

options that help them match their style or outfit of the day," says Diana Yiu, public relations manager for North Asia Pacific.

As with their Charge HR counterparts, the new models offer continuous wrist-based heart-rate tracking, all-day fitness tracking, and automatic sleep detection.

The heart-rate tracker works by detecting the expansion and contraction of



the time display comes up) and software that allows you to sync with up to five Fitbits at a time. But given the number of smartwatches around that also track fitness, how does Fitbit hold its ground?

Yiu says: "Fitbit has many features that stand out from the crowd, including support for different sports, the option to pair multiple trackers on the same phone, an extensive food database, 24/7 heart rate monitoring, automatic sleep detection ... But at the end of the day, our goal is to promote a healthy, fit lifestyle for people at different active levels, that's what matters the most."

ivy.ong@singtaonewscorp.com

2354 8893

3/F Waga Commercial Centre, 99 Wellington Street, Central
info@fitnesscompass.com.hk

(Sponsored Feature)

Facial reflexology: a holistic treat for your body and mind

Using natural-based oils and gentle massage techniques to stimulate reflex points and nerve points in the face, facial reflexology aims to increase your blood circulation, reinvigorate your *Qi*—what traditional Chinese medicine practitioners believe are the energy flow within living things—and work with your entire body system.

Facial Reflex Therapy Sorensensistem™ is a methodology researched and developed by Lone Sorensen, who has more than 30 years of experience in the reflexology. Her system combines Oriental medicinal therapies in China, Japan, Tibet and Vietnam with modern neuro-anatomy to help improve the underlying imbalances in the body. The effectiveness is recognized in many countries across Europe, Americas and Asia.



"The treatment helps to enhance a person's natural healing system, which works for many physical symptoms and emotional issues," explains Mariko Hiyama, who is an experienced facial reflexologist and currently the only certified Japanese Cosmo Facial Sorensensistem™ therapist and instructor in Hong Kong. "The treatment also offers a deep relaxation and promotes calmness in the mind," the facial reflexologist adds.

Using her fingertips, Hiyama can apply precise stimulations on reflex zones and points on the face, and sometimes on scalps. She also combines techniques to stimulate the brain by using nervous systems to send impulses to affect corresponding parts of the body in order to bring the energy flow back into alignment.

"Facial reflex therapy is suitable for people of all ages," says Hiyama. "Deep relaxation is a key to enhance one's own natural healing system, thus the therapy can help to relieve many symptoms that are frequently related to muscle pain, tension, stress and fatigue."

The therapist provides individualized treatment based on the client's health concerns and physical conditions. People suffering from more serious neuropsychological illnesses can also improve their quality of life through facial reflexology treatments. Hiyama holds a certification in specifically designed treatment programs for Alzheimer's, Parkinson's and dementia patients.

But of course, the treatment comes with an "esthetic" side effect. Rejuvenation on the face is often seen after each therapy for adults.

Sorensensistem™ has a wide range of techniques for facial rejuvenation treatment. Japanese Cosmo Facial is an ideal method for those who would like to have a natural lifting, tightening and toning effect.

Japanese Cosmo Facial Sorensensistem™

During the treatment, drops of natural-base rose-hip oil are used along with natural mineral masks (optional). To begin, 21 acupuncture points and various reflex zones are stimulated to help reinvigorate the facial tissues. Then come the 11 steps of face muscle exercise, which helps to minimize fine lines and wrinkles.

Other benefits of the treatment include:

- Toning and tightening hanging skin and deep wrinkles
- Eliminating pigmentation spots and acne
- Deep stimulation of acupressure points that influence your emotional state
- Eliminating toxins
- Energizing the entire body

"With one session, you will see the change in your face skin—looking fresh and luminous," says the therapist.

Hiyama practices in IMI clinics in Central and Discovery Bay. If you would like to experience facial reflexology with Hiyama, call 2523 7121.



Mariko Hiyama
Facial Reflexologist
Certified Japanese Cosmo
Facial Sorensensistem
Therapist & Yoga Instructor

