

Liv.

HONG KONG'S WELLNESS MAGAZINE



**The Uber
of Fitness?**
PTs to your door

Rugby Fever
Countdown
to the Sevens

Racing Malaysia
Penang Eco's
100-mile run

Feed Me
Plate Culture's
healthiest chefs

**Top of the
Crops**
New grains to try

SERENITY IN THE CITY

Meditate - it's good for you

WIN health food hampers, crystal jewellery and organic skincare on page 16!

TEST-DRIVE

Liv checks out the newest workouts and wellness trends

#REALTALK



Lunette Menstrual Cup

The Buzz: There's been a bit of a revolution recently. Rather than silently getting on with it, women are talking frankly about their periods like never before. Namely, how can we make choices about our periods that are better for our health and the environment? Enter menstrual cups: these have been around for a while but are finally making their way into the mainstream as an alternative to tampons. Safe and reusable, they can be worn for up to 12 hours at a time.

The product: Made in Finland out of medical-grade silicone, the founders of distribution company Anna Jade brought the Lunette to Hong Kong as it's regarded as one of the best menstrual cups on the market. Far from a hippy vibe, the cups are packaged beautifully and come with a discreet pouch.

The trial: OK, so it takes a bit of getting used to, and we did a LOT of reading online to make sure we were doing

it right. But after a couple of days we totally get why people never go back to tampons. Washing the cup is a bit of a hassle, but it's only once in the morning and once at night, so you shouldn't have to contend with a "Carrie"-esque episode in a public restroom unless you're really unlucky. But once it's in, you can forget about it until you go to bed. Leaks are a non-issue as the cup creates a natural seal that doesn't let anything spill.

The Verdict: Converted! We've been worried about the bleaches and chemicals in tampons, and the wastefulness and inconvenience of pads for some time, but assumed that menstrual cups were the sole preserve of the seriously crunchy. But Lunette has shown us that eco-friendly tampon alternatives can be for regular women, too.

\$340 from Golden Tree, G/F, 81 First St., Sai Ying Pun, 2153-0229, goldentree.com.hk. Also available online at annajade.asia.

WHITENING

Teeth Whitening treatment at Smile Center

The Buzz: Got a big presentation, a big date or an event coming up? Brighten up your gnashers with a quick in-and-out session at Smile Center, smack bang in the middle of LKF.

The Experience This bright white space is taken up by four enormous and comfy egg chairs where your treatment takes place. After you take your "before" picture, You brush your teeth with a disposable finger brush, and then a mouthpiece filled with goop is placed over your teeth. You sit back and hit up the wifi for 20 minutes as the blue whitening light and peroxide-free formula takes effect. Then you rinse, spit and reapply. The process can be repeated up to three times in a session.

The Verdict: Our teeth weren't too bad to begin with but we were dazzled by the final results. We were lightened by six shades, though the staff said that anywhere between two and 10 shades is common, depending on your teeth and the nature of your staining. We'd definitely nip to Smile Center for a top-up every so often to keep our teeth looking pearly white.

The Cost: \$750 for one session, \$950 for two or \$1,250 for three.

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

