

Liv.

HONG KONG'S WELLNESS MAGAZINE

Meet the Innovators

Healthy inventions developed right here in Hong Kong

Kung Hei Fat Choi!

Tooth-friendly swaps for new year treats

The Future of Fitness

The latest trends that will be keeping you healthy in 2017



Ready, Set, Glow!

Our new pamper column launches

Well in Macau

The green guide to our sister SAR

The Veggie Gourmet

A seven-course plant-based feast? Yes please!



PERFECT TIMING

A bright smile for the new year



An attractive bright smile can have a far greater effect on your life than you might realise. Researches show that whiter teeth can be a key factor in successfully getting a new job or a first date, as it makes you look more successful, employable, attractive and even five years younger. So if you haven't already made a New Year's resolution, why not make one that you can smile about? We all have had good food and drinks during the end of the year parties, and might have neglected a bit of our dental hygiene. It is now the perfect timing to get your pearly white, just before CNY and most importantly, before **Valentine's day**.

“Beauty is power;
A smile is its sword.”

John Ray

Located in Central, **Smile Center** offers cosmetic teeth whitening treatments to recover the whiteness of your teeth. The trendy atmosphere is worlds away from the scary dentist's chair, so just relax in their spacious centre and be ready to get a sparkling smile. It's a totally safe and painless process that uses **peroxide-free** products, so there will be no side effects (like tooth sensitivity or gum sore). Up to 10 shades whiter can be expected in less than an hour. Want more? Smile Center offers a **special promotion** for Liv Magazine's readers for the upcoming Valentine's day. Book your appointment with the person of your choice and get 40% discount on the Premium treatment. Simply book your appointment by phone or through their online booking platform, and mention Valentine's Promotion to enjoy this very special price. This offer is valid until the end of February 2017.

Smile Center, 17/F, 1 Lan Kwai Fong, Central,
2110-9757, www.smile-center.com

