

# HK MAGAZINE



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**Link:** <http://hk.asia-city.com/health/column/skin-deep>

**Date:** 12 January 2012

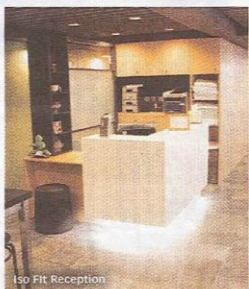
**Frequency:** Weekly

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## 852 | HEALTH & BEAUTY



### SKIN DEEP with Sarah Fung



Iso Fit Reception



Iso Fit



Chuan Spa



#### Onto a Winner

The end of 2011 was a peculiarly lucky time for me—I won two lucky draws and scored hotel stays in Bali and Tokyo, and also lucked out with a free 60-minute foot treatment at the Langham Place Hotel's Chuan Spa. Riding on my high, I bought a Mark Six ticket but that obviously didn't pay out, which is why I'm still here, writing this column. But I digress. You can be a winner too at Chuan, as they're holding a special lai see lucky draw for all customers that book their brand-new "Ginger Goodness" treatment, which they've created in celebration of the Year of the Dragon. Besides the foot massage, other potential prizes include a 60-minute personal training session, a one-day guest pass (with access to the rooftop heated pool, gym, sauna, steam room and Jacuzzi), a 30-minute body scrub, and a \$100 cash voucher. The treatment itself is made up of a 30-minute hand-blended spicy ginger scrub, followed by either a 60-minute TCM or deep-tissue massage and a cup of hot ginger tea. The gorgeous treatment is worth the \$1,288 price tag alone, but when you factor in the prize (mine was worth more than \$600), then you're onto a real winner. The promotion is on until the end of February, so hurry up and book!

**41/F, 555 Shanghai St.,  
Mong Kok, 3552-3510.**

#### Great Deals Corner

It's the start of 2012 and, as expected, my Facebook feed is riddled with laments from gluttons complaining about their seasonal weight gain. That said, I can hardly talk, having done nothing during my Christmas holiday in England but sit, eat, get driven around

places and eat some more. Lucky for us then that Iso Fit Pilates studio on Wyndham Street is offering a steep discount on body assessments by a pro instructor for those of you looking to get back in shape. For assessments booked between now and February 29, you can pay just \$300 (regular price \$825) to be analyzed on various health indicators, including strength, flexibility and postural alignment, in order to get an overview of your health and fitness levels before embarking on a fitness program.

**8/F, Yu Yuet Lai Building,  
43-55 Wyndham St., Central,  
2869-8630, [www.isoift.com.hk](http://www.isoift.com.hk).**

#### Orienteering and the Single Girl

Here's a novel idea: combine two of the most torturous activities in the world—speed-dating and orienteering—and turn them into one event geared at helping single boys and girls find their soulmates as they hunt for control points together. Sounds like a great way to spend your day off, doesn't it? The event will have people switching partners throughout the race, solving puzzles together and staring intently at maps—and into each other's eyes... If this sounds like your sort of thing, log onto [www.y2orienteeers.com](http://www.y2orienteeers.com) or email [valentine.y2y@gmail.com](mailto:valentine.y2y@gmail.com) and enroll by January 27. The event will take place on February 5 (Chinese Valentine's Day) at Lai Chi Kok Park from 3 to 6pm. Entry fee: \$100 per lonely, lonely singleton. There are also family, couple and children's categories.

Email me at [sfung@asia-city.com.hk](mailto:sfung@asia-city.com.hk),  
or follow me on Twitter @sarahfung.

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Home >> Skin Deep

## Skin Deep

By Sarah Fung | published Jan 12, 2012





Iso Fit



Onto a Winner  


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Iso Fit: Reception

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