

LIFESTYLE ASIA

Key To Your City
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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


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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... Phillip Lim...

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

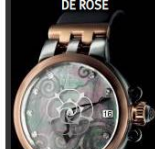
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

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) 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 LIKING this<->=) Lifestyle Asia Hong Kong.

Reply · Like · Follow Post · December 23, 2011 at 11:32am

... Lifestyle Asia Hong Kong

Publication: Lifestyle Asia

Link:

Date: 24 December 2011