals, with free shipping in Hong Kong on all orders.

**Bite Me Collection items cost \$280-380 at [sogoodbotanicals.com](http://sogoodbotanicals.com).**



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