

# LIFESTYLE ASIA

Key To Your City  
**LIFESTYLEASIA**  
LIFESTYLEASIA.COM

RULE N°2:  
LISTEN TO YOUR HEART, FIND TRUE BEAUTY.

**TUDOR**  
WATCH YOUR STYLE

HOME FEATURES CITY GUIDE CALENDAR EVENT GALLERIES TV SHOW VIDEOS

CHANGE CITY ASIA HONG KONG SINGAPORE BANGKOK KUALA LUMPUR


SEARCH

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### CITY GUIDE

#### ISO FIT

More details



Map

Google  
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#### MORE ARTICLES FROM MORE...

WHAT TO LOOK FORWARD TO IN FIRST QUARTER OF 2012

#### TOP VOTED ARTICLES

**JAGUAR XKR-S: THE FASTEST JAGUAR EVER BUILT**  
From zero to 100 kilometres per hour in 4.4 seconds


**TRAVEL DIARY: THINGS TO DO IN KOH LANTA**  
Escape from the mundane at this fantasy island

**VICTORIA'S SECRET BEAUTY STORE IN MACAU**  
The U.S. lingerie and beauty products specialty store lands on our shores

**ASK A STYLIST: THE PERFECT ALL-DAY BAG**  
The... Shelly... Fin...

### LIFESTYLEASIA CHRISTMAS GIVEAWAY: DAY 10

HEALTH SHAKES, PILATES CLASSES AND A BERRY TREE BOUQUET UP FOR GRABS



SELECT LANGUAGE

Chinese New Year


BLACK TOP PARTY

#### EVENTS CALENDAR

January 2012

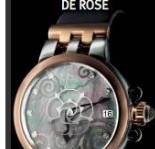
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

2. With your diet in check, work on getting that six-pack with a **personal assessment session** and **two mat plus classes at Iso Fit** (valued at HK\$840). Besides basic mat exercises for better posture and alignment, you'll also use foam rollers, arcs and weighted balls to challenge yourself further.



3. As a reward for all that diet and exercise, you'll also get a colourful **berry tree bouquet** (valued at HK\$1,028) from **Edible Arrangements** to replenish your body with natural vitamins and minerals. The best part is, half of the strawberries are dipped in chocolate!

DISCOVER THE NEW  
**TUDOR CLAIR DE ROSE**



**Publication:** Lifestyle Asia

**Link:**

**Date:** 24 December 2011

# LIFESTYLE ASIA

**The 2011 Christmas Hour Bag** will carry you throughout the day

**VIDEO: FASHION ONE CASTING CALL LAUNCH PARTY**  
A party to kick off the search for Hong Kong's next fashion correspondent

**SHANGHAI TANG FOR NESPRESSO DRAGON COLLECTION**  
Interview with Millicent Lai, chief designer of home for Shanghai Tang



**How to enter:**

Enter your email address below, and tell us your New Year's resolution in the comments section below (don't forget to tag @LifestyleAsiaHongKong). We'll be picking the most creative comment at the end of the day as the winner!

Email address:

**SIGN UP**

*To find out what's in the upcoming Christmas giveaway bundles, check back daily or follow us on Facebook ([www.facebook.com/LifestyleAsiaHK](http://www.facebook.com/LifestyleAsiaHK)) for the latest updates and bonus giveaways!*

- Royal Lee**  
My new year resolution: Color my 'Life', change my 'Style', go to everywhere in 'Asia' and work hard in 'Hong Kong'. I love Lifestyle Asia Hong Kong  
Reply · 1 Like · Follow Post · December 23, 2011 at 11:24pm
- Tim Yeung**  
My New Year's Resolution: Get enough sleep! It is because I keep updating Lifestyle Asia Hong Kong until midnight lately. LOL  
Lifestyle Asia Hong Kong.  
Reply · 2 Likes · Follow Post · December 23, 2011 at 9:56pm
- Lai Chi Pui**  
You hit a goal, you achieve a goal. You keep a resolution.  
My New Year's Resolution is achieve my goals and play more nice music to all of my friends.  
Lifestyle Asia Hong Kong.  
Reply · 4 Likes · Follow Post · December 23, 2011 at 6:47pm
- Yuk Ying Chow**  
My New Year's resolution is improve health, lose weight, exercise more and eat better in 2012! I wish I can keep my body healthy while I slim down.  
Lifestyle Asia Hong Kong  
Reply · 8 Likes · Follow Post · December 23, 2011 at 5:47pm
- Au Yeung Nancy**  
My new year's resolution is to make more delicious and healthy food to share with my family and friends.  
Reply · 14 Likes · Follow Post · December 23, 2011 at 12:58pm
- Michelle Chan** · LSE  
New Year's Resolution: Be brave & explore the unknown. Laugh till it hurts, think of brilliant ideas in the shower, capture and etch unforgettable moments in my mind. Also, become a stronger person (e.g. must stop nervously biting my fingernails!) so that I can appreciate the world and the wonderful people in it.  
Lifestyle Asia Hong Kong.  
Reply · Like · Follow Post · December 23, 2011 at 12:48pm
- Gabrielle Ng** · Hong Kong  
New Year's resolution: be more in touch with my friends so that they'll "like" my posts more so that I can win the next Lifestyle Asia Hong Kong's giveaways!  
@LifestyleAsiaHongKong.  
Reply · 4 Likes · Follow Post · December 23, 2011 at 11:32am
- Victor Lai** · University of Hong Kong  
help me by LIKEing this~>>~) Lifestyle Asia Hong Kong.  
Reply · Like · Follow Post · December 23, 2011 at 11:32am

... Lifestyle Asia Hong Kong

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