

vitalsigns

BODY AND SOUL IN HARMONY

skincare

writer **Imogen Hayes**

oils

forget all your pre-conceived notions about oils and greasy skin. Following in the footsteps of ancient Chinese and Egyptian cultures, in 2010 skin specialists are embracing essential oils. An age-old practice, oils are proving to be an excellent alternative to cream moisturisers and serums. Unlike creams which have a tendency to suffocate the skin, essential oils have the ability to penetrate deeper into the pores. Oils are demonstrating their ability to be a more refreshing, natural and more absorbent moisturiser for the face and body. Making a particularly strong appearance this year is rosehip and argan oil. And with thousands of years of history behind it, how can it be wrong?



Originally developed by Mr Uemura when he was working in Hollywood as a makeup artist in the 1950's, **shu uemura's** cleansing oils have remained a favourite for over half a century. The premium skin purifier is infused with chamomile and licorice extract to improve the texture of dry and sensitive skin.

www.shuueamura.com



A deeply hydrating body treatment, **Aesop's** Rose By Any Other Name is suitable for all skin types, but in particular very dry and sensitive skin. Hydration is delivered via a concentrated complex of rose otto, cardamom and black pepper derived essential oils. The botanical oils have been cold-pressed and the result is a deliciously peppery smelling and silky feeling skin.

www.aesop.net.au



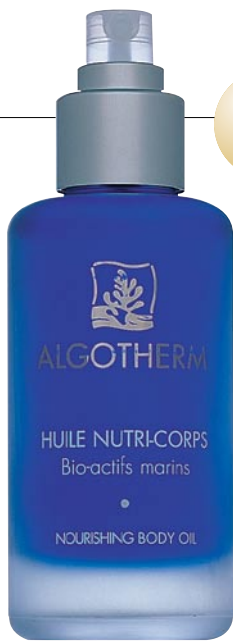
Formerly known as Day Care Face Oil, **Jurlique's** new Skin Balancing Face Oil includes a blend of biodynamic and organic ingredients from the Jurlique farm in South Australia. Containing a long list of oils such as avocado, macadamia and safflower, and extracts of marshmallow, chamomile and calendula, this product is suitable for all skin types. www.jurlique.com



Using fair trade Marula Oil from Africa, as well as essential oils of tuberose, jasmine, wild chamomile, Australian sandalwood and pink grapefruit, **This Works' Active Oil** softens and protects the skin. The oils are 100 percent natural and have been based around aromatherapy practices.

www.thisworks.com





5

Being oil based without being greasy, **Algotharm's** Nourishing Body Oil is delicately perfumed, leaving the skin feeling and smelling good. Using limnanthes alba oil and laminaria seaweed oil, it can be applied to the whole body. It also contains natural squaline (oily fish extract) to form a protective film and delay the process of dehydration. www.algotharm.fr



6

Combining tried and tested favourites, argan oil, damascena rose otto and rosehip seed oil, **ila's** Face Oil is designed especially for women. The organic and natural ingredients help to fight wrinkles by restoring essential fatty acids and anti-oxidants. This product can also be worn under make-up and should be applied both morning and evening. www.ila-spa.com

7

Ella Bache's Air Sensation Satin Oil contains five flowers: sunflower, buttercup, poppy, daisy and pontentills. This fragrant product is designed to nourish resulting in a smooth, luminous complexion. Extremely light on the skin, it leaves no greasy residue. www.ellabache.com.au



8

With high concentrations of almond oil, **L'Occitane's** Almond Supple Skin Oil nourishes the skin while repairing the epidermis. Containing three essential oils – peppermint, palmarosa and immortelle – it can be used to fight skin slackening and loss of elasticity. It can also prevent the formation of stretch marks. www.loccitane.com



9

Blackcurrant seed oil contains oleic acid, which is good for stabilising the barrier layer of the skin and retaining moisture. This Blackberry Face Oil by **Just Pure** can be pressed softly into the face and neck after cleansing to help prevent wrinkles and restore fatty acids. It also contains soy oil, camellia oil and grape seed oil as well as pure essential oils of orange, mandarin and lemon. www.justpure.com



10

Massaging one or two drops of Elixir Ancien by **Fresh** into your face is meant to purify and nourish dry skin conditions. This elixir contains seabuckthorn oil for skin regeneration as well as skin firming amino acids. For an extra special touch, the oil is hand crafted in a monastery in the Czech Republic where the ancient traditions of oil therapy are preserved. www.fresh.com



green notes

writer Louise Renuick



WWF Earth Hour

8.30pm on 27 March Hong Kong time marks the start of **Earth Hour 2010**. As lights go out across the city and across other major capitals around the world, the message is simple – flick the switch and take personal action and responsibility for tackling climate change by joining the one billion people globally to make a difference.

www.wwf.org

Carlson Cut Carbon

Green Globe certification has been awarded to eight of **Carlson Hotels' Asia Pacific** properties – six of which who achieved Bronze certification are in China. Besides being in partnership with The CarbonNeutral Company, a UK-based carbon offsetter, the group is focusing on a worldwide scale on specific sustainable issues such as reducing, recycling and reusing solid waste, reducing the use of harmful chemicals, conserving energy and water, and improving indoor air quality that has immediate impact on the environment and the communities where its hotels operate.

www.carlson.com, www.carbonneutral.com



Alila Goa Green

Alila Diwa Goa is donating money to a local Indian secondary school in Majorda for any guests booking the Gift To Share packages from now until the end of April. The dollars will be dedicated to providing better education, training and employment opportunities for students. www.alilahotels.com

GROWN green

Founded on a belief that everything we put in and on our bodies should be nutritious and free from harmful additives, **GROWN's** harmonious range of bioactive skincare has been created by combining knowledge of human biology and natural alchemy. Naturally rich in antioxidants and filled with 100 percent certified organic essential oils and plant based ingredients, products promise to hydrate, nourish and tone, to protect your body and your beauty.

www.grown.net.au

Marine Conservation Diva

Diva Maldives Resort has become the flagship supporter of FenMaaDhiguRan, the home of a significant proportion of the worlds' whale sharks and Maldives' first fully regulated, and largest, Marine Protected Area.

http://naiade.com/en/hotels/maldives/diva_maldives/

green notes



Eco Africa

Cheli Peacock in Kenya had environmental awareness as a priority long before ecotourism became a buzz word. Besides using solar panels for water heating and power at their safari lodges and camps, they also employ and train staff from the local area. Local schools and communities are supported at the camps and contributions are made to the African Medical Research Foundation (AMREF) which is committed to improving health and health-care in Africa.

www.chelipeacock.com



Beautiful by nature

The Dolomites decorate the distance at **Vigilius Mountain Resort** in Italy, where principles of organic architecture prevail in the form of a grass-covered roof and natural larch wood used throughout the tree shaped resort. A handful of prizes for sustainable tourism includes five green stars from Eco Hotels of the World. Nature enters the spa in the form of fir cone reflexology and massage treatments using pine cone particles. www.vigilius.it

Kush Clean in Green

Kush's Hong Kong serviced apartments are leading the way for other properties to clean up their act when it comes to minimising environmental impact of their guests by providing 100 percent natural soap, shampoo and conditioner. Sourced from a small environmentally conscious company in South India called Vedaway, these sweet smelling products based on Ayurvedic science, contain no mineral oil, are bio-degradable, contain renewable vegetable sources such as aloe and ginger and are manufactured with harmless, non-animal derivatives.

www.kushliving.com



Laucala's Eden

The integral philosophy of luxurious **Laucala Island** in the Fijian pacific archipelago encompasses the whole island – from growing vegetables and rearing livestock to hand-crafting all guest products using the island's natural resources. Seasonality is in focus in the spa where the herbs, spices and fruit ingredients grown on the island and used in their hand made products change with the seasons. www.laucala.com

what's
HOT

firm footing

Stand your ground in the yoga room with Gaia's No Slip Yoga Socks. Made of cotton, these slip-resistant socks keep your feet warm while practicing yoga or Pilates. Individual toe holes give you the freedom to move as though barefoot.

www.gaiam.com



flower garden

Bound to be a classic, Chloe presents a collection of three new fragrances in scents of lavender, neroli and capucine. Stay smelling fresh and fragrant this spring with the latest *Eau De Fleur* range.

www.chloe.com

natural beauty

Keep your skin hydrated with the new Eve Lom TLC Radiance Cream. To be included in a daily regime, this cream includes rosehip seed oil and arctic raspberry seed oil as well as oat kernel to help restore firmness to the skin. This yummy sounding combo is especially effective when treating skin around the eye and jaw line.

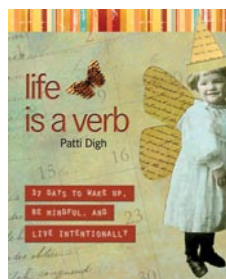
www.evelom.com



wise words

What would you be doing today if you only had 37 days to live? *Life is a Verb* asks readers that very question. Based on her own day-to-day approach, author Patti Digh encourages readers to embrace each day as their last and enjoy life to the fullest. Hailed by many as a practical and moving life guide, its inspiring pages are well worth a read.

www.pattidigh.com



sugar lips

We take care to exfoliate our bodies but often neglect our lips. Still needing to be cleansed of dead cells, Sara Happ's Vanilla Bean Lip Scrub fills the void helping to keep your lips smooth and sweet.

www.sarahapp.com

sun seeker

With an extensive range of summery kaftans, flip-flops, hats, swimwear, and beach accessories, Heidi Klein is a one-stop destination holiday shop. Comprised of form-flattering maxi dresses and comfy loungewear, its new resort collection is perfect for seaside sabbaticals.

www.heidiklein.com



inner peace

The Bodhi Balm is named after the holy Bodhi Tree in India; the branches of which Buddha allegedly sat beneath and attained enlightenment. Utilising essential oils that are traditionally used for meditation and relaxation, this balm can be rubbed into the head, neck and shoulders to calm the body and mind. Ingredients include organic juniper berry, ho wood, frankincense and cedarwood.

www.buddhanose.com



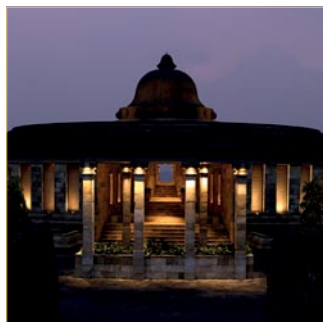
feet treats

Comfort and style unite in these cute slippers from Holistic Silk. Coming in Oriental satin prints, each pair of stylish slip-on's contain removable magnetic massaging insoles which ease pain in aching feet.

www.holisticsilk.com

what's

HAPPENING



spiritual escape

Find inner peace at a spiritual meditation programme this May in Java, Indonesia. Hosted by the Amanresorts retreat of Amanjiwo, the location overlooks a Buddhist sanctuary. Choose between a three-night or a six-night retreat, taking place between 14 and 20 May.

www.amanresorts.com



luxury tee

In 2010 combine sport and spa at the Rest Detail Hotel in Hua Hin. At the Golf and Spa Adventure, tee off on three international golf courses or enjoy blissful treatments at the hotel's Restfully Yours spa. The six-day couples package includes three 90-minute Sports Therapy Massage for two as well as a private dinner and drinks.

www.restdetailhotel.com



ocean adventures

On April 26th Crystal Cruises will take you to Thailand, Myanmar and India on their "Mind, Body and Spirit" Experiences of Discovery voyage. Optional Crystal Adventures explore the spiritual heritage of the region through personal meetings with Buddhist monks, therapeutic spa rituals and a visit to a meditation centre, while guest health experts share insights on life balance, Tai Chi, yoga and family health. The 16-day voyage visits Singapore; Phuket, Thailand; Yangon, Myanmar; Cochin and Mumbai, India; and Dubai, UAE.

www.crystalcruises.com



melo spa delicacies

MeloSpa at the Hyatt Regency Hong Kong has launched their new light menu with a focus on healthy, low calorie and local ingredients. The offerings of Executive Chef, Hongman Cheung, includes tantalising treats such as Pomelo Prawn Salad, Mixed Berries with organic Sha Tin honey, Chilled Gazpacho and the Melo Vegetable Wrap.

www.hyatt.com



culture and cuisine

Learn about Cambodia's history and tradition through its food. Cambodian Culture and Cuisine tour will take you on a tour of Cambodia's signature restaurants as well as provide you with cooking lessons using local ingredients and techniques. After that, you can take a helium balloon over Angkor Wat or explore local history at the museums. Spa treatments are also included in this six-day package. There is one tour per month. www.spatravel.com.au



lovers retreat

Take loved ones and enjoy a Romantic Escapade Package at The Laguna in Nusa Dua, Bali. Couples can stay in the Laguna Gazebo, an indigenous styled accommodation that overlooks the Bali Sea. Enjoy the intimacy of the secluded Nusa Bagus Island, where guests can dine by moonlight. Packages include Balinese massages and are available until the end of March. www.luxurycollection.com/bali