

Anteprima opens the new season with a trail of blazers. See Hot Buys, p27; photo provided by Anteprima



MUST HAVE

Bold Shoulders

Love them or hate them, the '80s power shoulders are back in full force on the runways this autumn. Designers such as Louis Vuitton, Yves Saint Laurent, Givenchy and Balmain are playing with architectural shoulder cuts. Coming in rectangular, rounded, bubble and even sharp-shouldered, this trend is so big that you can find blazers, shirts and even dresses finished with this feature. Get the look in small boutiques around Jianwai Soho and Nali Patio or at high street brands like Zara and H&M. More budget buys are available on www.taobao. com. Belle Zhao

The recession is still the number one element that designers are taking into account as they release their new collections. As seen in the boutiques and department stores, **classic** and **versatile wear** like Burberry-inspired trench coats, blazers and waistcoats are fall's hottest looks (see Hot Buys, p27). Spanish fashion house **Mango** has found its own solution to the difficult economic times. Under the slogan "**Special prices for creative living**," they have created a "**Think Up**" low-cost fashion collection, featuring over 90 garments; prices start at RMB 119. They even launched a fashion blog (**http://thinkup.mango.com**) to promote the collection, now available at selected Mango stores.

More good news: Japanese brand **Uniqlo** is making luxury designer pieces affordable. It has teamed up with **Jil Sander**, the master of minimalist design, to produce a "**J Line for Uniqlo**" collection, which will be launched on October 2 at its **Sanlitun store** and online at www.uniqlo.com. Expect to pay RMB 299 for a tuxedo shirt and RMB 899 for a wool blazer.

October 1 marks the 60th birthday of the PRC. In tribute, the hip store **NLGX** collaborates with **ZJ Design** on limited edition T-shirts, which will be packaged (RMB 390) with a gold-print 60-year-anniversary army bag and poster. NLGX is not alone with the anniversary T-shirts, as **Plastered** has also launched a new T-shirt for National Day.

When it comes to green fashion, we tend to focus on whether the clothing is produced from material that is organic or eco-friendly. The eco label **SLVR**, released by **Adidas** earlier this year, goes green in a different way. Beyond using environmentally friendly materials, they are attempting to **minimize waste in production**. SLVR recently launched a line of black-and-white tees, cut randomly from fabric that's been printed with massive text: **"this is an unlimited edition."** Only a couple of the gigantic letters fit on a shirt, making each cotton tee practically one of a kind. Get them at Adidas's store at **The Village at Sanlitun**.

As a new season starts, sales and discounts at department stores become rare. However, great deals can be found at many spa and massage centers. **Le Spa** at Wanda Sofitel is offering **half-price** on all treatments for Beijing residents. **Fspa** features 30 percent off on all treatments. And Comfort Zone Spa is offering a "**two people go**, **one person free**" promotion for their facial treatments. *Belle Zhao*



ost consumers assume that the prices of beauty products are directly proportional to their quality. But what's the real difference between a 500-*kuai* facial cream and a 20-*kuai* product? Certainly, products from the high-end European cosmetic giants may have additional features, such as anti-aging, whitening, etc, since they spend more money on research and development. On the other hand, they also spend a ton on advertising, marketing, luxury packaging, etc. If you're on a budget and simply want a basic, effective moisturizer, here's a list of reliable options.

Pehchaolin 24-hour moisturizing cream (百雀羚24小时保湿霜) ► A cheap version of Elizabeth Arden's

Eight Hour Cream, this keeps your skin moisturized for 24 hours. Ideal for the face – and you can even slather it on as body lotion without wincing at the price. RMB 10.9 (50g).





◄ Friendship cream (友谊护肤脂) Though it's an oil-based cream, it moisturizes the skin without feeling greasy. Good as a hand cream, too. The small, round container is very portable – and pleasingly retro. RMB 4.5 (40.5g).

Ya Shuang vanishing cream (雅霜雪花膏) ▶

Moisturize, soften and smooth your skin with a brand that's been around for more than 70 years. This cream's heavy, oil-based texture makes it the best for very dry skin during winter. RMB 7.5 (80g).



●Dabao SOD Milk (大宝SOD蜜



Dabao is China's most recognizable local brand – and its classic SOD milk cream is a must-have facial moisturizer for all seasons. Chinese consumers like it for its whitening effect. RMB 7.5 (100ml), RMB 14 (165ml).

"The Horse" moisturizing cream (马牌油) This three-in-one cream for face, hands and lips was a skincare staple of every family in 1980s China. The oil-based product soothes cracked lips and works wonders on chapped or flaking skin due to windburn. RMB 2.5 (24g).

All of these products are available at www.taobao.com.

PHOTOS: JUDY ZHOL



HOT BUYS

Out in a blazer ELEGANCE

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by Belle Zhao

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In autumn, the fitted blazer is an absolute wardrobe essential for both men and women. As a bridge between formal and casual wear, these jackets can be worn with button-down shirts and trousers from 9 to 5 or with layered shirts and jeans for a weekend stroll. It's worth splurging on, as blazers are so classic that they never go out of style. Here are our top nine picks from both the luxury designer names and the high street brands.

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Keep your work attire as sharp as your wit with this fitted, double-breasted grey blazer. Price TBD. H&M
This black satin-trimmed tuxedo is your nightlife must-have. Wear it over a sexy party dress and be the belle of the ball. RMB 6,500. See by Chloe at Lane Crawford

Slip this sleek black blazer with faux-fur details over a simple dress to transform plain into sophisticated. RMB 5,600. Elizabeth and James at Lane Crawford Command attention in this cropped, military-inspired blazer with golden button details. RMB 349. H&M
Layer this boyfriend blazer over T-shirts and tights, and you'll look as cool as Kate Moss. RMB 559. Zara
This strong-shouldered black jacket reinterprets YSL's classic Le Smoking with modern tailoring. RMB 26,559. Balmain at Net-a-porter.com

FOR HIM

 Try this double-breasted cover-up over a crisp white shirt for a super-chic workwear look. RMB 599. H&M
Who said suits had to be boring? This izzue blazer redefines traditional suiting with its original colors and patched design. Price TBD. izzue

② This navy blazer belongs to every season. Wear it with shorts or jeans for a slouchy look. RMB 1,099. izzue

What's New Shops



Katie Xu

Daily 10am-9pm. Counter H3, 1/F, Ginza Mall, Dongzhimenwai Daije, Chaoyang District (no tel) 朝阳区东直门外大街银座广场1层 3号柜台

If the mass-produced jewelry at department stores bores you, head to Katiexu.com for innovative pieces inspired by nature. Before establishing her own label, Xu studied fashion design and costume interpretation in the UK and subsequently worked with British designers including Frederick Fox (milliner to Queen Elizabeth) and Katharine Goodison. The fanciful and sophisticated silhouettes that comprise Xu's collection are created from rhodium-plated sterling silver and brass. Our favorite pieces include a "Sea Creature" brooch (RMB 978), a "Tree" pendant (RMB 978) and a "Seaweed" necklace (RMB 3,880). If online shopping makes you nervous, a brick-andmortar store awaits at the Ginza Mall. Belle Zhao



Ruoshuitang Umbrella 若水堂古典油纸伞 Daily 10am-11pm. 144 Gulou Dongdajie, Dongcheng District (136 9113 0149) 朝阳区鼓楼东大街144号

What goes up when the rain comes down? An umbrella, of course. These traditional Chinese paper parasols are lovingly handmade, with solid bamboo handles and a cotton/paper canopy waterproofed with natural oil; though they look delicate, they have a satisfying weight in the hand and feel like they're made to last. The eye-catching styles range from classical Chinese landscapes to more abstract floral patterns upon backgrounds of turquoise, yellow, lilac or tan. Pick one up for the inflation-adjusted price of RMB 150 for the standard size, or splurge on the parasol with hand-painted peonies (RMB 1,000). *Tom O'Malley*



Quan Spa at Marriott Beijing City Wall Daily 3pm-midnight. 7 Jianguomen Nandajie, Dongcheng District (\$11 8187) 东城区建国门南大街7号万豪酒店

The Belgian town of Spa was so renowned for its mineral springs that it became synonymous with medicinal bathing and health resorts; in fact, "spa" was translated into Chinese as shuiliao, or "water therapy." Nowadays, though, most people associate spas almost exclusively with massage. Marriott's Quan Spa reclaims the word's original meaning by offering a range of therapies where guests can "take the waters." One of their exclusive treatments is Tropical Rainshower Ritual (RMB 520), where spa-goers lie on a bed to be gently pummeled from head to toe by warm Vichy water jets and exfoliated with customized oils, followed by a massage. Quan's other must-try treatment is Dream (RMB 260), where guests submerse themselves in a bathtub that uses flowing water to gently massage the body. Belle Zhao



Lazy Sunday Daily 10.30am-10pm. Rm 104, Villa 5, Jianwai Soho, Chaoyang District (5900 2568) 朝阳区建外Soho5号别墅104室

The next time you're at Jianwai Soho, check out this Art Deco-adorned store, filled with lots of creative knickknacks and clothing. One-of-a-kind items are the specialty here, from vintage black frame glasses and handmade wooden frames to retro tin toy car and train models, as well as gift boxes printed with funky graphics. If these fail to satisfy your thirst for quirk, browse the boutique's fashion collection, which includes several sharply tailored, '80s-influenced long suits (around RMB 600), mini-skirts with elastic waistlines (RMB 245), and a variety of elegant dresses. *Belle Zhao*



INSPECT A GADGET

The Audiophile's CHOICE SONY'S NEW MP3 WALKMAN by Joey Guo

You're a purist. When you listen to music, nothing else exists. You admire tools that are streamlined and purpose-driven. Everything else is just noise, clutter.

If what you require above all from a portable music player is superb audio fidelity, you might be very happy with a Walkman from Sony's new NWZ-X1000 series. With Sony's digital Clear Audio technologies and S-Master digital amplifier, the music pulsing through the supplied earphones sounds incredibly lifelike, no matter where you are. That's because the headphones' noise-canceling function can be adjusted for different settings – subways, planes or offices – without sacrificing music quality. The built-in digital custom equalizer setting lets you tweak the sound to your liking even more.

Of course, you don't object to a little Wi-Fi with your Hi-Fi. If you want to explore beyond your personal playlist, there's an on-board Slacker application, integrated YouTube support and FM tuner – all of them accessible via this Walkman's intuitive and user-friendly touchscreen interface.

Compared with iPod Touch's superabundance of functions and applications, this Walkman might seem rudimentary. On the other hand, if you prefer superb sound quality over features you'll rarely use, the choice is clear.



NWZ-X1060 (32G) RMB 3,399 NWZ-X1050 (16G) RMB 2,599

Both models are available at the Sony Store. L330, 3/F, South Bldg, The Place, 9 Guanghua Lu, Chaoyang District (6587 1350) 朝阳区光华路9号世贸商业中心南街3层L330号

DESIGN

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The gadget has a sleek, utilitarian design. Smaller but thicker than the iPod Touch, its sturdy metal exterior makes it feel nice and expensive.

CONNECTIVITY

Equipped with Wi-Fi, the Walkman also keeps you connected to the Internet so you can download music on the go.

• DISPLAY

The 320x240 touchscreen displays sharp images and OLED technology provides a response time suitable for movie playback. A wide viewing angle of nearly 180 degrees offers vivid color reproduction and a high contrast ratio.



EASE OF USE

You can drag and drop your music, pictures and video onto this device from your computer. The menus are easy to navigate; simply flick or swipe your finger across the screen to scroll through your entire multimedia collection.

BATTERY

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You can listen to up to 33 hours of music and watch up to nine hours of video without needing to recharge.

SNEAKING ABOUT THE WIDE WORLD OF ATHLETIC FOOTWEAR text by Jonathan White; photos by Mary Dennis

Remember when you went to school? Your sneakers could be the cause of much upset if you didn't have the "right" pair. Thing is, things don't really change. People are still going to notice and comment on your choice of footwear. On the upside, Beijing is not gangland, so there's no risk that those shoes your mum picked out could get you shot.



Beijing has been known to be a haven for fake goods. No, really. Get over the shock and instead look for the giveaway on these New Balanc. That's right, dropping an "e" is neither big nor clever.



Matching shoes with your partner is about five steps cooler than wearing those T-shirts that have paired slogans. The risk is if you start playing away from home and your beloved notices you've changed footwear. Stay monogamous, kids. It's simpler.



OK, these aren't sneakers but there's no way we weren't going to feature them on this page. Sandals with laces in a fetching camel color take some time to comprehend. These feet belonging to a man takes a little longer still.



Skinny jeans tucked into high-tops that are almost as icy-white as the day they were box-fresh but just dirty enough to wonder where they have been. You want to be in this person's band. Failing that, you want to be their band's groupie.



Texture and color are to be experimented with. You're only young once, after all. The trouble is that when you're young, you tend to overindulge. Imagine being so drunk you can only look at your shoes and then you see these. Blimey.



Commitment to a brand is always to be encouraged, especially if it's a niche brand. Avia has long been slept on by the masses. Coordinating your kicks with even harderto-find Avia socks is a nice touch.



Cute can quickly turn to kitsch. As things stand, you are allowed to have purple laces and silver shoes and flowers and colored stripes and gold writing on your shoes. You just can't have them all on one pair. It makes you look eight years old.



All of the hipsters that you read about in online-only magazines are wearing Feiyue now. In Beijing, though, they don't cost the same as a pair of Alexander McQueen slacks. They are cheap and practical and perfect for gym class. Take that, zeitqeist.



These appear to have been originally made to help the Smurfs get through their harsh winters. Snowboots in blue and yellow with flower details on the eyelets sound repulsive but in a strange, anime-wrestler kind of way, they really work.



If you're an adult but aren't a skater, then you have no reason to wear such clumpy, awkward shoes. Unless you have fallen arches. Sorry about your arches.

For a comprehensive directory, see www.thebeijinger.com

ANTIQUES & REPRODUCTIONS

C.L. Ma Furniture Highly respected antique dealer sells antique and reproduced trunks, tables, chairs, shelves, screens etc. to an enthusiastically loyal customer base from here to Hong Kong. Daily 10am-7.30pm. Rm 116, Bldg 4, Park Avenue, 6 Chaoyang Gongyuan Nanlu, Chaoyang District. (6466 7040/6530 6475) www.nnfjqv01023e.com 可乐马家俱北京分公司, 朝 阳区朝阳公园南路6号公园大道4号楼116室

Lily's Antiques Specializing in high class antique furniture (mainly from nothern China, in walnut and elmwood) and custom-made furniture, for the local market. Also wholesale for antique and newly made furniture. Excellent service for international transportation of furniture. Furthermore a wide selection of accessories is offered. 1) Daily 8.30am-6pm. Gaobeidian Showroom, 6 Gaobeidian Furniture Street, Chaoyang District. Con tact Lily Quan (6572 9746, 138 0139 6309) (8579 2458, www.lilys-antiques.com); 2) Visit by Appointment. Factory and Warehouse Address, Baimiao industry area, Songzhuang town, Tongzhou District. Contact Lily Quan (6572 9746, 138 0139 6309) (138 0139 6309) 华伦古典家具, 1) 阳区高碑店家俱一条街69号, 2) 通州区工厂 朝 地址,通州区宋庄镇白庙村工业大院

Tanghouse Gallery Tanghouse specializes in custom-made furniture manufactured in Beijing. Their designs bridge contemporary and classic styles, characterized by clean lines and quality raw materials, including hardwoods, skins and stones. Online sales only. Daily 9.30am-6pm. Rm 1132, 11/F, Tower A, Gateway Square, Sanyuanqiao, Chaoyang District. (6764 2214, 139 1007 3689) www.tanghouse.cn 逸唐居,朝阳区三元桥住程广场A座1132室

BEAUTY PARLORS, SPAS & MASSAGE

99 Massage and Spa Center Clean, comfortable and relaxing massage. Free food, drinks and fruit. Aromatic oil massage (RMB 200-380), body/foot massage (RMB 150/100). Single and double rooms. Daily 11am-midnight. Rm 703, E-Tower C12, Guanghua Lu, Chaoyang District. (6501 0799) 99技摩中心、朝阳区光华路丙12号数码 01大厦703室(嘉里中心与国贸之间)

Anantara Spa Massages start from RMB 480 (60min) and facials are available from RMB 520. Daily 10am-10pm (flexible opening hours on request). The Commune, Shuiguan Great Wall, Badaling Gaosulu, Yanqing County. (8118 1888 ext 5100/01, anantaraspa@commune.com.cn) 延庆县八 达岭高速路水关长城出口长城脚下的公社凯 宾斯基饭店

Angel Hands Offers Chinese-style body massage, Thai-style massage, olive oil massage and slimming massage. Daily 24 hours. Rm 1801, Bldg 2, Jianwai Soho, 39 Dongsanhuan Zhonglu, Chaoyang District. (8631 0801) 朝阳区东三环中路39号建外 Soho2号楼1801室

Arinya Massage and Spa 1/F, Zifeng Bldg, 1 Dayabao Hutong, Chaoyang District. (6525 5799) 朝阳区大雅宝胡同1号梓峰大厦1层

Askido Nail-lab Centre Offers wide range of innovative nail care products, not to mention over 200 shades of fabulous nail polish. Daily 10.30am-9pm. Store 329, 37, U-Town Lifestyle Center, Chaoyangmenwai, Chaoyang District. (5975 4522) 爱饰绮朵 美甲会社,朝阳区朝阳门外悠唐生活广场 3层329商铺

Bangs Hair Salon Clean white walls keep the focus on hairstyling at this minimalist salon, staffed by Japanese stylists versed in the latest Tokyo trends. A cut is RMB 320, moisturizing treatment RMB 350, and perms start at RMB 200. Tue-Sun 10am-9pm. Stall 101, Bldg 4, Central Park, 6 Chaoyangmenwai Dajie, Chaoyang District. (6597 0578) 朝阳区朝阳门外大街6号新 城国际4号楼101号

Beijing Salon Vajra Catering to clients who demand very personal service, this experienced team of British and Hong Kong stylists and colorists offers professional hairdressing services, and luxury hand and foot spa treatments. Mon-Sat 10am-8pm. S106, Glory World Apartments, 18 Gongti Xilu, Chaoyang District. (6551 6461/2/3) www.vajra.com.hk 画间沙龙,朝阳区工体西 路18号光彩国际公寓S106

Bodhi Sense Like the original branch of Bodhi on Gongti, Bodhi Sense draws inspiration from both Thai and Chinese culture, but boasts an added touch of luxury. There are ten foot-massage rooms and an additional ten treatment rooms, all exquisitely decorated Daily 11am-12.30am. 2/F, Somerset Grand Fortune Garden, 46 Liangmaqiao Lu, Chaoyang District. (8440 1495) 朝 网区亮马桥路40号盛捷副景苑公寓2层

Bodhi Therapeutic Retreat Located in a sixfloor building opposite the north gate of the Workers' Stadium, the original Bodhi Therapeutic Retreat offers a variety of professional treatments – Thai style massage (RMB 288/90 min), facials (from RMB 320), foot massages (RMB 158/85 min), and pedicures (RMB 68 at the Gongti branch only) courtesy of Anglefish Boutique – as well as complimentary food and snacks cooked up by their Thai chef. For extra luxury, try the specialty packages (from RMB 450/1.5 hours) at the swish sister spa Bodhi Sense on Liangmaqiao Lu. Daily 11am-12.30am. 17 Gongti Beilu, Chaoyang District. (6417 9595) www.bodhi.com.cn 菩提会所,朝阳 区工体北路17号



C. de France Hair & Beauty Salon The C. de France team of international and local stylists, colorists and beauticians offer an holistic hair and beauty experience. The salon mixes French chic with modern simplicity to create a sophisticated yet relaxed atmosphere offering a wide range of hair services and beauty treatments, including manicures and pedicures, waxing and tanning. Referral and VIP programs available. Daily 10am-8pm. Naii Mall, Sanlitun Beilu, Chaoyang District. (6417 3029) C美发沙龙. 朝阳区三里屯北路那里商城内

Dragonfly Therapeutic Retreat Dragonfly's boutique operation avoids rowdy groups and leaves ample room for relaxation and solace – something that its largescale competitors cannot guarantee. An exhaustive menu of spa packages, such as Ultimate Indulgence featuring an hour each of full-body and foot massage, start at RMB 270. Facials also available. 1) Daily 10am-1am. 1/F, Grand Summit Plaza, 19 Dongfang Donglu (100m north of Lufthan-Center), Chaoyang District. (8532 3122); 2) Daily 10am-1am. 60 Donghuamen Ave (near The Peninsula Hotel and Oriental Plaza), Dongcheng District. (6527 9368); 3) Daily 10am-1am. B1/F, Eastern Hotel, Nansanlitun Nanlu, Chaoyang District. (6593 6066) 悠庭保健会所, 1) 朝阳区朝阳 区燕莎桥东方东路19号外交会所1层(燕莎中 心路北100米); 2) 东城区东城区东华门大 街60号(近王府饭店和东方广场); 3) 朝阳区 朝阳区三里屯南路逸羽酒店1层



Eric Paris Salon Well-trained international stylists and colorists provide hair styling



For a comprehensive directory, see www.thebeijinger.com

and a wide-range of beauty products. Also offer beauty, nails, waxing and tanning services. 1) 10am-8pm. 2/F, JW Marriott Hotel Beijing, China Central Place, 83 Jianguo Lu, Chaoyang District. (5908 8381); 2) Daily 10am-8pm. 43 Sanlitun Houjie, Chaoyang District. (135 0137 2971); 3) Daily 10am-8pm. Stall 123, Kerry Centre Shopping Mall, 1 Guanghua Lu, Chaoyang District. (135 1179 8376); 4) Daily 10am-8pm. Lido Hotel, 112 Jichang Lu, Chaoyang District. (135 0107 5843); 5) 1/F, Hilton Hotel, 1 Dongfang Lu, Dongsanhuan Beilu, Chaoyang District. (137 0118 3307); 6) Daily 10am-8pm. 5/F, The Westin Beijing, 9B Jinrong Jie, Xicheng District. (139 1162 6051) 爱丽克美容美发. 1) 朝阳区华贸中心建国路835万豪酒店2层; 2) 朝阳区华贸中心建国路835万豪酒店2层; 2) 朝阳区生里生店街435-3) 朝阳区光华 路1号嘉里中心商场123; 4) 朝阳区机场路 112号丽都饭店: 5) 朝阳区东三环北路东方 路一号希尔顿酒店一层: 6) 西城区金融大街 乙9号北京金融街威斯汀大酒店5层

Flora Spa The emphasis here is on friendly, personalized service, rather than luxury furnishings and glamor. Daily 10am-9pm. Suite 7, 17/F, Bldg 4, China Central Place, 89 Jianguo Lu, Chaoyang District. (6530 5475) www.floraspa.cn 弗洛拉.朝阳区建 国路89号华贸中心4号楼1707

Franck Provost World-famous hair salon with highly trained stylists and colorists. Hair cuts/treatments from RMB 220; perm/ color from RMB 380 RMB. Daily 10am-10pm. Shop D2001-1, 2/F, Shin Kong Place, 87 Jianguo Lu, Chaoyang District. (6530 7696/7669) 朝阳区建国路87号新光天地二层 D2001-1店铺

FSPA F Spa's minimalist black and white tones murmur serenity, inviting you to take refuge from the gritty world outside. An on-site skin therapist can diagnose your skin type to help identify you ideal treatment. Daily 10am-10pm. 81/F, Block BC, Chaowai Soho, B6 Cahoyangmenwai Dajie, Chaoyang District. (5900 1868) 朝阳 区朝阳门外大街乙6号朝外Soho BC座地下1层 城区金融大街乙9号



I Spa English-speaking staff offers aromatherapy massage, Thai massage, scrubs wraps, facials, floral bath, steaming, TCM and foot reflexology. All the rooms are private suites. The second destination spa with hot spring facilities offers customers a chance to escape the city. Special pack ages for couples are also available. For promotions call ahead or log on to the website. 1) 10am-midnight. B1/F, Traders Upper East Hotel, Upper East Side, Dongsihuan Beilu, Chaoyang District. (5907 8877); 2) Daily 11am-11pm. Napa Valley, 68 Shashun Lu, Xiaotangshan, Changping District. (6178 7795, 61787711); 3) Daily noon-11pm. 5/F, Tower 2, Taiyue Suites, Sanlitun Nanlu, Chaoyang District. (6507 1517, 8595 2277 ext 5666); 4) 1/F, Gehua New Century Hotel, 19 Gulouwai Dajie, Chaoyang District. (6202 8888 ext 6666); 5) 6/F, New Century Grand Hotel, Caishikou Dajie, Xuanwu District. (6352 7157) www. ispa.cn 秦美好.1) 朝阳区东四环北路阳光 上东上东盛贸饭店地下1层:2) 昌平区小汤 山沙顺路68号纳帕溪谷会所(九华山庄对面); 朝阳区三里屯南路泰悦豪庭2座5层; 4) 朝阳区鼓楼外大街19号歌华开元大酒店1层 (原华北大酒店);5)宣武区菜市口大街开 元名都大酒店6层

I-Spa There are 10 rooms, each focusing on a different treatment, including facial, tanning, foot reflexology, body massage and Vichy shower but the main attraction is the InterContinental Massage (RMB 980/1 hr 45 minutes). Daily 10.30ammidnight (last appointment 11pm). 6/F, InterContinental Financial Street Beijing, 11 Jinrong Jie, Xicheng District. (5852 5888 ext 5601) 西城区金融街11号金融街洲 际酒店6层

Long Island Massage & Spa This large establishment offers Chinese and Thai-style massage and reflexology, as well as facials and other beauty treatments. 1) Daily 11am-2am. 14A Guanghua Lu (5/F, Nuo'an Bldg, southwest of the Kerry Centre), Chaoyang District. (5130 9718, 6591 6247); 2) Daily 11am-1am. B1/F, Jiahui Center, 6 Jiqingli, Dongcheng District. (6551 6112/13) www.longislandspa.com.cn 长岛 健身. 1) 朝阳区光华路甲14号 (嘉里中心西 南侧诺安大厦5层); 2) 东城区古庆里6号佳 汇中心地下1层

Lovely Nails Stylish joint with professional uniformed staff offering manicures (RMB 90), pedicures (RMB 130) and other services. The Taiyue Heights location is slightly cheaper, with manicures for RMB 70 and pedicures for RMB 100. Call for reservations. 1) River Garden Clubhouse, No.7 Yuyang Road, Houshayu, Shunyi District. (6458 0603/4); 2) Taiyue Suites, Nan Sanlitun Lu, Chaoyang District. (6202 5989); 3) 102 Tongli Studio, Sanlitun Houjie, Chaoyang District. (6417 5812/3) 北京愛手 爱脚美甲中心. 1) 顺义区后沙峪榆阳路7号 条旗组俱乐部. 2) 朝阳区声里电路泰悦 豪庭1层; 3) 朝阳区三里电后街同里1层102

Oriental Taipan Massage and Spa Relax in style among rose-scented water features, soft music and helpful, friendly staff. Private rooms are available; bring your favorite tunes or DVDs and feel those serotonin levels rise. 1) Daily 11am-12.30am. 2/F, Block 9, Lido Place, 2A Fangyuan Xilu, Chaoyang District. (6437 6299); 2) Daily 11am-12.30am. B1/F, 1 Xindong Lu (next to Shenji Best Soup), Chaoyang District. (8532 2177); 3) Daily 11am-3am. Sunjoy Mansion, 6 Ritan Lu, Chaoyang District. (6502 5722); 4) Daily 10am-12.30am. B/1-3F, Shuncheng Hotel, 26A Financial Street, Xicheng District. (6621 8622); 5) Daily 10am-12.30am. Bldg 25, Central Park Phase 3, 6 Chaoyangmenwai Dajie, Chaoyang District. (6597 0015); 6) Daily 11am-1am. Rm 101, Bldg B, Winterless Center, 1 Xidawang Lu, Chaoyang District. (6538 8086) www.taipan.com.cn 东方大班 保健休闲会所,1)朝阳区芳园西路甲2号丽 都广场9号公寓2层;2)朝阳区新东路1号沈 记靓汤旁:3)朝阳区日坛路6号新族大厦院 内:4)西城区西城区金融街甲26号顺成饭店 地下一层:5)朝阳区朝外大街6号新城国际 公寓三期25号楼; 6) 朝阳区西大望路1号温 特莱中心B座101

Renewal Spa & Resort Drawing on a decade of experience in Singapore, the team behind Renewal has established a day spa that specializes in Javanese massages, and a resort complex that offers lengthier and luxurious packages and treatments. Tue-Sun 10am-10pm. C1 Area, Upper East Side Central Plaza, Dongsihuan Beilu, Chaoyang District. (5139 5555) 朝阳区东四 环北路阳光上东中环商业广场C1区

Salon 88 An international chain of hair salons offering consistent quality at economical prices. Cuts RMB 38 and color package RMB 188. Daily 9am-10pm. 1) 6712 6081. 118 Carrefour Fu Gui Yuan, Block 3, South DongHuaShi, Chongwen District.; 2) 394 Zhongtancun, East Xiaokou Town, Changping District. (139 1135 2069); 3) PJWJ 103, Huacai Center, 16 Guangshun Dajie, Chaoyang District. (136 0115 0326); 4) Daily 9am-10pm. 1/F, Chuangyijia Carrefour, 6B Beisanhuan Donglu, Chaoyang District. (139 1055 3427); 5) Daily 9am-10pm. Store 310, Tongzhou Carrefour, 48 Jiukeshu Xilu, Tongzhou District. (137 0117 9323); 6) Daily 9am-10pm. 109, Shuangjing Car refour, Jiulong Shangsha, 31 Guangqu Lu, Chaoyang District. (139 1016 9259); 7) Daily 9am-10pm. 107-108, Maliandao Car-refour, 11 Maliandao Lu, Xuanwu District. (135 0101 1627); 8) Daily 9am-10pm. B1/F, 15-16, Zhongguancun Carrefour, Zhong-guancun Xiqu, Haidian District. (136 0139 2562)1) 崇文区东花市南里三区底商裙房富 贵苑家乐福118号;2) 昌平区东小口镇中滩 村394号家乐福购物中心No.212;3) 朝阳区 广顺大街16号华彩中心PJWJ 103;4) 朝阳 区北三环东路乙6号创益佳家乐福一层 5) 通州区九棵树西路48号通州家乐福310号

6)朝阳区广渠路31号九龙商厦双井家乐福 109号;7)宣武区马连道路11号马连道家乐 福107-108;8)海淀区中关村西区中关村家 乐福地下一层15&16号

Taidian Massage Salon This Japanese brand brings 25 years of expertise to town with this massage spa in Jianwai Soho. Tai Dian's business lines in Japan encompass beauty products, flowers and restaurants, so it's no surprise to find Tai Dian products on sale at the Beijing salon – what we hadn't anticipated was the complimentary salad, pasta, dessert and drink offered up with our massage. The therapists are very young, but highly trained and technically versatile. Daily 10am-2am. Rm 305, Bildg 6, Jianwai Soho, 39 Dongsanhuan Zhonglu, Chaoyang District. (5869 8200, 5869 0707) 泰殿养生会馆,朝阳区东三环中路39号建外

Toni & Guy British international hair salon chain offers haircuts for women for RMB 120 to 420. Perms and colorings cost RMB 380 to 580. 1) Unit 303, Tower C Office Bldg, Yintai Center, 2 Jianguomenwai Dajie, Chaoyang District. (8517 1292); 2) Daily 10am-10pm. 3 Units, 3/F, Tower 8, South Area, The Village at Sanlitun, Chaoyang District. (6417 4188); 3) Daily 10am-9pm. 4/F Seasons Place Shopping Centre, 2 Jinchengfang Jie, Xicheng District. (6622 0316); 4) Daily 10am-9pm. Rm105-106, Block F, Sunshine 100, 2 Guanghua Lu, Chaoyang District. (6585 9288); 5) Daily 10am-9pm. 1/F, Oriental Plaza, 1 Dongchang'an Jie, Dongcheng District. (8518 2646) 托尼英盖. 1) 朝阳区建国[] 外大街2号银泰中心写字楼C座3层303高铺; 2) 朝阳区三里电Village南区号楼3层3单元; 3) 西城区全城纺街2号金融街购物中心四层 L404, 4) 朝阳区光华路2号阳光100国际公寓 F座105-106号, 5) 东城区东长安街1号东方 广场汇贤豪庭一层

Viv International Medical Beauty Clinic Offers cosmetic surgery, professional skin care, dentistry and Chinese health and beauty treatments. Tue-Sun 9.30am-6.30pm. 2/F, Bldg D, Global Trade Mansion, 9 Guanghua Lu, Chaoyang District. (6530 2348, fax 6586 9965) www.vibeauty.com 名会红国际医疗美容诊所, 朝阳区光 华路9号世贸国际公寓D座2层

Zen Spa This unique spa experience is set in a Chinese courtyard home. Treatments include body scrubs, wraps, facials, floral baths and massage; double rooms are available. Daily 11am-11pm. 1, 8A Xiaowuji Lu, Chaoyang District. (8731 2530, info@zenspa.com.cn) www.zenspa.com. cn 朝阳区小武基路甲8号1号院(东四环南路 15号出口)

CLOTHING

Lee Cooper Europe's first denim brand has beeen around since 1908. Its Beijing shop, like its UK shops, offers stylish, durable jeans, shoes and jackets. Daily 9.30am-10pm. BB38, B1/F Oriental Plaza, 1 Dongchang'an Jie, Dongcheng District. (8518 6918) 东城区东长安街东方新天地地 下 1 层B38

NLGX A Beijing-based independent apparel brand and design community. The flagship based in Nanluoguxiang offers originally-designed NLGX fashion apparel and accessories, Chinese retro sneakers from Huiyi Huili and Shulong and various other products designed and produced by independent Chinese designers. Sun-Thu 9.30am-10pm, Fri-Sat 11am-midnight. 33 Nanluogu Xiang, Dongcheng District. (6404 8088) www.nlgx.org 东城区南锣鼓 巷33号

Plastered T-shirts Plastered take the diversity and beauty of everyday Beijing life, and turn it into funky, fun and ironic T-shirts and accessories. Daily 10am-10pm. 1) Unit D54, Main Second Street, Dashanzi Art District, 2 Jiuxianqiao Lu, Chaoyang District. (134 8848 8855); 2) 9 Yandai Xiejie, Xicheng District. (134 8848 8855); 3) 61 Nanluogu Xiang, Dongcheng District. (134 884 8855) www.plastered.com.cn 1) 朝阳区酒仙桥路2号大山子艺术区中二街 D54; 2) 西城区烟袋斜街9号; 3) 东城区南 锣鼓巷61号

HOME DECOR



Hunter Asia Pacific A professional Australian design and construction firm, headed by Olympic Village designer Jason Marriott. The interior design and construction team works on projects all over China, i.e. homes and apartments, offices, restaurant, bars, commercial spaces, hotels and large property developments. Mon-Fri 9am-6pm. Rm 705, Tower B1, Golden Tower, 82 Dongsihuan Zhonglu, Chaoyang District (6558 8829) 朝阳区东四环中路82号 金长安81座705室



IQ Air While little can be done about outdoor air pollution, we can certainly have an impact on the air we breathe inside. IQ Air has been providing air-cleaning solutions for more than 45 years. Swiss precision and technology go into every unit, creating an excellent price-to-performance ratio. 1) 4/F, 417 Seasons Place, 2 Jinchengfang Jie, Xicheng District. (6622 0179, info@iqair-china.com); 2) Rm 2011-02, Air China Plaza, 36 Xiaoyun Lu, Chaoyang District. (8447 S800, 400 650 1266, info@iqair-china.com); 3) 2LY1-05, Solana Lifestyle Shopping Center, 6 Chaoyang Gongyuan Lu, Chaoyang District. (5905 6768, info@iqair-china.com); 4) 4/F, Europlaza, 99 Yuxiang Lu, Tianzhu, Shunyi District. (6457 1922, info@iqairchina.com) www.iqair-china.com) I matự 区金城坊街金融街417号四层; 2) 朝阳区蝟 云路36号国航大厦2201-02室; 3) 朝阳区蝟 云路36号国航大厦2201-02室; 3) 朝阳区蝟

Khawachen Sells high-end Tibetan rugs and offers made-to-order service. Daily 10am-10pm. BL2-03, Solana Lifestyle Shopping Park, 6 Chaoyang Gongyuan Xilu, Chaoyang District. (5905 6311) 喀瓦坚 西藏手工地毯,朝阳区朝阳公园路6号 蓝色港湾国际商区BL2-03

Torana Gallery This popular carpet shop deals exclusively in carpets made of wool from Tibetan highland sheep and decorated with traditional regional motifs. The management insists that their carpets will last a lifetime and not fade after being washed. Daily 10.30am-6.30pm. 806 Danshui Xiaozhen, 60 Shunhuang Lu, Chaoyang District. (6465 3388 ext 5542) 图兰纳手工地毯, 朝阳区顺黄路60号淡水 \\fig06室

Villa Lifestyle They have the widest selection of BBQ's and accessories, the Mosquito Magnet, trampolines, IQ Air Purifiers and more. Delivery and set-up are free and grills come with a one-year warranty. Daily 9am-6pm. 4/F, Euro Plaza, 99 Yuxiang Lu, Tianzhu Town, Shunyi District. (6457 1922, 8046 1260, www.villalifestyles.cn; info@villalifestyles.cn) 别墅 生活方式,顺义区顺义区天竺镇裕祥路99号 欧陆广场4层

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