

zone out

Actually great places to unwind – says Daisy Finer

Hong Kong

Where to stay This manic city has two wonderfully cool centres of calm: the **Mandarin Oriental** (mandarinoriental.com), an iconic institution, and its younger sister, the **Landmark Mandarin Oriental**. The first hotel's spa is the smaller and has treatments based on healing therapies, such as ayurvedic philosophies. Doctors include Clair Beardson from the Albert Place Practice Clinic and Dr Hung, both wizards in traditional Chinese medicine. Not to be missed is the Shanghaiese Pedicure by Ben Cheung and Samuel So in the **Mandarin Barber** – completely lovely. The sleek Landmark Mandarin Oriental is for a younger, hipper crowd and has a bigger spa with 15 treatment rooms, a swimming-pool, and pilates and ashtanga yoga studios. For the best facials, ask for Sally or Ruby; for a killer massage, request Valli (male) or Sonam (female).

Best healthy restaurants Everything about the **Life Café** (lifecafe.com.hk) at 10 Shelley Street, Soho, Central, sings brilliance – the furniture is made from reclaimed wood and the food is pure deliciousness, with options for vegans and those on wheat and gluten-free diets. Try the Aztec organic quinoa with black beans, mixed peppers, carrot and sweet-and-sour pickled red onions. For vegetarian food with a kitsch twist, get to **Veggie SF** (veggiesf.com) at 10f Stanley 11, Central, specialising in healthy classics (vegi-burgers, salads and smoothies). **Cantopop** (canto-pop.com) at VGIF, The L-Place, 139 Queen's Road, Central, is the latest restaurant from star chef Margaret Xu Yuan, who whips up locally sourced, hormone-free meat.

Best teahouses Set out to the **China Tee Club** (chinateeclub.com.hk) at 101 Pedder Building, 12 Pedder Street, Central, a teahouse/restaurant where you can tuck into western and Asian lunches and teas. For beautifully packaged brews to take home as presents, make for the **Ying Kee Tea House** (yingkeetea.com) at 151 Queen's Road, Central.

Best yoga teacher The founder of **Pure Yoga** at 16f the Centrium, 60 Wyndham Street, Central (pure-yoga.com), Patrick Creelman is known to be the bendiest teacher about.



Best exercise Two of the city's best tai chi masters, William Ng and Pandora Wu, hold free classes for up to 40 people at 8am on Mondays, Wednesdays and Fridays in front of the **Hong Kong Museum of Art** at 10 Salisbury Road, Tsim Sha Tsui, Kowloon. Just turn up and go for it.

Best trekking Make for **Shek O** beach and hit the sand or take a three-hour hike along the **Dragon's Back**, where there are breathtaking views of Clear Water Bay Peninsula and Stanley Peninsula.

Best Chinese-medicine practice The Hong Kong outpost of London's **Albert Place Practice** (appractice.com) at 1103 Luk Yu Building, 24–26 Stanley Street, Central, has been running for 12 years. With several Chinese doctors and respected nutritionist Raymond Chung on staff, it specialises in areas ranging from diabetes and fertility, to eye problems and rheumatism.

Best herbalist shop From slimming teas to special baby formulas, the magical apothecary **Wai Yuen Tong** (waiyuentong.com) at G/F Rm 2 Central 88, 88–89 Des Voeux Road, Central, is filled with every conceivable type of Chinese medicine.

Best reflexologists The decor may be basic and the atmosphere the opposite of exclusive, but the **Happy Foot Reflexology Center** (happyfoot.hk) at Lan Kwai Fong, 19th Century Square, No. 1 D'Aguiar Street, Central, is a little gem. The therapists are excellent, the chairs comfy and the prices cheap. ▷

Book it Abercrombie & Kent (08456 182164) offers four nights at the Mandarin Oriental from £1,675, including flights, a treatment and breakfast.

