

GLOW FROM WITHIN

Live wellness as a daily practice —
a progressive path to Align, Reflect & Manifest

This season, step into a journey of intentional self-care, shared strength, and lasting radiance — a progressive path to Align, Reflect & Manifest.

GLOW FROM WITHIN

October - Centres on preventive health, self-care, and community connection.

November - Invites consistency and deeper refinement. Monthly singing bowls and face yoga support ongoing relaxation, facial vitality, and inner calm.

December - Focuses on release and festive restoration. Breathwork, journaling, and warming treatments help let go of tension and restore body and mind for the new year.

GLOW Schedule

GLOW PINK October

Pink Pilates	6 Oct
Recharge in Your Feminine Energy: Sound Healing Journey	11 Oct
Breast Health Movement Workshop	12 Oct
Pink Power Run	31 Oct

Align

TCM Deep Healing with Grace Yu	Every Sunday
Meridian and Fascia Therapy by Eric Lee	Every Friday & Saturday
Osteopath & Holistic Recovery by Hugo Dufournet	Every Sunday & Wednesday
Energy Healing by Master Franz	16 Nov - 22 Dec
Tai Chi Standing Meditation Workshop	21 Nov & 12 Dec
Release & Rise Breathwork	7 Dec

Reflect

Interactive Singing Bowl Workshop	3 Oct, 11 Nov & 12 Dec

Manifest

Face Yoga for Healthy & Sculpted Glow	13 Oct, 10 Nov & 15 Dec
Journaling & Manifestation	16 Dec



EMPOWERING BREAST CANCER AWARENESS

HEALTHY HABITS

According to the Hong Kong Breast Cancer Registry Report No.9, the risk factors that 14,905 local breast cancer patients share are:

77.7% LACKED EXERCISE

37.1% WERE UNDER HIGH LEVEL OF STRESS

44+

WOMEN AGED 44 – 69 POSE HIGHER RISKS

BMI

ADULTS ARE ADVISED TO KEEP THEIR BMI BETWEEN 18.5 AND 25

- Body
- Beauty

Cellcosmet Express Glow Experience
1 - 31 Oct

- Mind & soul
- Women Wellness

Radiant Women Therapy 90 Minutes
1 - 31 Oct

Oct 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3 Interactive Singing Bowls Workshop with Malbert Lee
4	5	6 Pink Pilates with Alanna	7	8	9	10
11 Recharge in Your Feminine Energy: Sound Healing Journey with Maria	12 Breast Health Movement Workshop with Jenny	13 Face Yoga for Healthy & Sculpted Glow with Maria	14	15	16	17 Yoga Stick for Spine Health with Rachel
18	19	20	21	22 Yin Yoga & Sound Healing with Maria	23	24
25	26	27	28	29	30	31 Pink Power Run with Jenny

Movement for Longevity



Pink Pilates with Alanna

6 October |
12:30pm – 1:30pm

Price: HK$550

Our signature class radiates pink energy, blending Pilates to enhance flexibility, mobility, and breast health. These sessions integrate breathing techniques to strengthen core muscles, improve overall strength, enhance posture, and refine body figure.

BOOK NOW

Breast Health Movement Workshop with Jenny

12 October |
10:30am – 11:30am

Price: HK$880
(HK$780 for members)

Gentle flow and stretching exercises enhance lymphatic flow to support breast health and discoverhow movement empowers both body and mind.



BOOK NOW

Sound, Stillness & Balance

Recharge in Your Feminine Energy: Sound Healing Journey

11 October |
10:30am – 11:30am

Price: HK$880 (HK$780 for members)

This special session invites women to reconnect with softness, creativity, inner strength, and feminine essence through guided sound, breathwork, and stillness.

BOOK NOW



Women's Wellness Therapy

Available from 1 – 31 October 2026





This nurturing therapy begins with a thorough cleanse of the décolletage and bust area, followed by a specialized lifting and sculpting bust massage designed to promote a firmer, fuller, and more youthful appearance.

The treatment continues with a holistic womb-care ritual focused on supporting feminine wellness through therapeutic abdominal massage techniques. An abdominal mask enriched with Curcuma comosa and a warming ginger massage oil is applied to help relax the body, ease abdominal discomfort, encourage healthy circulation, and support overall women's well-being.

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90 minutes per session
Price: HK$ 2,980

BOOK NOW

How to Achieve a Natural Glow



Align



Expert-led TCM Deep Healing

Every Sunday (By appointment only)

Traditional Chinese Medicine Services (TCM):

- **Bespoke TCM Consultation**
  Initial 30 minutes | HKD 1,880; Follow-up | HKD 1,580
- **TCM Integrative Body Therapy**
  60/90 minutes | HKD 2,880/3,880
- **TCM Radiance Revival Therapy**
  60/90 minutes | HKD 2,880/3,880

Body and Energy Work Services:

- **East- West Energy Alignment**
  60/90 minutes | HKD 2,880/3,880
- **TCM Abdominal Renewal**
  90 minutes | HKD 3,880

Guided by YUN's TCM-inspired philosophy of harmony in Qi, body and mind, Grace Yu specialises in holistic care and women's health—blending acupuncture, herbal medicine, moxibustion, cupping and Gua Sha with craniosacral therapy for personalised treatments that restore balance, vitality and lasting wellness.

BOOK NOW







Align

Reflex Therapy Integrated with Eastern Healing

7 - 22 Dec (By appointment only)

Rooted in the Japanese philosophy of Te A Te (手当て) — “healing through touch” — Mariko Hiyama blends Neuro-Face Reflex Therapy with eastern healing, offering an exclusive Neuro-Face Reflex Therapy Signature Session.

- **Face Reflex Therapy Initial Session**
  70 Minutes | HK$2,880
  Personal wellness consultation, full Face Reflex Therapy targeting key reflex points for deep relaxation and balance, plus tailored post-session recommendations

- **Follow-up Session**
  60 minutes | HK$2,480
  Builds on progress to support continued wellbeing

BOOK NOW

Reviving Ritual for Energy Balancing

Every Friday & Saturday

Meridian & Fascia Therapy 90 Minutes | HK$2,980

Master Eric Lee is an award-winning Massage Therapist and Spa Trainer with 30 years of experience; he provides expert deep tissue massage and fascial meridian therapy to enhance circulation, relieve muscle tension, and restore balance.

BOOK NOW

Align





Post-Performance Recovery for Health & Longevity



Align



Every Sunday & Wednesday

The Osteopathic Care 60 Minutes | HK$2,480
The Integrated Recovery Protocol 90 Minutes | HK$3,480

Ready to stop just managing symptoms and start truly healing? Hugo (Certified Osteopath D.O.) offers nurturing, hands-on journey that gently realigns and revitalizes the body's musculoskeletal, visceral, and physiological systems for complete harmony and renewed vitality.

BOOK NOW



Energy healing for deep relaxation & alignment

Align



Exclusive Energy Healing Sessions

16 Nov – 21 Dec

Price: HK$3,200

Energy Healing is a transformative practice that realigns your body's energy flow, promoting balance, vitality and emotional freedom. By gently dissolving blockages and soothing imbalances, it can alleviate chronic stress and pain, awakens the body's natural healing powers, and fosters a renewed sense of joy and peace. Additionally, it can help ease muscular tension, enhance flexibility and circulation, and promote emotional balance, leading to a profound sense of peace.

BOOK NOW

Tai Chi Meditation Workshop
Master Chen Erhu

Align

21 Nov & 12 Dec |
11:00am – 12:30pm

Price: HK$1,280

Learn vital breathing techniques, the importance of the lower Dantian, and proper standing posture fundamentals. Master posture adjustments, align breathing with movement, and unlock mind-body harmony to boost Qi circulation.

BOOK NOW



Align



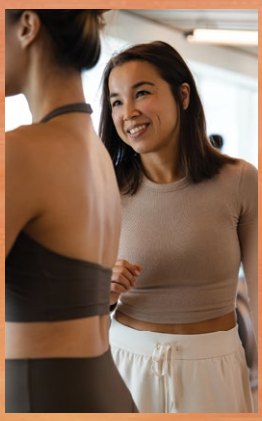
Release & Rise Breathwork

7 December | 12:30pm - 1:30pm

Price: HK$550

Breathwork is the conscious practice of controlling your breathing to influence your physical, mental, and emotional well-being. This session is designed to help you reconnect with yourself, find balance, and create space for renewal and growth.

Quality sleep is essential for physical recovery, mental clarity, emotional balance, immune function, and overall health. Poor sleep can contribute to fatigue, stress, mood disturbances, and reduced cognitive performance.



Breathwork for better sleep:

- Practice slow, deep diaphragmatic breathing to activate the parasympathetic nervous system, helping the body relax and prepare for restorative sleep
- Learn Yogic Breathing (Pranayama), an ancient breathing practice that supports vitality, longevity, and inner balance
- Guided yogic breathing techniques incorporating deep, controlled breaths to cultivate calmness, awareness, and renewed energy

BOOK NOW



Deep Release, Emotional and Energetic Recalibration

Interactive Singing Bowl Workshop

3 October | 12:00pm – 2:00pm
11 November | 6:30pm – 8:30pm
12 December | 12:00pm – 2:00pm

HK$880 (HK$780 for members)

Join Sound Healing Master Malbert Lee for an immersive mindfulness workshop exploring the calming benefits of metal singing bowls. Participants will learn basic playing techniques, the bowls' history, and methods for promoting relaxation and inner balance through guided hands-on practice and partner exercises, concluding with a restorative sound bath; all equipment is provided.

BOOK NOW

Reflect



Manifest



Face Yoga for Healthy Sculpted Glow with Maria

3 Oct, 10 Nov & 15 Dec | 6:15pm - 7:15pm

Price: HK$550

A mindful guided self practice & gentle face exercises that combine breathwork and targeted massage techniques to lift, tone, and revitalise the face. This session supports natural definition, improves circulation, and awakens a fresh, sculpted glow from within.

BOOK NOW

Bodytalk Life Therapy

Manifest

1 - 30 Nov (By appointment only)

Experience holistic health care with BodyTalk led by Angie Tourani, where techniques are non-invasive and designed to align with your body's healing intelligence. It's an ideal complementary treatment to traditional mental health treatments and can accelerate healing processes, making it a crucial part of integrative health practices.

- **BodyTalk Session with Guided Meditation**
  75 Minutes | HK$2,480
  Personalised, non-invasive session that releases stored stress patterns and restores body–mind communication. Eases pain, calms anxiety, improves sleep and digestion, and strengthens immunity and resilience. Includes 15 min meditation

- **Signature BodyTalk Treatment**
  90 minutes | HK$3,480
  Extended BodyTalk session with two self-help techniques: Cortices (Brain Balancing) for stress management and focus, plus a Quantum Mind technique for rapid calm

BOOK NOW





Journaling and Manifestation

16 December |
6:30pm – 7:30pm

HK$550
(HK$450 for members)

A mindful practice to reflect, reset, and create your most intentional year yet.

BOOK NOW

Journaling is a powerful self-reflection practice that helps bring clarity to your thoughts, emotions, and aspirations. When combined with manifestation, it allows you to intentionally focus on your goals, align your mindset with your desires, and cultivate a positive vision for the future.

Flora guides you to:

1. Reflect & Release
Take a moment to reflect on the year that has passed

2. Manifest & Create
Shift your focus toward the future and what you wish to attract into your life

Manifest



GLOW Schedule

Mind & Body Inner Balance Makeup & Beauty

1 - 31 Oct - Women's Wellness Therapy
1 - 30 Nov - BodyTalk Life Therapy with **Angie Tourani**
16 Nov - 21 Dec - Energy Healing Sessions with **Master Franz**
7 - 22 Dec - Neuro-face Reflex Therapy with **Mariko Hiyama**
By appointment - TCM Deep Healing with **Grace Yu**
Every Fri & Sat - Meridian Massage with Fascia Therapy by **Master Trainer Eric Lee**
Every Sun & Wed - Osteopathic Care with Practitioner **Hugo Dufournet**

Oct 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3 Interactive Singing Bowls for Hormonal Balance
4	5	6 Pink Pilates	7	8	9	10
11 Recharge in Your Feminine Energy: Sound Healing Journey	12 Breast Health Movement Workshop	13 Face Yoga for Healthy & Sculpted Glow	14	15	16	17 Yoga Stick for Spine Health
18	19	20	21	22 Yin Yoga & Sound Healing	23	24
25	26	27	28	29	30	31 Pink Power Run

Nov 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Face Yoga for a Healthy & Sculpted Glow	11 Interactive Singing Bowls Workshop	12	13	14
15	16	17	18	19	20	21 Advanced Tai Chi Standing Meditation
22	23	24	25	26	27	28
29	30					

Dec 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Release & Rise Breathwork	8	9	10	11	12 Interactive Singing Bowls Workshop / Advanced Tai Chi Standing Meditation
13	14	15 Face Yoga for a Healthy & Sculpted Glow	16 Journaling and Manifestation	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

YUN
WELLNESS

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