

# CLUB WHEELLOCK

Sharing the finer things in life



GOOD  
SKIN  
STARTS  
FROM  
INSIDE  
OUT

Hong Kong  
in Fashion



# Good skin starts from the inside out

Ana R. sharing her beauty tips and secret DIY mask recipes with Club Wheelock members

A modeling career means a lot of shows and travelling, yet maintaining good skin is essential to models. Through holding various beauty workshops, Ana shared her spirit of embracing the goodness in everyday life while teaching us how to start from the inside out. During our conversation with Ana, she revealed with us her joyful adventures from modeling to sharing the finer things in life.



## **CW : Can you share your background with us? How did you end up in Hong Kong?**

Ana: My father is Puerto Rican and my mum is Korean. I have been travelling a lot even before the age of 8. I started modeling at 13 and won a modeling competition. Since then I have started travelling around the world. Around 10-11 years ago, I came to Hong Kong during my travels. Flying in and out of HK, doing jobs all over Asian cities, pretty much living out of my suitcase. In the last 8 years, I just stayed in HK, which is one of the easiest cities to stay in with a very convenient airport.

## **CW : How did you start modeling? Why did you decide on this career?**

Ana: When I was 13, I joined a modeling school on Saturdays. Because of a moderate height, I was able to try different things ranging from print, runway, commercials, movies to TV dramas, allowing me to try bits of everything. But I didn't plan for a modeling career, it just happened to go pretty smooth and eventually grow larger and larger.

## **CW : Tell us about a memorable modeling experience of yours?**

Ana: At 17, I had the chance to do a shooting with a famous Japanese actor in Paris by the Eiffel Tower in a beautiful Christian Dior dress. At that time I was dancing around in the dress, feeling like Cinderella.

## **CW : How do you maintain your skin in such a good state especially when you have to always wear make-up for events and frequently travel?**

Ana: I actually learn a lot from my mum. You know how Koreans are really good about skincare. My mum is just really innovative in making use of things you can find

at home like eggs, sugar, honey, etc., to make masks and body scrub without even needing to spend money. This upbringing cultivates me with a passion in learning and trying different things for skincare resolutions.

I use a sonic skin cleaner morning and night. It is the best way of getting a lot of that underneath dirt out of my skin and opening up my pores. To remove makeup, I use cleansing oil, then either a scrub or soap before applying toner. But sometimes I simply use serums or creams and skip toners.

## **CW : Can you share with us your secret beauty diet?**

Ana: Stop eating processed food. Eat fresh food with lots of greens and vegetables. Choose all the healthier options like brown rice instead of plain rice. Good skin starts from the inside out!

Especially before a photo-shoot, I will have dinner earlier, so I wouldn't feel as bloated. I will also do a hydrating facial mask before the job. My DIY avocado mask is actually very hydrating. You can also add banana slices for more nourishment and use honey for the glow on your skin. Your skin will be soft, glowing and tender!

## **CW : What kind of sports do you do? How is your fitness routine like?**

Ana: I do kick-boxing and I have a personal trainer to keep track of my fitness log. Sometimes I go on the elliptical machine, which moves your whole body. I also walk my dog once a day. I keep myself to about 1-1.5 hour fitness sessions for 3-4 times a week, usually in the early mornings to get my day started.

# DIY Mask Recipes

*Ana R*



## Revealing Ana R.'s Beauty Secret

Have you ever thought of making your own facial mask with all-natural ingredients you can find at your kitchen without spending a penny? Ana R. held an innovative DIY mask workshop for our honoured Club Wheelock members at Wheelock Gallery, sharing us her tips in maintaining perfect skin. Location: Wheelock Gallery, 2/F Queensway Plaza, Admiralty

Before applying any facial mask, cleanse your face and neck with fresh water to take off everything. Use non-abrasive or non-aggressive soap if necessary. When finished, pat your skin dry. The effect would be even better if you take a hot shower or a steam bath to open up your pores. Once you have applied the face mask, lie down and relax for 15 to 20 minutes before you wash it away with warm water.

### Avocado Mask

dry skin



Mash 1/2 riped avocado. If extra moisture is needed, add a teaspoon of olive or sweet almond oil. If your skin needs more nutrients, add a small piece of riped banana to the avocado and mash them up together.

#### Ingredients

- 1/2 riped avocado
- 1 teaspoon of olive oil/ sweet almond oil
- small piece riped banana

### Egg Yolk Mask

sensitive skin



Use 1 tablespoon of runny honey, 1 egg yolk, 4 tablespoons of finely grounded oatmeal. Add egg yolk and honey in a bowl, mix well until blended, slowly stir in the oatmeal- a little at a time to make a soft paste.

#### Ingredients

- 1 tablespoon of runny honey
- 1 egg yolk
- 4 tablespoons of finely grounded oatmeal

### Papaya Mask

stressed skin



Blend 3 tablespoons of papaya on low. Add 1 tablespoon of honey and a 1/3 cup of oatmeal, mix well until texture is a soft paste.

#### Ingredients

- 3 tablespoons of blended papaya
- 1/3 cup of oatmeal
- 1 tablespoon of honey

sources from:





## White asparagus is in season!

Calling for all fans of white asparagus – the ever craved white asparagus is now in season! Our Italian Chef de Cuisine Carmine Esposito has selected this season's best white asparagus from Europe to prepare a series of white asparagus specialties at Cucina.

Succulent and tender - white asparagus tastes good in appetizer and main courses. The white asparagus specialties in the a la carte menu feature a choice of appetizer including Steamed asparagus, poached egg, morel mushroom, parmesan cheese. Recommended main courses are Grilled beef tenderloin, roasted asparagus, foie gras truffle, marsala sauce and Lobster and asparagus omelet, baby vegetable, sage.

Fresh white asparagus are harvested only in April and May each year. They require much effort during cultivation. That is also why they are expensive. In some countries, they are also named as the "Royal Vegetable".

Do not miss the chance to indulge yourself in the most sought-after seasonal vegetable delicacies. The white asparagus menu is available from 19th April to 5th May during dinner period.

Website: [www.cucinahk.com](http://www.cucinahk.com)

Address: Level 6, Marco Polo Hongkong Hotel, Harbour City, Tsim Sha Tsui

Tel.: 2113 0808

sources from:



## Exclusive offer: Multiple Telecommunication Privileges

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For privileges' details, please visit:

[www.clubwheelock.com](http://www.clubwheelock.com)

sources from:



Club Wheellock members enjoyed a fun afternoon at the **city'super** turkey cookery class. We had the honour to invite Executive Chef Charmaine Cheung to share her innovative culinary ideas, allowing both parents and kids to discover their talents in cooking. Location: **superlife** culture club, Harbour City Store and Times Square Store



## Recipe of Roasted Turkey

Ingredients: (serving size: 6)

- Turkey 1 (7-10 pounds)
- Sea salt flakes and freshly ground pepper to taste
- Italian parsley 35-40g, chopped
- Extra virgin Olive oil suitable amount

Puree

- Unsalted butter 250g
- Olive oil 80ml
- Large yellow onion 3, minced
- Garlic 2 cloves, minced
- Rosemary 35g, finely chopped
- Large ginger 2 pieces, grated
- Dijon mustard 4 tablespoons

Stuffing

- Carrot 1, diced
- Celery 3 stalks, diced
- Onion 1, diced

Gravy

- Red wine 2/3 cup

Cranberry sauce

- 1 large can for 12; 1 small can for 6

Method:

Turkey

1. Preheat the oven to 220°C. Slide your hand between the skin and breast meat to loosen the skin (be careful not to rip it!).
2. In a saucepan over a high heat, sauté the puree ingredients. Add the mustard last and stir till all the fragrant has been extracted and enhanced by the heat. Blend the puree in a blender, remove and let it cool in a bowl.
3. Spread the puree under the skin of the breast meat of the whole turkey.
4. Season the turkey with salt and pepper. Drizzle with the remaining extra virgin olive oil.
5. Stuff the turkey with the stuffing ingredients..
6. Put the turkey in the oven at 220°C for 25 minutes.
7. Lower the temperature to 180°C and roast for another 1 1/2 hours. Baste the turkey with olive oil and sprinkle with the chopped Italian parsley during the last 10 minutes of cooking.

Gravy

1. After roasting, reserve and strain the juices from the roasting pan.
2. Set the roasting pan over a medium-low heat and add the red wine. Whisk until the gravy is smooth and thickened, about 5 minutes.





Grand  
Debut



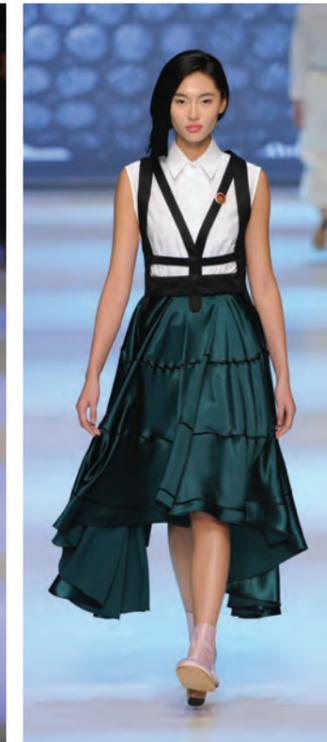
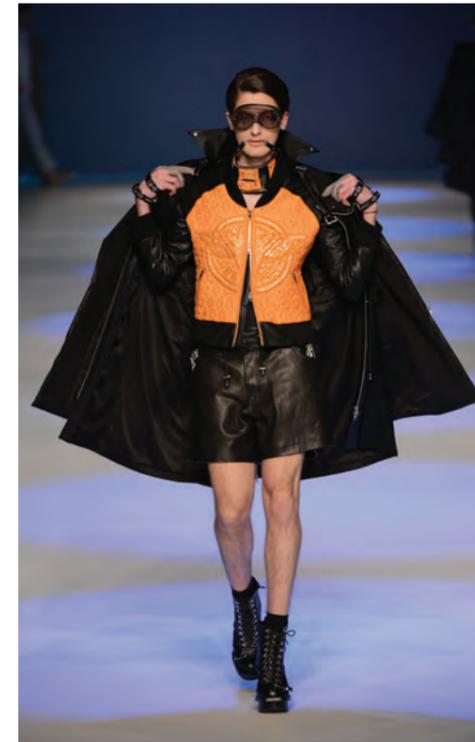
### Mix & Match your skin perfect companion

An unconventional skincare brand is about to be in town.

MARIER means BLEND in French, which aims at exploring and blending all good things around the world.

MARIER SKINCARE develops the revolutionary formula "Red Devil™" DIY SERUM, blends the distinctive dragon blood extract, enhances metabolism and combat free radicals, acting as an excellent skin problem solver.

All products from MARIER SKINCARE are freshly made and free from preservatives and alcohol. MARIER SKINCARE is simply the expert, who has mastered the natural healing power.



## Hong Kong in Fashion



The 11th "World Boutique, Hong Kong", the four-day fair organized by the Hong Kong Trade Development Council, was held in Hong Kong Convention & Exhibition. This world-leading fashion fair showcased the designers' collection and brand labels from around the world.

"Hong Kong in Fashion" is a citywide whirl of stylish excitement was on in Hong Kong to celebrating World Boutique, Hong Kong. Hong Kong in Fashion spread its magic through the city, in shopping malls, coffee shops, boutiques, beauty stores and lifestyle restaurants. The Hong Kong public shared the fun, the flair and the flourish of fashion.

Stylish members of Club Wheelock were invited to take part in these fashion events as well as the international fashion show for industry professionals and the city's most stylish.



FASHION  
& SHOESPACE  
SPRING/SUMMER

It's all happening at LAB CONCEPT! This Spring/Summer, discover over 15 NEW brands and 11 EXCLUSIVE to LAB Fashion.

With affordable price points, LAB Fashion brings you the hottest must-haves that are fun and forever young.

Satisfy your shoe shopping urges at shoespace and pick up stunning beauty essentials, all for such tempting and attractive value. Get ready for delicious weekend casual, keep your eyes on work wear and pucker up for romantic looks, it's all going on at LAB CONCEPT.

 Two women are standing side-by-side. The woman on the left is wearing a light pink blazer over a black top and a black skirt. She is holding a large, abstract shape that is green and blue. The woman on the right is wearing a white blazer over a black top and a black skirt. She is holding a large, abstract shape that is pink and red.
 

## Work Wear

Have all eyes on you! Keep your eyes on the prize and knock 'em dead with looks to kill at the workplace. Don't hide them, you know you've got the prettiest peepers in the office!

 A woman is standing next to a large, stylized graphic of an ear. She is wearing a sleeveless top with a colorful floral pattern and a black skirt.
 

## MO&Co

LAB CONCEPT love MO&Co! We love the cool, modern French, feminine style of MO&Co. With it's individual design of art meets fashion, unique cutting and sharp concept, it's a brand to listen out for! Be sure to keep a close ear for any news on MO&Co!

 A woman is wearing a light pink, strapless, knee-length dress. She is holding a large pink flower-shaped balloon.
 

## Romantic Girly

Blow a kiss to the one you love if you're feeling romantic! Go for these loved up looks, perfect when you pucker up! Just plump up your pout and seal the deal with a kiss!

sources from:



## ART and CULTURE

Art and culture form a vital part of a quality living. Wheelock Properties strives to promote interest and appreciation for art and culture in Hong Kong. We showcase a wide collection of work by world-renowned artists in the form of paintings, sculptures, glass art and photographs in our developments and offices to inspire a new perspective of space.



## BUSINESS-in-COMMUNITY

We believe that we are more than just a developer here at Wheelock Properties. At the core of our business, we do not only create high value living and working spaces for our customers, but we are also adamant and passionate of our responsibility and support to the community and the environment.

We are actively involved in a variety of Corporate Social Responsibility (CSR) initiatives including youth and education (Project WeCan), environment, customer and community care. We strive to encourage business in the community.

- 1 Project WeCan tour to the largest traditional sailing ship "Sedov"
- 2 Corporate Volunteer training workshop
- 3 Project WeCan partner school's sport day

# WHEELOCK

## PROPERTIES

Wheelock Properties (HK) Limited  
5th Floor, Wheelock House,  
20 Pedder Street, Central, Hong Kong  
Tel: (852) 2118 2668 Fax: (852) 2118 2068  
enquiry@wheelockpropertieshk.com  
www.wheelockpropertieshk.com

# CLUB WHEELOCK

Club Wheelock Limited  
9th Floor, Wheelock House,  
20 Pedder Street, Central, Hong Kong  
Tel: (852) 2118 3288 Fax: (852) 2118 2618  
ambassador@clubwheelock.com  
www.clubwheelock.com

