
Welcome to
Wellness
Village

Start whenever your curiosity takes you, no need to read it in order

不用由第一頁開始，也不用一次看完。 翻到讓你好奇的那一頁，就從那裡開始。

致每一位翻開這本書的你

Escape Without Leaving.
如果你問我：「Wellness 是什麼？」
坦白說，我們也沒有答案。

這幾年，Wellness 成為了一個很常聽到的字。有人想到運動，有人想到冥想，有人想到健康飲食，也有人想到科技、美容或香氛。
但在籌備 Wellness Village 的過程中，我們一直在問自己一個問題：

Wellness，究竟代表什麼？
我們後來發現，也許 Wellness 從來沒有一個標準答案。
對你來說，它可以是一場流汗的運動，一杯抹茶，一段安靜的散步，甚至只是一個讓你重新呼吸的片刻。

只要它讓你重新連結自己，那就是 Wellness。

當我們想到 Escape Without Leaving 這句話時，其實花了很長時間。

因為我們希望帶給大家的，不是一個逃離香港的理由，而是一個重新發現香港、重新發現自己的機會。

有時候，我們以為需要時間，才能放鬆。
但也許，我們真正需要的，只是停下來，好好感受當下。

這本 Guidebook 和這 12 天的 Wellness Village，可能只是你生命中很小的一段旅程。
但如果它能讓你停下來一分鐘，多認識一個品牌，多遇見一位朋友，或者重新找到一點屬於自己的平靜——

那就已經足夠了。

最後，很想借這個機會，感謝每一位相信 Wellness Village 的人。
謝謝每一位品牌、合作夥伴、導師、社群、朋友，以及一直陪伴我們的 Wellness Village 團隊。

而翻到這一頁的你，
因為有你，這個 Village 才真正完整。

願你在這裡，找到屬於自己的 Wellness。

If you ask me, "What is Wellness?"

Honestly, I don't have a single answer either.

We hear the word everywhere—fitness, meditation, healthy eating, or beauty. But while creating Wellness Village, we realized there is no fixed formula.

To you, Wellness could be a sweaty workout, a quiet walk, a cup of matcha, or just a moment to breathe.

As long as it reconnects you with yourself, that is Wellness.

We came up with Escape Without Leaving because we didn't want to offer an excuse to flee Hong Kong, but an opportunity to rediscover it and yourself. You don't always need to go far to relax; sometimes, you just need to stop and feel the present moment.

This guidebook and these 12 days at Wellness Village may only be a small chapter in your life. But if they help you pause for just one minute, meet a friend, or find a little inner peace, that is more than enough.

Thank you to every brand, partner, practitioner, and team member who made this possible.

And to you, turning this page—you are what makes this Village complete.

May you find your own Wellness here.



With gratitude,
Issac Yuen
Founder, Wellness Village
29 July 2026

每一個選擇，都是回歸自由的開始

翻開這一頁的你，辛苦了。

也許你正忙著偷閒地喘口氣，悄悄渴望著一場遠行的逃離。

但我想溫柔地提醒你

不離開，也能找到平靜。

Wellness 是一種生活方式，從不是僵硬的規則。

它只是一份屬於你的溫柔選擇：去過一種真正能點燃內心喜悅的生活。

外界能給予靈感，但真正跨出腳步擁抱改變的，永遠是勇敢的你。

不再當生活的旁觀者，

請溫柔地握緊方向盤，做自己生命的掌舵者。

你不需要等待一個「完美的時機」。

當你允許自己去擁抱這種生活的那一刻，自由其實早已悄悄降臨。

翻這本小指南像個暖心的朋友，陪你在日常裡堅定地選擇自己。

Every Choice Begins With Freedom

To you, turning this page—take a deep breath.

Seeking a quiet escape from a busy day? True peace requires no plane ticket

Escape without leaving

Wellness is a lifestyle, not a rigid set of rules. It is simply a personal, loving choice to live a life that sparks joy. While your surroundings can inspire you, you are the one who takes action.

Mindset matters.

Step out of the passenger seat and gently take the wheel of your own journey.

You don't need to wait for a "perfect moment". The second you give yourself permission to embrace this way of living, true freedom quietly arrives right where you are.

May this little guide feel like a warm friend walking beside you,

encouraging you to choose yourself.



With gratitude,

Cheng Tao

Co-Founder, Wellness Village

"Creativity lives in the white space."

(在最純粹的留白裡找到靈感。)

有人說，Wellness 是實現創意的第一步。

以前我也以為創作需要不斷在白紙上填滿東西，

但後來才明白，真正的創意，往往誕生於「留白」。

當生活太過繁碌，我們會錯過身邊很多的人、事、物。

路邊的一朵花、空氣中的香氣都會變得理所當然。

當你願意慢下腳步，放鬆心神，你才能夠以一顆純粹的心，

去感受身邊那些微小卻動人的瞬間。

而這些瞬間，就是所有靈感形成的起點。

這本指南，其實就是我們為你準備的一片小小的留白。

不需要急著尋找答案，也不需要強迫自己立刻改變。

靜下心來，好好感受當下。

願你在 Wellness Village 裡，能找到屬於自己的步調，

重新找回對生活的感知與靈感。



Come say Wellness is the very first step to realising creativity

I used to believe that creating meant continuously filling a blank canvas with content.

But over time, I realised that true creativity often emerges from the "white space".

When life becomes too tense, we miss so much around us—the details, the moments, the people.

A flower by the roadside or a faint fragrance in the air ends up being taken for granted.

Only when you choose to slow down and unwind can you

open a pure heart to truly feel these small yet moving moments. And these moments are the exact spots where all inspiration begins.

This guidebook is a quiet piece of white space we've set aside just for you.

There is no need to rush for answers.

Nor force yourself to change overnight.

Just settle your mind and gently embrace the present.

May you find your own pace here at Wellness Village,

and rediscover your perception and inspiration for life.

With gratitude,

Tiffany Wang

Co-Founder, Wellness Village

與Wellness的相遇，是我生命中最美的幸事之一。

而今，我願將這份光亮，遞送給正需要它的你。

曾因工作與家庭的重壓，我以消極應挑自己，反墜入更深的內耗泥淖。

直到我一點點重啟運動、調適心緒，才在汗水和呼吸間，慢慢找回了失落的自己。

於我，Wellness是平衡，亦是避風港。當生活滿急難行，我總能藉由它重拾本心，

再以更從容的姿態，直面風浪。

我相信，Wellness Village，亦會成為屬於你們的那片安寧之地。

Meeting Wellness was one of my greatest fortunes, and now I pass its light on to you.

Burdened, I once drowned in my own gloom. Through motion and breath, I found my way home.

Wellness my equilibrium, my shelter.

In storms, it steadies me. I set sail again.

Wellness Village, may it be your shelter as well.

With gratitude,

Vivian Au

Co-Founder, Wellness Village







01. Why Wellness Village 8-21

02. Wellness check in 22-27

03. Meet the village 28-131

04. Wellness walk in central 132-165

05. Meet yourself 166-184

Why Wellness Village

—

01



An escape doesn't always require going somewhere.
逃離，不一定要離開。

Sometimes it's slowing down, taking a breath, hearing a song, moving your body, or simply coming back to the moment.

Escape Without Leaving isn't about escaping life. It's about finding a little space for yourself within it.
For these 12 days, come to explore, experience and connect — or simply sit down and do nothing for a while.

The city can keep moving.
You can slow down.
Welcome to Wellness Village.

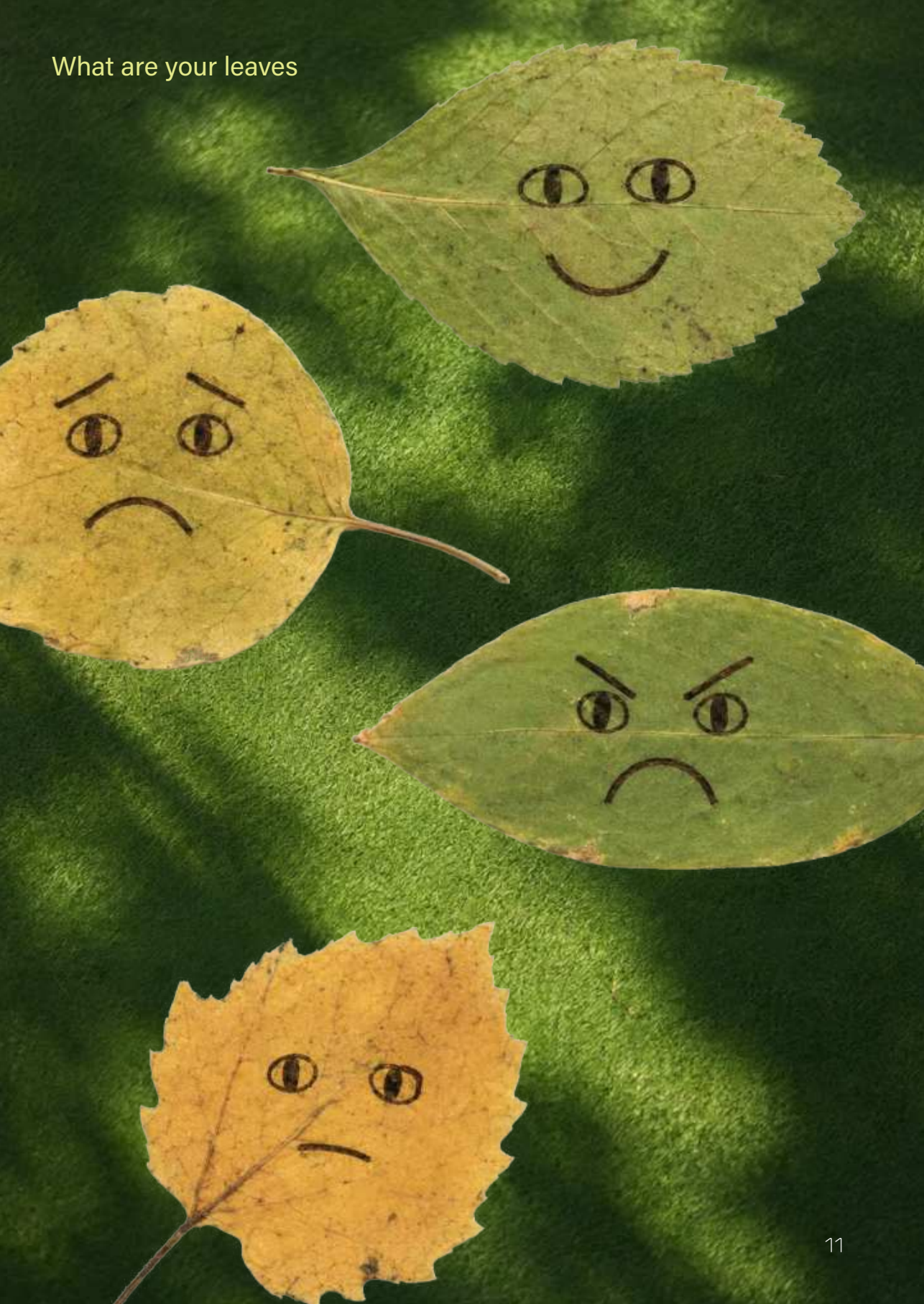
有時只是慢一點、深呼吸一下、聽一首歌、動一動身體，或者把注意力重新放回此刻。

Escape Without Leaving，不是叫你逃離生活，而是在生活之中，偶爾為自己留下一點空間。
這 12 天，可以來探索、來感受、來認識新的人和事；也可以只是坐下來，甚麼都不做。
城市依然很快。
但你可以慢下來。

Welcome to Wellness Village.


Recently I feel:

What are your leaves



Why Wellness Village

EVERYTHING WELLNESS, IN ONE VILLAGE.

Wellness 可以是一場運動、一個 Workshop、一件讓生活變好的產品，也可以是一場對話、一個新的連結，或一次意想不到的發現。

Wellness Village 把這些都放在同一個地方。
Movement、Mindfulness、Nourishment、Lifestyle；從最新的 Wellness 品牌和生活趨勢，到運動、工作坊、體驗與 Community

來上一堂課、試一件新事物、認識一個品牌，或者遇見一群對生活同樣好奇的人。
之所以叫 Village，因為這裡不只是一個市集。
這是一個讓人探索、體驗、交流和連結的地方。
為一件事而來，也許會帶著五個新發現離開。

Wellness is a movement, a workshop, a product, a conversation, or an unexpected discovery. Wellness Village brings it all together.

Covering movement, mindfulness, nourishment, and lifestyle, we unite emerging brands, trends, classes, and community. Come to move, explore, discover brands, and connect with fellow wellness seekers.

More than a market, it's a village designed to help you discover, experience, connect, and belong.

Come for one thing. Leave having discovered five more.



Why Central Market





中環街市
CENTRAL MARKET

Wellness belongs in everyday life.

And few places sit closer to the rhythm of everyday Hong Kong than Central.
Work, lunch, meetings, friends, the next appointment,

thousands of lives move through here every day.

Central Market once held the everyday rhythms of Hong Kong. Today, it has become a place to meet, stay and discover again.

So this is where Wellness Village belongs.

Not on a mountain. Not at a resort. Not outside Hong Kong.

Right in the middle of everything, make a little room for yourself.

Wellness 屬於日常。

而香港很少有地方，比中環更貼近日常生活的節奏。
上班、食飯、見朋友、趕下一個 Appointment
每天都有無數人在這裡經過。

中環街市曾經盛載香港最日常的生活，今天再次成為一個讓人相遇、停留和發現新事物的地方。

所以 Wellness Village 就在這裡。
不是山上，不是 Resort，也不用離開香港。
就在城市最繁忙的地方，留一點空間給自己。


Why
ELLE
HONG KONG

Wellness is no longer just about being "healthy."
What we wear, what we eat,
how we move, how we rest, how we care for ourselves and how we connect — all of it is reshaping what wellness means today.

And that makes wellness part of culture.
From fashion and beauty to lifestyle, ELLE has long documented the way we live and how it continues to evolve.
ELLE Hong Kong × Wellness Village brings wellness into that bigger conversation.
Not just, "How can we be healthier?"

But:

How do we want to live today?

Wellness 已經不只關於「健康」。
穿甚麼、吃甚麼、如何運動、如何休息、如何照顧自己、與誰連結——都正在重新定義今天的 Wellness。
而這些, 也是 Culture。
從 Fashion、Beauty 到 Lifestyle, ELLE 一直記錄著生活方式如何改變。
ELLE Hong Kong × Wellness Village 把 Wellness 帶進更大的生活語境。
不只問「如何變得更健康?」
而是:
今天, 我們想怎樣生活?



Why Green?

走進 Wellness Village, 綠意無處不在。
為什麼是綠色？

綠色是城市的喘息空間。
在石屎森林中, 它是一種生活的頻率, 提醒我們停下腳步, 深呼吸, 與大自然重新連結。
這裡的綠，是日常的歸位。
當你被樹影包圍, 緊繃的身心便開始慢慢鬆綁。

Green是一個溫柔的邀請：
Breathe out.
Ground yourself.
You are home.

Step into Wellness Village, and green is everywhere.
Why green?
Green is the city's exhale.
In a landscape of concrete, it is a rhythm that reminds us to pause, breathe, and reconnect with nature.
The green here is a return to our everyday rhythm.
Surrounded by leaves, your body and mind begin to unwind.
Think of Green as a gentle invitation:
Breathe out. Ground yourself. You are home.

Why Bird?

MEET GUGU.

在 Wellness Village 四周看看, 可能會不時遇見一隻小鳥。
牠叫 GUGU。

鳥很適合這座 Village。
牠們**自由地穿梭城市與自然, 不需要走得很遠,**
也能找到屬於自己的天空。
更有趣的是, 在香港這座節奏飛快的城市,
鳥其實**一直都在我們身邊**——樹上、窗外、海旁,
甚至高樓之間。

只不過平日走得太快, 很少抬頭。
GUGU 就是一個小小的 Reminder:

Slow down. Look up.

You might find something.

227k
麻 雀
Passer montanus

20-50k
黃 腹 鷦 鶯
Prinia inornata

5-15
灰 叢 鴝
Grey Bushchat

68k
紅 耳 鵯
Red-whiskered Bulbul

20-30k
斑 文 鳥
Lonchura punctulata

1-2*
黑 帽 藍 翠 鳥
Black-capped Kingfisher

200-500
黑 喉 石 鴝
Amur Stonechat

* 極為罕見 見到佢嘅你真係非常幸運!!
全球大約只有一萬隻上下 喺香港只有出現喺米埔自然保護區

香港鳥類品種與數量

才發現我們錯過了多少抬頭的瞬間

TAKE A LITTLE *Wellness* WITH YOU.

Wellness VILLAGE CENTRAL EST. 2026 HONG KONG

01 TOTE BAG

CARRY GOOD THINGS.

裝住日常，
也裝住今天在
Village 找到的
新發現

For everyday essentials and whatever you discover along the way.



02 FAN

STAY COOL. LITERALLY.

香港的夏天，
有些 Wellness 很簡單
有風就好。

Sometimes wellness is simply staying cool.



03 YOGA MAT

YOUR SPACE, WHEREVER YOU ARE.

一張 Yoga Mat，
就是一小片
屬於自己的空間。
伸展、呼吸、流汗，
或者甚麼都不做。

Move. Stretch. Breathe.
Or simply stay still.



04 ISSMEN × WELLNESS VILLAGE SCENT TAG

AN ESCAPE, IN SCENT.

把 Escape
Without Leaving
化成一種可以
帶走的氣味記憶。

A little scented reminder that you do not have to go far to escape.



05 "WELLNESS LOOKS GOOD ON YOU" T-SHIRT

WELLNESS LOOKS GOOD ON YOU.

跑步是 Wellness。
休息也是。
沒有標準造型，
只有適合你的方式。

However you choose to do wellness wear it your way.



ISSMEN X WELLNESS VILLAGE

EST. 2026

CENTRAL MARKET, HONG KONG

Wellness Village Essentials

Wellness Check-in

—
02

Wellness Begins With **Discovering**




20
21
19
15
18
14
16
10
13
11
12
7
8
1
6
3
5
2
4

每一個選擇，都可能反映你當下嘅需要、生活節奏同內在傾向。了解自己點解會作出某個選擇，可以成為一次自我覺察嘅機會，幫助你更了解自己，搵到更適合自己嘅生活方式。

1、3、6、7 | **勇於探索**
你充滿行動力，面對新挑戰時往往願意踏出第一步。你嘅樂觀同勇氣，可以推動自己不斷成長。偶爾放慢腳步，俾自己多少少時間思考同感受，可能會令每一步行得更加自在、穩妥。

5、2、4 | **需要好好充電**
最近嘅你，可能比較容易覺得攰，動力同耐性亦比平時少。呢個時候，不妨俾自己多一點休息同空間，重新留意睡眠、飲食、活動同生活節奏。照顧好自己，亦係生活中重要嘅一部分。

8 | **享受 Me Time**
你珍惜屬於自己嘅空間，獨處可以幫助你整理思緒、重新充電。忠於自己係一種力量，同時亦可以偶爾打開自己嘅世界，同值得信任嘅人連結，為生活帶來唔同嘅能量。

9 、11、12 | **享受當下**
你好奇心強，鍾意探索新事物，亦容易適應生活中嘅變化。你自然、真誠嘅相處方式令人感覺輕鬆。享受當下之餘，偶爾停一停、留意自己真正需要啲乜，可以令生活更有平衡感。

10、15 | **嚮往自由與探索**
你享受新環境、新體驗，以及自由自在嘅生活方式。探索世界可以為你帶來活力，同時亦可以試吓發掘日常生活中細小而踏實嘅幸福，為自己建立一個無論去到邊都可以安心嘅內在空間。

13、21 | **慢熱而細膩**
你可能需要多少少時間先會願意向別人打開自己，亦比較重視安全感同真正有深度嘅連結。唔需要勉強自己變得外向，可以按照自己舒服嘅步伐，慢慢表達感受，同值得信任嘅人建立連結。

14 、19 | **需要多一點情緒空間**
最近嘅你可能承受住比較多壓力，偶爾會感到低落、迷惘或者無力。試吓俾自己多一點空間休息同整理情緒，亦可以同信任嘅人傾吓。當情緒持續影響日常生活時，尋求專業支援亦係照顧自己嘅其中一種方式。

16、17 | **重視陪伴與連結**
你重視人與人之間嘅陪伴，身邊人嘅支持可以為你帶來安全感同力量。同時，亦可以慢慢培養屬於自己嘅生活節奏，享受一個人嘅時間，建立更多內在安全感。

20 、 18 | **自然嘅帶領者**
你有自信、方向感同帶動身邊人嘅能力，亦願意主動承擔責任。真正舒服嘅領導力，除咗帶領之外，亦包括聆聽、理解同留空間俾其他人。當彼此都感到被看見同尊重，團隊自然更有力量。

“

YOU DON’T HAVE TO GO FAR TO FEEL DIFFERENT

”

不 需 要 走 得 很 遠
也 可 以 重 新 感 受 自 己 。

what's included in our village

來 Village
帶上這些就夠了。



01. YOUR CAP

GET SOME FRESH AIR.
戴上帽子，出去走走。
Step outside.
Get a little closer to nature.



02. THE GUIDEBOOK

FIND YOUR WAY.
帶住本 Guidebook，慢慢探索。
Your little guide to the Village.



03. A LITTLE DRINK

SIP & SLOW DOWN.
飲一杯，俾自己慢一點。
Take a sip. Stay a while.

04. SOMETHING TO MOVE IN

READY TO MOVE.
換上運動衫，想郁就郁。
Stretch, move, sweat
— your way.



05. YOUR CURIOSITY

COME AS YOU ARE
最重要，帶點好奇心。
Come curious.
Leave with something new.

Meet The Village

—

03

Every good village needs good neighbours.

認識我們的 VILLAGE

每個 Village，都由不同的人與故事組成。

認識今次與我們同行的品牌與創辦人，從四個方向探索屬於你的 Wellness。

MOVE BETTER｜動得更好
運動　力量　修復

NOURISH BETTER｜滋養更好
飲食　營養　補給

LIVE BETTER｜生活更好
美容　生活　日常

FEEL BETTER｜感受更好
正念　連結　放鬆

下一頁，Meet Your Village Neighbours ↓

LOOKING TO *Move better*

Pick a number each day and take on the movement challenge!

每天挑選一個號碼，完成對應的運動挑戰！




Perle
de bay
Jewelry you can
live in
Wellness



我們創立

Perle de bay

Perle de bay jewelry

Q: We're building this brand because...

As active outdoor lovers, we were tired of our favorite pieces tarnishing, so we created waterproof jewelry built to go everywhere we do—from our wildest workouts and sun-soaked adventures

爲陽光與戶外而生!我們的防水防汗飾品，無懼汗水與日常考驗，陪你從辦公室輕鬆切換到戶外運動，隨時隨地展現率性自我。

Q: Share one quote that best describes your brand or philosophy.

Live active, stay radiant, and never take off your shine.

活出精彩，時刻閃耀，讓你的光芒永不褪色。

Q:"The future of wellness is..."

The future of wellness is seamless living—where functional active habits and everyday elegance naturally blend together.

我們相信，健康生活的未來，在於將積極的運動習慣與優雅的日常完美融合。


Elegance in
movement,
tranquility
in form.
Wellness
VILLAGE



cloudism
動而見雅

靜中呈韻

Q: I'm building this brand because...

I believe activewear should seamlessly blend with refined luxury and effortless daily comfort, empowering people to move gracefully through every context of life.

因爲我相信運動休閒服飾應該完美融合簡約奢華與日常舒適，讓人在生活的每個場景中都能優雅前行。

Q: What change do you hope your brand brings to people's lives?

We wish to transform daily dressing into a mindful ritual of self-care, where elevated style meets uncompromising physical freedom.

我們希望將日常穿搭轉化爲一種自我愛惜的儀式，在追求極致風格的同時，絕不妥協身體活動的舒適感和自由度。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Cloudism is the ultimate cloud-like softness and timeless elegance designed to carry you effortlessly from morning movement to evening retreat.

Cloudism代表著如雲朵般的極致軟膚觸感與永恆優雅，陪伴你從晨間運動到夜晚放鬆，無縫切換。

"The future of wellness is..."

The future of wellness is an integrated lifestyle where comfort, high performance, and quiet luxury effortlessly coexist."

Wellness 的未來是一種生活方式的整合——讓舒適感、卓越功能與低調奢華 (Quiet Luxury) 完美共存。


Effortless confidence is
the only beauty that never
goes out of fashion
IT'S A WAY BACK
TO YOURSELF
Wellness



我創立

Attun Row
GOLFERS ATELIER

Attun Row

Q: What change do you hope your brand brings to people's lives?

I hope it inspires people to feel effortlessly confident and poised throughout their day, offering an uncompromised, zero-distraction experience where clothing moves like second-skin.

我希望它能啟發大家在一整天中感受到輕鬆的自信與從容，提供無妥協、零干擾的體驗，讓服裝如同第二層肌膚般隨身而動。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Attun Row is where timeless golf heritage meets the absolute pinnacle of modern athletic performance, empowering golfers to feel completely free mid-swing.

Attun Row 是傳承運動與現代運動性能的完美結合，賦能球手在揮桿瞬間感受到完全的自由。

"The future of wellness is..."The future of wellness is seamlessly blending timeless style with a life lived in free, intentional motion.

Wellness的未來是將永恆的風格與生活在自由、有意識的運動中無縫融合。



"從容由心的自信"

是永不落伍的風尚。

Cool For Today



Room for Tomorrow

Wellness VILLAGE



我創立

teeo

Teeo Apparel

Q: I'm building this brand because...

As two founders with a creative and streetwear background, we wanted to fill a gap in the market by making cool, high-quality graphic clothes for our future kids.

作爲兩位來自創意與街頭服飾背景的創辦人，我們一直想填補市場上的一個空缺——爲我們下一代的孩子，設計既型格又高品質的圖案服飾。

Q: What change do you hope your brand brings to people's lives?

Easier, stress-free mornings for parents through simple dressing, paired with total freedom of movement and confidence for kids.

讓父母的早晨變得更簡單、更從容，同時讓孩子擁有最大的活動自由與滿滿的自信。

Q: What does wellness mean to you today?

Wellness is about intentional family living—reducing daily friction, buying less, and choosing quality pieces that adapt to everyday life.

我們相信的健康，是過一種有意識的家庭生活——減少日常的瑣碎與消耗，買得更精簡，但選擇更優質、更耐穿的單品，陪伴每一天的生活。

BEHIND EVERY BRAND IS A STORY WORTH DISCOVER-ING.

LOOKING FOR
Nourish your body

PUNCH CARDS

Cut out the punch card and fill one circle each day you complete a nourishing habit!

剪下儲分卡，每當完成一項健康飲食小習慣，就在卡上填一個孔！

Drink 2 Litres of *Water*
喝兩公升水



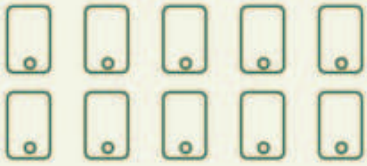
Cook a Healthy *Meal*
自製健康餐



Eat a Meal with 5 *Colours*
吃一餐五色料理



Enjoy a meal without *Phone*
在吃飯時不看手機



Do not eat *Junk Food*
不吃垃圾食物



Buy Your Ingredients *Local*
選購本地食材




Purity you can see. Power you can taste.
Wellness
VILLAGE



HEYAMI
看得見的純淨
喝得到的力量

Q: What change do you hope your brand brings to people's lives?

We hope to make getting enough protein feel as natural and effortless as drinking your favourite tea

我哋希望將「補充充足蛋白質」呢件事，變得好似飲緊你最鍾意嘅茶咁，既自然又完全唔費吹灰之力。

Q:If someone only remembers one thing about your brand, what would you want it to be?

We want people to remember that better nutrition can be refreshing, convenient,and enjoyable which fit naturally into real life.

我哋最想大家記住，原來吸收更優質嘅營養，都可以好清爽、好方便、好Enjoy，完全可以好自然咁融入到大家嘅日常日常。

"The future of wellness is..."

The future of wellness is making healthier choices the easiest choices.

身心健康的未來，在於讓更健康的抉擇，也成爲最輕鬆簡單的選擇。

HEYAMI

I never tasted a better matcha

Great matcha for everyone



優質抹茶，適配眾人
滿滿活力，
賦能每一位奮鬥者

Great energy for every changemaker

Q: I'm building this brand because...

We are building Matchaka to make great matcha simple, inclusive, and exciting for everyone while supporting all the changemaker out there.

Matchaka的誕生，是爲了讓優質抹茶變得更簡單、更平易近人、更令人期待——讓每一個



人，都能在日常中輕鬆享受，也向每一位持續前行、持續創造的人致敬。

Q: Share one quote that best describes your brand or philosophy.

"Don't be afraid to give up the good to go for the great." Rockefeller

「別害怕放棄好的，去追求更好的。」——洛克菲勒



"The future of wellness is..."

The future of wellness is less about rules and restrictions, and more about making better choices feel effortless, enjoyable, and part of everyday life.

健康的未來，不再是一堆規則與限制，而是讓每個更好的選擇，變得不再費力、充滿愉悅，並悄悄成爲生活的一部分。


It is not simply skincare—
it is a journey of rediscover the body's strength.
Wellness
VILLAGE



Medi Free Wellness
看得見的純淨
喝得到的力量

Q: If someone only remembers one thing about your brand, what would you want it to be?

"Medi Free Wellness is not simply skincare—it is a journey of rediscover the body's strength."

There are no sustainable quick fixes. Instead, we believe in natural botanical ingredients and a minimalist skincare approach that can help in supporting the wellness of skin. From soothing discomfort and restoring rest to nurturing regenerative power, we aim to help the skin regain balance and thrive in its own time.

「零藥膚療不只是護膚，而是陪伴肌膚找回自身力量的旅程。」

我們不追求快速掩蓋問題，而是透過天然植物的能量與簡約自主的護膚方式，幫助人們從舒緩不適開始，逐步培養治癒再生力量，讓肌膚學會以自己的節奏恢復平衡與健康。

Q: Share one quote that best describes your brand or philosophy.

Nurture Regenerative Power. Empower Resilience from the Core.

培養治癒再生力量，打開強化肌膚之門。

"The future of wellness is..."

The future of wellness is making healthier choices the easiest choices.

身心健康的未來，在於讓更健康的抉擇，也成爲最輕鬆簡單的選擇。

Nurturing happiness through the pure taste of rice.



Rice Flour French Lemon Tart

最樸素的白米，
守護味蕾的幸福



Q: What change do you hope your brand brings to people's lives?

Customers can safely enjoy every bite of delicious rice-based baked goods, sa9sfying their cravings for bread and sweets while experiencing a "delicious bliss."

客人可安心感受每一口用米製作的美味烘焙出品，滿足他們期待食包食甜點的味蕾，得到「滋味的幸福」。



Q: What does wellness mean to you today?

Wellness means having the "active autonomy" to do what you want to do, and eat what you want to eat.

健康就是可以「積極自主」地做想做的，吃想吃的。

HONG KONG IN A BOTTLE

Nature, craft, time.



Wellness VILLAGE



以自然工藝
釀香港之魂

Q: I'm building this brand because...

We build this brand to create spirits that express the spirit of Hong Kong through nature, craftsmanship, and a deep respect for time.

我創立這個品牌，是希望透過自然、工藝與對時間的尊重，釀造出真正能代表香港精神的烈酒。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I'd want them to remember that our brand is rooted in authenticity, patience, and the belief that quality takes time.

我希望他們記住，我們的品牌建立在真誠、耐心，以及「好品質需要時間」的信念之上。

Q: Share one quote that best describes your brand or philosophy.

Nature, time, and balance are the foundations of every spirit we create.

自然、時間與平衡，是我們創造每一款烈酒的根基。

"The future of wellness is..."

The future of wellness is slower, more connected, and more rooted in nature and community.

健康的未來，將會更慢、更有連結，並更深地扎根於自然與社區之中。

The future of wellness lies in quality living and healthy longevity.



Wellness
VILLAGE



The future of wellness lies in quality living and healthy longevity.

“健康的未來是高質的生活和健康的長壽”

Q: What change do you hope your brand brings to people's lives?

We aspire to bring this brand into every household, so that more people can discover the transformative power of oxygen therapy—not only for physical wellness, but also for its meaningful support in alleviating depression.

希望這個品牌能夠走進千家萬戶，讓更多人知道吸氧的好處及重要性和對抑鬱症也有很好的幫助效果。

Q: What does wellness mean to you today?

Health is the foundation of life; longevity is the gateway to a life well lived.

唯有健康才能延續生命，唯有長壽才能擁抱高素質的人生。

Q: Share one quote that best describes your brand or philosophy.

O2ARK Micro Hyperbaric Oxygen Chamber—supporting the health of every life.

O2ARK微高壓氧艙，承托起大家的健康！

O2 ARK


FOR SKIN THAT
BREATHES
on a planet that can too
Wellness
VILLAGE



Skreen

讓肌膚與地球

一同自在呼吸

Q: What change do you hope your brand brings to people's lives?

I hope our brand empowers people to feel effortlessly confident, protected, and healthy in their natural skin every single day.

我希望品牌能讓大家每天都能可持續地展現自信，享受健康且受到妥善保護的自然肌膚。

Q: What does wellness mean to you today?

To me, wellness means cultivating a balanced lifestyle where conscious self-care meets daily comfort and safety, including taking smart, preventive steps to protect skin barriers from the invisible stresses of urban living.

對我而言，Wellness 代表一種平衡的生活方式，將意識自愛與日常的舒適安心完美結合。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want them to remember us as the trusted guardian of their skin that never compromises on safety or efficacy.

值得信賴的肌膚守護者，在成分安全與產品功效上絕不妥協。

skreen

The first taste is only the beginning



We don't just craft products; we craft moments that leave you s m i l i n g .

CANELÉ
CHEZ BRU





Q: I'm building this brand because...

Everyone deserves a little bit of canelé happiness in their lives.

我建立呢個品牌，係因爲每個人嘅生活都值得擁有可麗露帶嚟嘅小確幸。

Q: What change do you hope your brand brings to people's lives?

I want every interaction with our people and product to bring a smile to their faces.

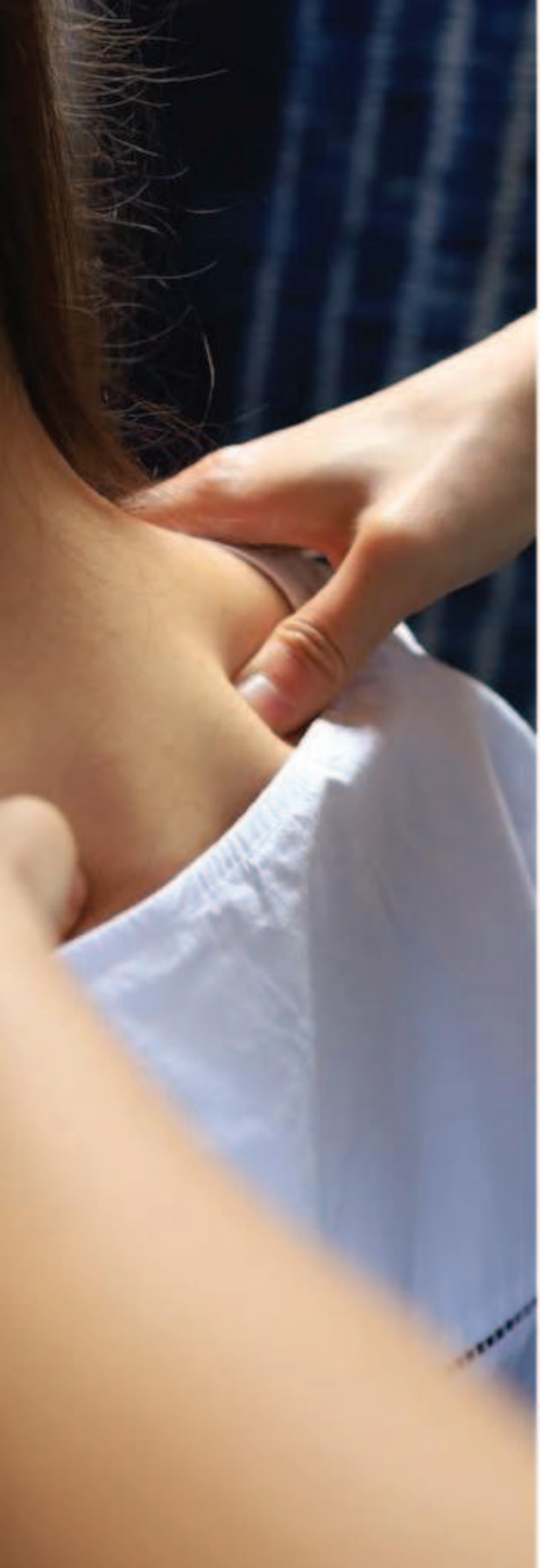
我希望透過我哋嘅產品同每一次嘅互動，都可以令客人會心微笑。

Q: What does wellness mean to you today?

Taking time to make sure that everything is aligned, not just focusing on the immediate needs.

確保身心靈平衡，而非只專注於眼前嘅即時需求。


SMILE,
BREATHE
and go slowly.
映療心舍



Healinghands.alo
讓身心安穩放鬆
Calming and body and the mind

Q: What change do you hope your brand brings to people's lives?

I hope to help people, especially women, transition from constant 'doing' to peaceful 'being' through mindful touch, reminding them that they deserve to slow down and rest deeply.

我希望透過溫柔按摩撫觸，幫助人們，尤其女生，從不斷忙碌的『做』過渡到平靜安穩的『在』，溫柔地提醒大家：你本就值得放慢腳步、深度休息。

Q: What does wellness mean to you today?

To me, wellness today is the intentional balance of action (yang) and rest (yin), recognizing that to navigate a fast-paced world, we must first learn how to slow down.

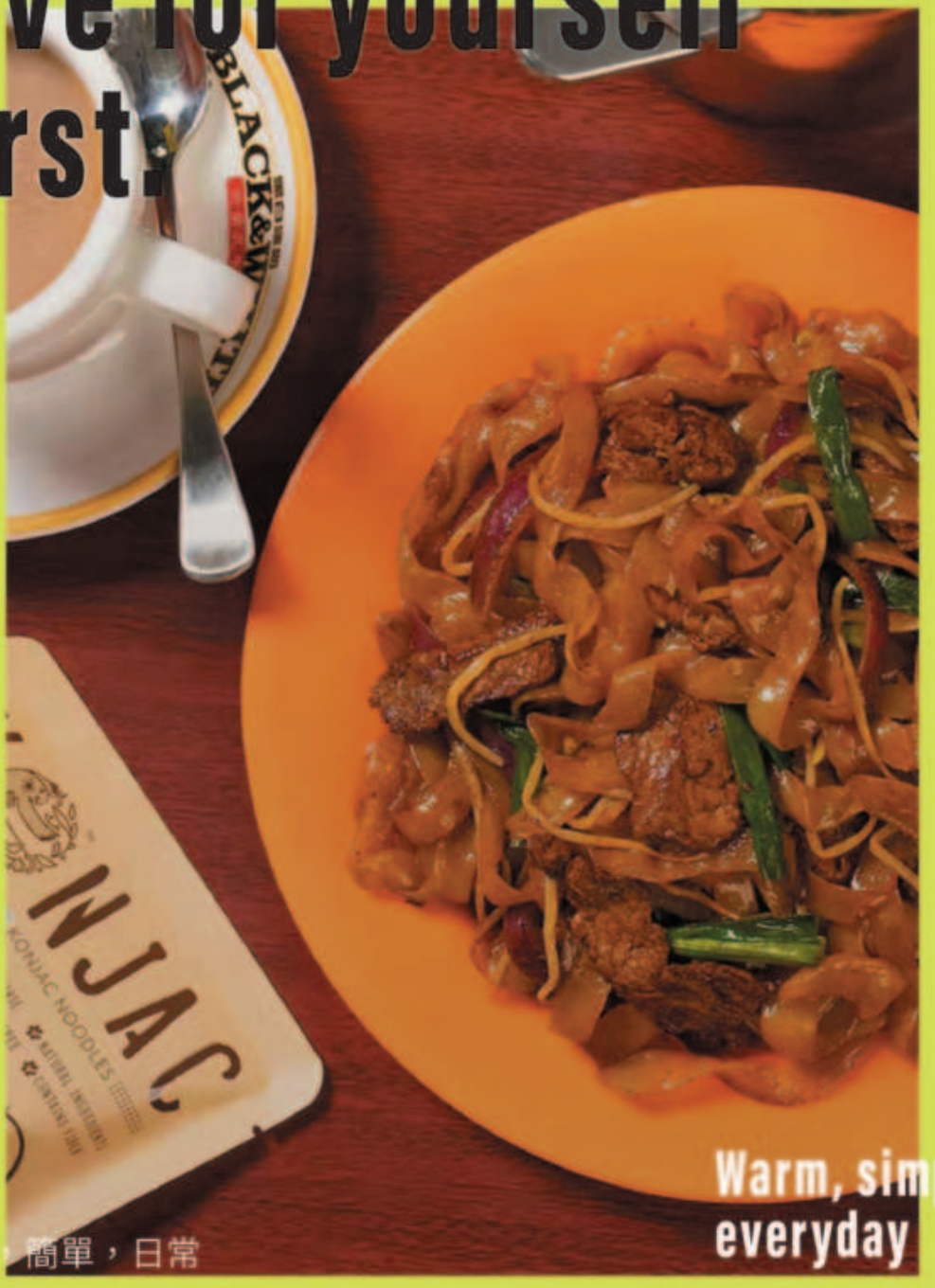
對我而言，wellness是在行動(陽)與休息(陰)之間取得平衡，在明快節奏的都市中前行，我們須先學會慢下來。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want them to remember our warm, deeply present touch that is always here to melt away your tension and restore your inner calm whenever you need it most.

記住我們溫暖、專注的手，在你最需要的時刻，爲你放鬆緊繃，找回內心的平靜

Live for yourself first.



Warm, simple, everyday

that's healthy eating.

温暖，簡單，日常

健康飲食就是如此

Q: I'm building this brand because...

I've been through the health scares that come with an unbalanced diet—and that's how I learned that cutting out refined carbs can actually make you feel lighter, both physically and mentally. I want to share that shift with others walking the same path.



因爲我自己經歷過飲食失衡帶嚟嘅健康警號，先發現原來「戒精製澱粉」可以令身體同心情都變輕盈，我想將呢個轉變帶俾更多同路人。

Q: What does wellness mean to you today?

For me, wellness isn't about saying no to food or following strict rules. It's about choosing the right way to care for myself, so I can show up for my family and chase my dreams with real energy.



Wellness 對我嚟講唔係戒口或者節食，而係揀啱嘅方式好好照顧自己，先有能量去照顧屋企人同追夢。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Healthy eating can be warm, simple, and truly part of everyday life—it doesn't have to feel like a distant ideal.

健康飲食都可以好有溫度、好貼地，唔係一件遙不可及嘅事。

SUSTAINING THE LAND

one season at a time





順應四季
養一方土地

Q: I'm building this brand because...

I built this brand to preserve Hong Kong's traditional beekeeping heritage and to bring the purest, zero additive sweetness of nature to this city.

我建立這個品牌，是爲了傳承香港本土的傳統養蜂工藝，並將大自然最純正、零添加的甜蜜饋贈帶給這座城市。

Q: What does wellness mean to you today?

To me today, wellness is about living in rhythm with the seasons, embracing the nourishment of natural active nutrients, and finding harmony with the ecosystem around us.

對今天的我而言，健康是順應四季流轉的節奏，享受天然活性養分的滋養，並與身邊的生態環境達成和諧共生。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want people to remember that Jan's Honey is crafted with the integrity of natural free range beekeeping and unheated, artisanal care—a Hong Kong honey brand that is 100% committed to protecting local agriculture and ecological balance.

我希望大家記得珍式蜂蜜堅持「天然放養」與不加熱的職人誠意，是百分之百守護本土農業與生態平衡的香港蜂蜜。

Q: Share one quote that best describes your brand or philosophy.

Through seasonal free range practices and pure active nutrients, we sustain the land's virtuous cycle.

順應四季天然放養，以純粹活性養分延續土地的良性循環。

BACK TO YOURSELF



Well, Shine Bright

Health is not a luxury, but a way of living.





Q: I'm building this brand because...

Busy work and life often make us overlook the health of our body, mind, and soul, I inspired by the wellness food philosophy of Yuen Long Chinese Medical Clinic and Yuen Long Farm, to naturally bring health back into everyday living.

繁忙的工作與生活常常讓我們忽略心身靈的健康，因此我創立了 Noble Garden，以元朗中醫館及元朗農場的養生理念食品爲靈感，讓健康自然融入日常生活。

Q: What does wellness mean to you today?

Wellness today means health, a cheerful mindset, joy, and helping others become more mindful of their own well-being.

健康、心境開朗愉快，並且能幫助他人更加關注自身的健康，這正是我希望人們對「健康」的理解。

EVERY BRAND BEGINS WITH A BELIEF.

LOOKING FOR *Create your space*

Can you spot the 7 simple wellness rituals hidden around this home that help create a calmer, more refreshing space? ***Circle them!***

你能找出這個家中隱藏的七個療癒生活小習慣嗎？
它們能幫助打造更平靜、舒適的生活空間。
把它們圈起來吧！

1. Open the windows 打開窗戶
2. Place fresh flowers 擺放鮮花
3. Light a candle 點燃蠟燭
4. Declutter one shelf 整理層架
5. Water a plant 為植物澆水
6. Create a cozy corner 打造舒適角落
7. Add decorations 添置擺設



中環街市
CENTRAL MARKET

SCENT IS NOT AN ESCAPE.



IT'S A WAY BACK
TO YOURSELF

Wellness VILLAGE x ELLE



我們創立
IŚSMEN

Q: We're building IŚSMEN because...

I believe scent has the power to reconnect us with ourselves and the moments that truly matter.

我創立 ISSMEN，因爲我相信香氣有力量讓人重新連結自己，同埋生命中眞正重要嘅時刻。

Q:If someone only remembers one thing about your brand, what would you want it to be?

That every scent tells a story, and every story begins with you.

希望大家記得，每一款香氣都承載一個故事，而故事都由你開始。



“大家慢落嚟
將療癒變成每日嘅小儀式。”

slow down, feel more deeply,
and create meaningful rituals in everyday life.


Not everything
valuable asks
to be seen
mòk
mòk
Wellness
VILLAGE



mok.incense
眞正珍貴的事物
無聲，亦無形

Q: I'm building this brand because...

I believe true luxury today is having the space to slow down, breathe, and reconnect with yourself.

因爲我相信，在這個時代，眞正的奢侈不是擁有更多，而是找回屬於自己的寧靜。

Q: If someone only remembers one thing about your brand, what would you want it to be?

That peace isn't something you chase—it begins the moment you choose to be present.

真正的平靜，從來不是向外尋找，而是向內回歸。

Q: Share one quote that best describes your brand or philosophy.

"Not everything valuable asks to be seen."

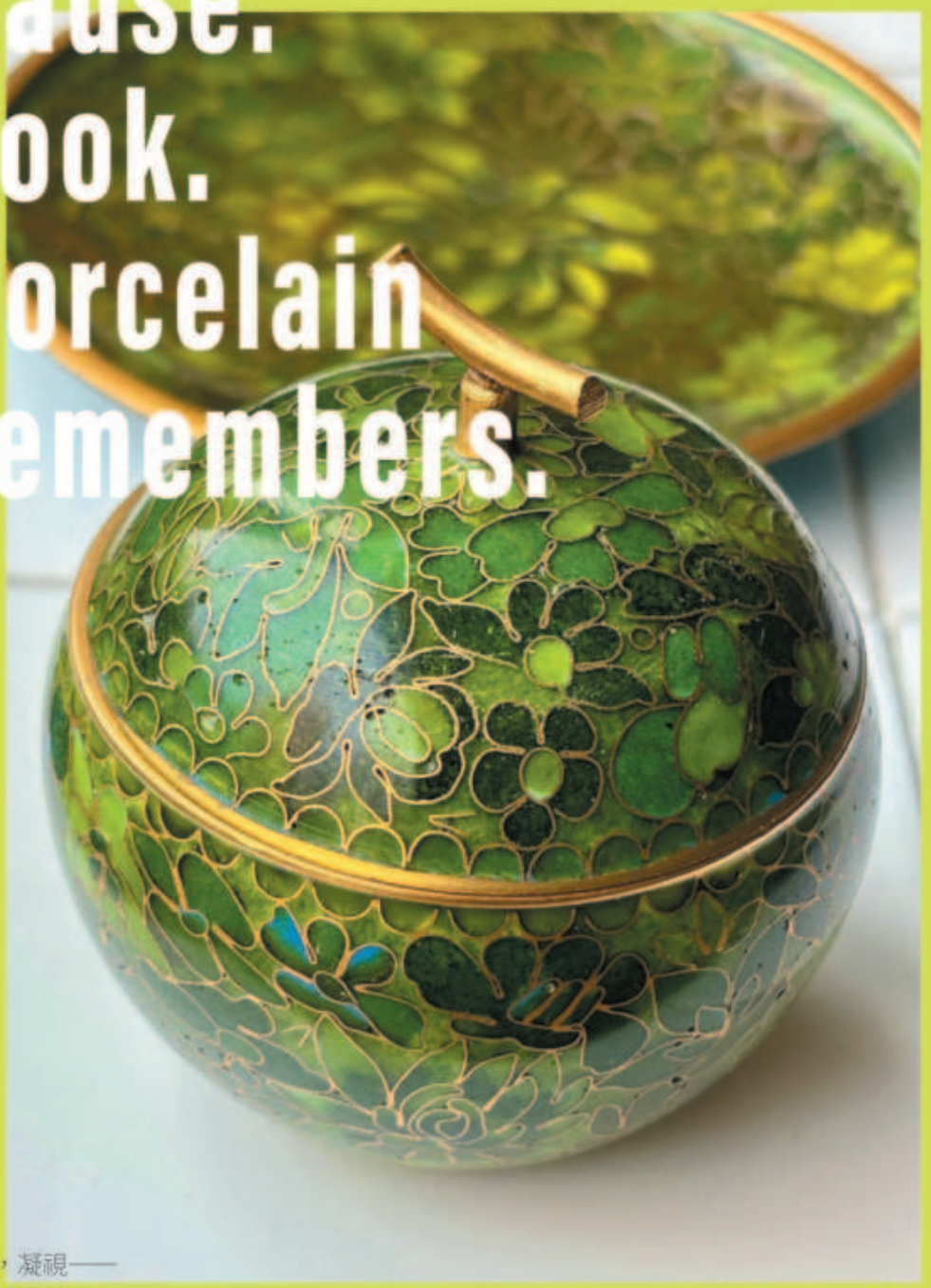
眞正珍貴的事物，無聲，亦無形。

"The future of wellness is..."

The future of wellness is less about doing more and more about returning to yourself.

未來的Wellness，是讓每個人都能重新擁有與自己相處的能力。

Pause. Look. Porcelain remembers.



駐足，凝視——
瓷器記得美

港古堂

港古堂
a piece of hong kong

A Piece of Hong Kong

Q: What change do you hope your brand brings to people's lives?

I hope people can stop in their hectic lives and appreciate the beauty around them, particularly the porcelain vessels that bring back memories and embody traditional aesthetic.

我希望人們能在奔忙的日子裡，爲美停留片刻——



尤其是那些承載著記憶與東方美學的瓷器，它們靜靜地訴說著時間的故事。

Q: If someone only remembers one thing about your brand, what would you want it to be?

That my brand is the go-to vintage porcelain shop in Hong Kong.



我希望大家記得，我的品牌是香港尋覓復古瓷器的必到之地。

"The future of wellness is..."

The future of wellness is loving who you are and doing what u love.

健康的未來，是接納自己，並勇敢去做熱愛的事。


WHEN THE
HEART SHIFTS
so does one's path
森靈川 OM Breathing Club
Wellness
VILLAGE



心之所向
路之所往

Q: I'm building this brand because...

We aspire to restore harmony between body and mind for our customers through the power of natural incense.

希望透過天然線香令客人達致身心平衡。

Q: What change do you hope your brand brings to people's lives?

We encourage our customers to take the time of just one incense stick each day—to let go of burdens, to find stillness, to clear the mind, and to invite greater ease into their lives.

希望客人每天用一支香嘅時間，俾自己放低煩惱，靜心休息，清除雜念，然後令生活越嚟越暢順。

Q: What does wellness mean to you today?

As the outer world is but a mirror of the inner, we hold that "everything is created by the mind."

外界的實相始於心中，所以「一切唯心造」。

Q: Share one quote that best describes your brand or philosophy.

When the heart shifts, so does one's path—and with it, the encounters that shape our journey.

心願改變，成就遇見

Scent holds memory. One whiff, and you'll remember.







Q: I'm building this brand because...

We believe in the healing power of scent—to uplift, to comfort, and to bring joy.

用香氣療癒大家，帶給大家快樂

Q: What does wellness mean to you today?

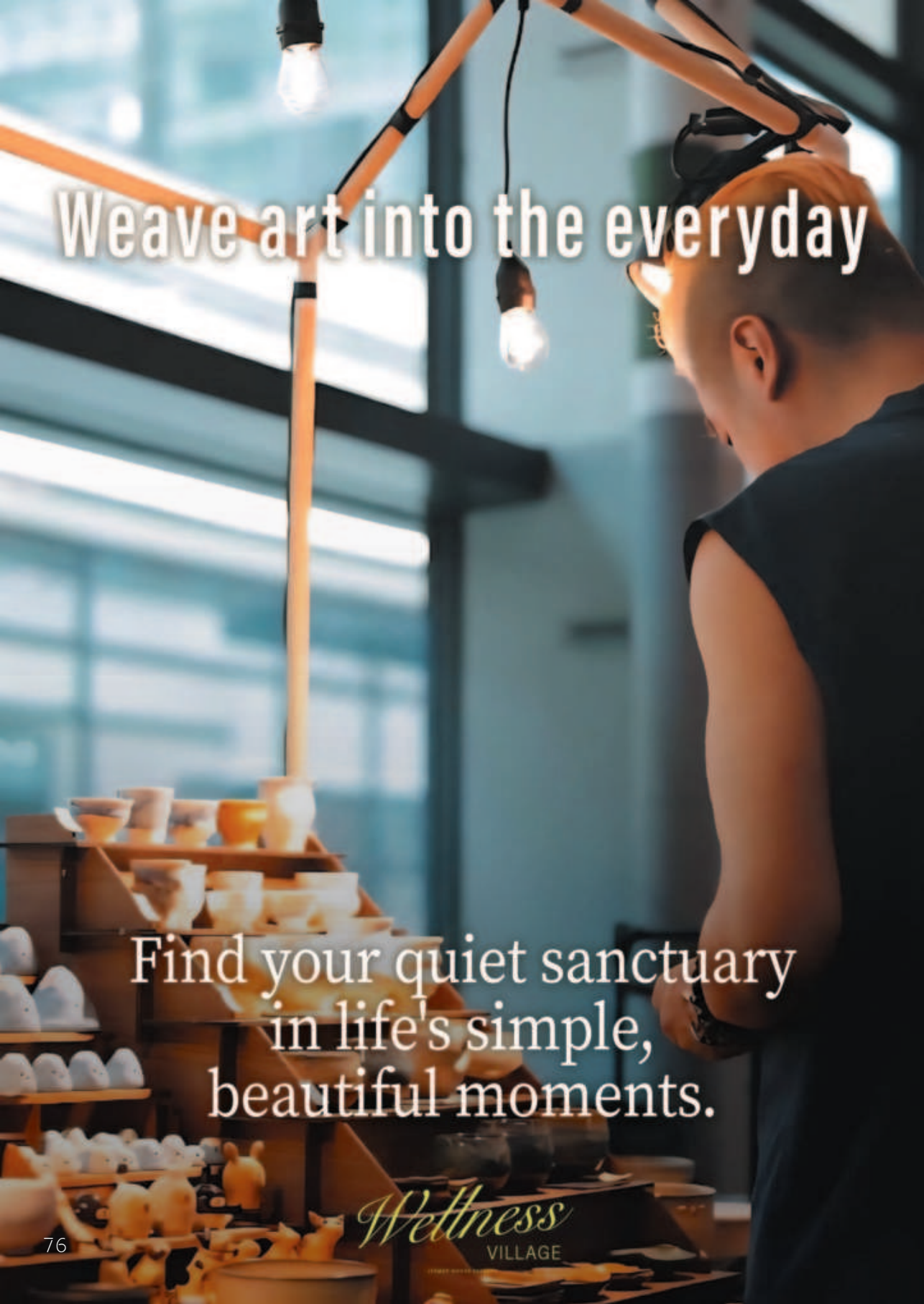
Mental well-being is at the heart of what we do. Through fragrance, we nurture the mind and calm the spirit.

心靈健康亦都好重要，用香氣療癒心情

Q: Share one quote that best describes your brand or philosophy.

Scent remembers what we may forget. One breath, and a memory returns.

香氣係有記憶嘅，每次一聞到就會記得


Weave art into the everyday
Find your quiet sanctuary
in life's simple,
beautiful moments.
Wellness
VILLAGE



我創立

TOJI JOJO

TOJI JOJO

Q: What does wellness mean to you today?

To me, wellness means reconnecting people with nature and the earth through ceramics, finding a grounding sense of peace in the clay.

對我而言，身心健康是透過陶藝作品將人與大自然、泥土重新連結，從中獲得一份溫柔的安定感。

Q: If someone only remembers one thing about your brand, what would you want it to be?

If there's only one thing to remember, I want it to be that our work invites you to pause your busy life and embrace the quiet stillness of ceramics.

我希望大家記住，我們的作品是一份溫柔的邀請，讓你在急速的步伐中停下來，欣賞陶藝帶來的寧靜。

“將藝術揉入日常
於平凡細碎的美好瞬間”

尋覓獨屬於自己的靜謐港灣。

Be in love with your life.



LOVE & HEAL
Meraki
EST. ——— 2022

Q: I'm building this brand because...

I wanted to create a handcrafted brand rooted in love and intention—crafting unique, healing aromatic products. Designing visually uplifting creations that reflect my personal aesthetic gives me a profound sense of fulfillment, and I want to share that pure joy with the world.

我想建立一個以愛與心意爲根本的手工品牌——打造獨特而具療癒力的香氣產品。設計出反映個人美學、視覺上能帶來愉悅感的作品，讓我深感滿足；而我渴望將這份純粹的喜悅，與世界分享。





Q: Share one quote that best describes your brand or philosophy.

Brand Philosophy: "Doing something with soul, creativity, and love; to put a piece of yourself into your work. To love what you do is to do it well."

以靈魂、創意與愛投入其中，將自己的一部分融入作品。熱愛你所做的事，就是把它做到最好。

"The future of wellness is..."

The future of wellness is a conscious return to daily harmony—where mindful self-care, soulful intentions, and uplifting rituals gently align the body and spirit.

健康的未來，是一次有意識地回歸日常和諧的旅程——讓用心的自我照顧、真摯的心念，與帶來愉悅的日常儀式，溫柔地將身體與靈性重新對齊。



TO FEEL DEEPLY

and to name with heart



用心感知
用心命名

Q: I'm building this brand because...

We build this brand to create spirits that express the spirit of Hong Kong through nature, craftsmanship, and a deep respect for time.

我創立這個品牌，是希望透過自然、工藝與對時間的尊重，釀造出眞正能代表香港精神的烈酒。

Q: What change do you hope your brand brings to people's lives?

We invite you to give voice to the memories that fragrance awakens—to feel deeply, and to name with heart. NAME ONE is more than a signature of personal taste; it is a way of living.

讓大家表達聞到的香氣記憶，用心感知，用心命名，**NAME ONE** 既是個人品味，也是一種生活方式。

Q: What does wellness mean to you today?

It speaks to a sense of stillness that settles the mind, body, and soul. We believe in healing not only through the power of scent, but through formulas that are as gentle as they are natural—so that fragrance becomes a quiet companion in your everyday moments.

意味著身心靈都能得到平靜，我們不僅用香氣療癒人們感知，更打造天然溫和配方讓香氣更好地融入大家生活中。

Q: Share one quote that best describes your brand or philosophy.

We want you to embrace your scent memories and shape a lifestyle that is unmistakably yours. NAME ONE leaves the rest to your imagination.

希望大家更願意表達出香氣記憶以及創造出自己專屬的生活風格，NAME ONE 將會爲你留白。


Every scent
begins with
a simple thought.
A Simple Thought
CANDLES & GIFTS
Wellness
VILLAGE



A Simple Thought

每一種氣味都始於一個簡單的念頭

Q: I'm building this brand because...

I'm building this brand because I believe scent has the power to transform ordinary moments into meaningful memories.

我創立這個品牌，因爲我相信氣味能將平凡的瞬間轉化成有意義的回憶

Q: What does wellness mean to you today?

Wellness means creating space to reconnect with yourself through simple moments of awareness and joy.

對我而言，健康是在繁忙生活中保留空間，重新與自己連結，感受簡單的喜悅。

Q: If someone only remembers one thing about your brand, what would you want it to be?

That every scent tells a story and every story deserves to be remembered.

每一種氣味都承載著故事，而每個故事都值得被記住。

"The future of wellness is..."

The future of wellness is intentional, sensory, and deeply personal.

健康生活的未來，是更有意識、更重視感官體驗，也更貼近個人內心的。

SUPPORT LOCAL. SHAPE THE FUTURE.

Find-the-Small-Joys

Can you find all the missing words below? Circle them!

你能找出所有隱藏的單字嗎？把它們圈起來吧！

A	T	P	Q	L	R	T	V	D	F
K	P	H	O	O	T	A	X	C	A
R	G	O	R	C	J	K	M	N	V
F	S	T	R	A	N	G	E	R	O
X	R	O	U	L	G	S	K	P	U
H	B	Q	T	C	U	J	A	H	R
C	W	E	A	R	K	L	O	O	I
C	O	M	P	L	I	M	E	N	T
Y	I	R	G	D	A	N	C	E	E

- Smile at a stranger
- Listen to your f _ _ _ _ _ _ _ _ song
- W _ _ _ something that makes you feel good
- Buy from a l _ _ _ _ business
- D _ _ _ _ to your favourite song
- Put away your p _ _ _ _ for 30 minutes
- Take a p _ _ _ _ of something beautiful
- C _ _ _ _ _ _ _ _ _ someone

Not Pet, family



Charlie Jolly



Charlie Jolly

牠們不是寵物，牠們是家人。

Q: I'm building this brand because...

I'm building this brand to create a world where people and pets can live—and be seen—as one family.

我想創造一個讓人與寵物真正以「家人」身份一起生活、一起被看見的品牌。

Q: What change do you hope your brand brings to people's lives?

I hope people see their pets not simply as companions, but as family worth celebrating every day.

我希望大家不只把寵物當成陪伴，而是更有意識地珍惜彼此一起生活的每一天。

Q: What does wellness mean to you today?

To me, wellness is not about perfection—it is about feeling safe, at ease, and cared for alongside the ones we love.

Wellness對我而言，不是追求完美，而是讓自己和所愛的生命都感到安心、自在和被照顧。

"The future of wellness is..."

The future of wellness is a way of living that cares not only for ourselves, but for every life beside us.

未來的 wellness，是一種不只照顧自己，也照顧身邊每一個生命的生活方式。


Luxury is space,
privacy, and time
with those you love
I want people
to truly
switch off
Wellness
VILLAGE



眞正的奢享

是自在天地、靜謐私域，以及與摯愛相伴的悠然時光

Q: What change do you hope your brand brings to people's lives?

I want people to truly switch off – where space, nature and privacy allow them to be present and reconnect with each other.

我希望人們眞正地放下一切——在空間、自然與私隱之中，讓自己全然活在當下，重新與彼此連結。

Q: What does wellness mean to you today?

Wellness to me, is the feeling of space – waking without urgency, hearing laughter drift through open air, and finally letting your body soften.

對我而言，健康是一種空間感——在沒有匆忙中醒來，聽見笑聲在空氣中飄蕩，終於讓身體眞正地鬆弛下來。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want people to remember that we care like someone close to them would, quietly taking care of every detail during their trip and so they could fully wind down and let go.

我希望人們記得，我們像身邊親近的人一樣默默守護——在旅途中靜靜照料每個細節，讓他們能夠徹底放鬆、全然釋放。

Q: Share one quote that best describes your brand or philosophy.

The best luxury isn't thread count – it's space, privacy, and time with the people you love.

眞正的奢華不在於床單的紗織數——而是空間、私隱，以及與所愛之人共度的時光。

Never a dull day in life.



Dream like a child.
Build like an adult.

Wellness
VILLAGE



我創立

CHILDISH ADULT

CHILDISH ADULT

Q: What change do you hope your brand brings to people's lives?

I hope to inspire people to embrace their creativity, pursue their passions, and live life on their own terms.

我希望能啟發大家擁抱創意、追尋熱愛，活出自己想要的人生。

Q: Share one quote that best describes your brand or philosophy.

Stay childish enough to dream, and adult enough to make it happen.

保留孩子般的夢想，也擁有大人般實現夢想的勇氣。

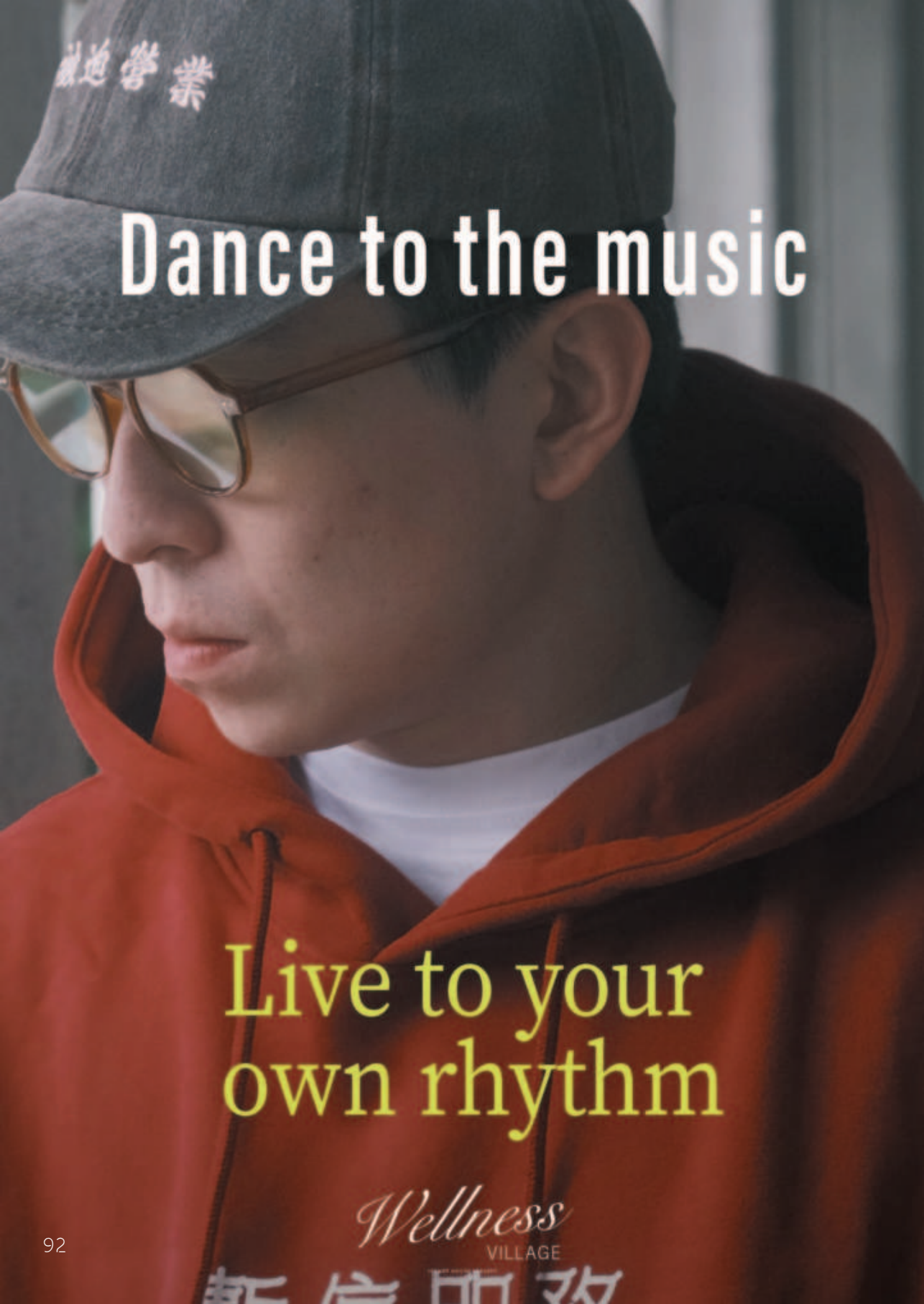
Q: Finish this sentence: "The future of wellness is..."

The future of wellness is living authentically, creating freely, and staying connected to what truly matters.

健康生活的未來，是忠於自己、自由創作，並緊握真正重要的事物。

"如孩童般夢想"

如大人般實現。


Dance to the music
Live to your
own rhythm
Wellness
VILLAGE



我創立

5678 LIFESTYLE

5678 Lifestyle

Q: I'm building this brand because...

I am building this brand to print everyday Cantonese slogans onto street-style tees, turning wearers into messengers who spread joy, reflection, and mutual healing through simple yet playful designs that bring laughter to local markets.

我創立這個品牌的初衷，是將日常生活中的廣東話標語，印在街頭風格的T恤上，讓每一位穿著者都成爲傳遞歡樂與溫暖的使者——用簡單而帶點玩味的設計，把笑聲帶進街市與社區的每個角落。

"The future of wellness is..."

The future of wellness is embedding self-care and daily reminders into our casual wear, making humor our best medicine for navigating life.

未來的健康，是將自我照顧與日常提醒，溫柔地融入我們的衣著之中，用幽默作爲應對生活最療癒的處方。

5，6，7，8&—

聞歌起舞，自成節奏

循著專屬節奏活出自在人生。


Wear anything,
style with LWY.
Pieces that
speak a style of
their own
Wellness
VILLAGE



我創立

LWY Select Store

Q: What change do you hope your brand brings to people's lives?

We believe in accessories without rules—pieces that speak a style of their own. Whatever you choose to wear, one simple addition is all it takes to turn the ordinary into the elegant.

我們堅持設計出「無拘風格」的飾物，無論你今天穿什麼，只需一件點綴，就能將平凡的日常穿搭瞬間變高級。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Wear anything, style with LWY.

融入日常，卻依然獨特

Q: Share one quote that best describes your brand or philosophy.

Link to your daily life, wearable for comfort, unique for you.

與你的日常對話，爲舒適而生，爲獨特的你而存在。

"The future of wellness is..."

Not about perfection, but feeling good, comfortable, and uniquely you.

無關完美，只關乎美好感受、自在穿著，以及那個無可取代的你。

"融入日常
卻依然獨特"

一物自成格調，件件獨具風骨。


Every brow
touchup is a
promise kept
Wellness
VILLAGE



健康與身心靈的未來

是回歸人與人之間的溫度、眞誠的連結

Q: What change do you hope your brand brings to people's lives?

I hope to bring people more than just tailored brows—a true sense of daily wellness where they feel genuinely cared for, listened to, and safe to relax.

我希望帶給大家的，不僅是一對適合自己的眉毛，更是一種能夠在此安心放鬆、被溫柔照顧的日常健康與身心舒壓體驗。

Q: If someone only remembers one thing about your brand, what would you want it to be?

If people only remember one thing, I want it to be that every service is personally crafted by me—because your brows deserve a genuine connection, not a transaction.

如果大家只記住品牌的一件事，我希望是：這裡永遠只有創辦人親力親爲，因爲你的眉毛值得被眞誠對待，而非僅是一筆交易。

Q: Share one quote that best describes your brand or philosophy.

Microblading is a moment of trust; every brow touch-up after is my gentle way of walking through life with you.

紋眉是一時的信任；而往後的每次修眉，是我陪你走過歲月的溫柔日常。


We're more than data points or optimized routines
Fearless play. Intimate stories. Worn as peace
Wellness
VILLAGE



我創立

LILART

LILART

Q: I'm building this brand because...

I believe the most meaningful luxury now is turning our rawest memories and imagination into wearable art instead of letting them be erased by a hyper-optimized world.

我相信，當下最有意義的奢華，是將我們最原始的記憶與想像，化作穿戴於身的藝術，而不是讓它們被一個過度優化的世界所抹去。

Q: Share one quote that best describes your brand or philosophy.

True luxury in the AI era is not synthetic perfection, but the courage, quiet act of preserving who we really are.

人工智能時代真正的奢華，不是合成的完美，而是那份默默守護真實自我的勇氣。

"The future of wellness is..."

The future of wellness is deeply human—protecting inner space, emotion, and imagination with rituals, objects, and experiences that remind us we're more than data points or optimized routines.

健康的未來，是回歸人性的深處——以儀式、器物與體驗，溫柔地護住內在的空間、情感與想像，提醒我們：自己遠比數據與日程更豐富。

"我們絕非冰冷的數據坐標"

也不是一成不變的標準化日常。

Every moment in life deserves a little Chéri touch.



生活的每個瞬間
都值得一份
對自己的溫柔偏愛

Q: I'm building this brand because...

The founder's vision is to bring home the soul of the world—a carefully chosen collection of handcrafted, artisanal treasures from her journeys afar—and share them with the people of Hong Kong. She hopes that with every visit, you will find a piece that feels destined for you —a quiet reflection of who you are.

Maison chéri





店主希望將世界各地旅行時帶回的精緻手作小衆品牌珍藏，分享給香港的每一位朋友。更希望大家每一次到訪，都能找到那件寫著自己名字、展現獨特風格的專屬飾物。

"The future of wellness is..."

The future of wellness is treating yourself like a Chéri.

未來的 Wellness，就是將自己視爲摯愛般好好對待。


Wearable Art
Life is art in motion;
design your style,
enjoy your journey.
Wellness
VILLAGE



我創立

COLE COOL

COLE COOL

Q: I'm building this brand because ...

We want to share the joy of wearable art. We believed original fashion and handcrafted accessories can carry positive energy, giving people a stylish boost in their daily lives.

我們想分享「可穿戴藝術」的樂趣。我相信原創時裝與手作飾物能載正能量，爲大衆的日常生活注入時尚活力。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Cole Cool blends artisanal craftsmanship with modern aesthetics to elevate your unique identity.

Cole Cool 將匠心手藝與現代美學完美融合，昇華你獨一無二的個人特質。

"The future of wellness is..."

...about infusing art and intention into daily life, making every choice an act of self-love.

將藝術與用心融入日常生活，讓每一個選擇都成爲愛自己的儀式。

"人生是流動的藝術
雕琢專屬格調"

盡享一路征程。

Inspired by heritage elegance, created for modern attitude



源自古典優雅的時尚演譯

KYA EDITIONS





Q: I'm building this brand because...

By my passion for showcasing Türkiye's unique aesthetics, art, and craftsmanship

想透過親自挑選的手工飾物，與你們分享自己對土耳其的獨特歷史文化、融合東西方色彩美學的藝術和手工藝的熱愛

Q: What change do you hope your brand brings to people's lives?

Refine their style to feel and look great with unique design and vibrant colors

瞭解設計背後的象徵意義和色彩，從而提升個人品味和氣質

"The future of wellness is..."

Physical connection and communication within humans

人與人之間的眞實連結和交流


To me, the world's rather beautiful if you look at it.
Especially nature.
moment of...
Art by Maisy
moment of...
Art by Maisy



To me,

the world's rather beautiful if you look at it. Especially nature.

Q: I'm building this brand because...

Building this brand is my dream of a lifetime — to create a sustainable creative path that I can have 100% ownership of and dedicate my life to.

創立這個品牌，承載著我一生以來的夢想——走一條屬於自己的、可持續的創作道路，用一輩子去守護與耕耘。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want them to remember the quiet, healing power of nature that is always there for us, inspiring a deep sense of gratitude and calm every time they see my art.

我希望我的作品，能讓人在凝視之間，想起大自然那份安靜的療癒力量——它從不喧嘩，卻一直都在，爲我們帶來感激與平靜。

"The future of wellness is..."

The future of wellness is like a conscious inner compass that guides us back to ourselves, helping us to be mindful and live life to its fullest without regret.

健康的未來，是一個有意識的內在指南針，溫柔地帶領我們回到自己身上，讓我們學會覺察當下，活得眞摯而無憾。

True balance is found when we reconnect with the land and let art remind us of who we truly are.



Africa
Store



“重拾與大地的聯結，借藝術認清本心，方能尋得眞正的身心平衡。”

Q: I'm building this brand because ...

A trip to Africa in 2018 ignited my passion for the continent's handcrafted treasures, leading me to found [African Bazaar] in 2019. Two life changing illnesses in 2021 and 2023 brought me face to face with my own fragility, and in that space, I discovered what truly matters—to bring Africa's spirited traditions, rich culture, and raw beauty to the world, while honouring and uplifting the artisans who keep these crafts alive.

2018年的一趟非洲之旅，讓我深深愛上當地的手工藝，並在2019年創立了(非洲百貨)隨後在2021年與2023年我經歷了兩場大病。這兩次生死考驗讓我更加珍惜生命，也明白自己想做更有意義的事——那就是將非洲充滿生命力的傳統手工藝、文化與獨特美學分享給世界，同時實質支持當地的手工藝匠人。

Q: Share one quote that best describes your brand or philosophy.

African art is more than aesthetic—it is a visceral bond with the earth itself.

非洲的藝術與美是與大地最深刻的連結。

“The future of wellness is...”

The future of wellness is rooted in stillness, in healing through nature and culture. After walking through fire, I have come to believe this: true balance is found when we reconnect with the land and let art remind us of who we truly are.

健康的未來是更注重內心的平靜，並透過大自然與文化的美來療癒自我，這是不斷經歷考驗後的深刻體悟，眞正的健康是在大地與藝術的懷抱中找回生命的平衡。

非洲百貨
Africa Store


Bloom at your own pace.
Return to nature.
Return to yourself.
Wellness
VILLAGE



我創立

ROSIE in FOREST Jewelry

Q: I'm building this brand because...

I hope to transform outer elegance into inner calm, and accompany women through their special moments with beauty, grace, and quiet strength.

我希望將外在的優雅轉化爲內在的平靜，並以美、從容與溫柔力量，陪伴女性走過每個特別的時刻。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Our logo - represents the belief that every woman is a rose, blooming in a forest of her own.

我們的Logo-象徵著每位女性都如一朵獨特的玫瑰，在屬於自己的森林中自在盛放。

"The future of wellness is..."

The future of wellness is returning to nature — and to ourselves.

身心靈的未來，是回歸自然，也回歸自己。

"如孩童般
自有光芒"

回歸自然，回歸自己。


See with your heart, walk with purpose—
and capture the beauty in the ordinary.
Victoria Harbour



用心凝望 步履有向

擷取平凡之美

Q: I'm building this brand because...

I'm building this brand because we want to record the city that we love via our drawings.

我們建立這個品牌是希望用畫筆紀錄我們生活的城市，紀錄不斷變化不斷更新的每一面！

Q: What change do you hope your brand brings to people's lives?

My art is an invitation to pause—to see, to feel, and to cherish the beauty that lives in every moment, before it slips away unnoticed.

希望通過畫作去喚醒大家不要忽視當下的美好！

Q: If someone only remembers one thing about your brand, what would you want it to be?

May this be remembered: the soul of a painting lies not in its colors, but in the life and warmth woven into every single stroke.

我希望大家記得，畫之所以動人，是因爲每一筆都藏著你我的生活和溫度。

Q: Share one quote that best describes your brand or philosophy.

As long as we keep true seeing and walking, we can always have the courage to move through chaos, and live and document the life we want—plain yet wonderful.

只要保持眞正的觀看與行走，就能一直擁有穿越混沌的勇氣，就能活出並記錄自己想要的 — 平淡但精彩的生活。



Wellness
VILLAGE



Wellness
眞正的優雅
是讓內在光芒自然流露的修爲

Q: I'm building this brand because...

I'm building this brand because I want to share our 18 years of passion for jewelry and help every individual discover their own unique light.

我創立這個品牌的初衷，是希望將我們十八年來對珠寶的熱愛與執著，化爲每一件作品，陪伴每一個人找到屬於自己獨一無二的光芒。

Q: What change do you hope your brand brings to people's lives?

I hope our jewelry brings a sense of effortless elegance and daily inspiration to everyone who wears it.

我但願我們的珠寶，能爲每一位佩戴者帶來一份不費力的優雅，與日常生活中的點滴靈感。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I want them to remember Art of Luminous as the brand that makes every personal story shine with timeless beauty.

我希望 Art of Luminous 在大家心中，是一個讓每個人的故事都能閃耀出永恆之光的品牌。

"The future of wellness is..."

The future of wellness is the perfect harmony between authentic self-expression and inner peace.

健康的未來，是眞誠地做自己，與內心深處的平靜，彼此和諧共舞。

To create a touchable mystery



Not the illusion of magic, but nature speaking for itself.



我想創造一種握得住的神秘感

“不是魔法的幻象而是讓自然本身說話”

Q: I'm building this brand because...

Every mineral is a healing touch, celebrating the wonders of detail and the precious treasures of nature. Through the art of craftsmanship, we connect with these minerals to create a collection for you to admire.

礦石是一顆治癒物，感嘆萬物中的每個細節、大自然給予的珍貴寶藏。這也是我一直以來尋找不一樣的礦石原因。讓大家一起探索大自然給予的古老記憶。

Q: What does wellness mean to you today?

Minerals and crystals are natural conduits of earth's energy, offering a gentle pathway to holistic wellness. For centuries, these ancient stones have been cherished for their unique vibrations that help realign our inner energy, dissolve stress, and restore mental clarity. By welcoming them into your daily space, you invite a soothing rhythm that nurtures both your mind and body.

礦物與水晶是大自然能量的天然載體，爲整體健康提供了一條溫柔的途徑。幾個世紀以來，這些古老的石頭因其獨特的振動頻率而受到珍愛，能幫助重整我們內在的能量、釋放壓力並恢復思緒的清晰。將牠們帶入你的日常空間，就是爲身心引進一種滋養的療癒律動。

Q: If someone only remembers one thing about your brand, what would you want it to be?

If you remember only one thing about us, let it be how we helped you find your perfect stone. Everyone has unique desires. By sharing the origins and stories of these minerals, making that perfect match is what I care about most.

如果我的品牌只能留下一個深刻的印象，我希望那是將客戶與他們完美的石頭連結在一起的喜悅。每個人的慾望與偏好都不同。透過分享這些礦物的成長旅程與產地，透過介紹讓客人了解到自己適合的會是我最希望。



飾物不是點綴
是內心的語言

Q: I'm building this brand because...

I'm building this brand to combine carefully crafted jewelry with daily positive energy, creating unique talismans that bring strength to everyone.

我創立這個品牌，是希望將精緻的珠寶與日常的正能量結合，打造出能爲每個人帶來力量的獨特守護符。





Q: Share one quote that best describes your brand or philosophy.

True elegance is a reflection of internal harmony, and the finest adornment is the confidence you wear.

眞正的優雅源於內心的和諧，而最美麗的點綴是您散發的自信。

"The future of wellness is..."

The future of wellness is expressing our inner peace and personal stories beautifully through the intentional pieces we choose to wear.

健康的未來，是透過我們選擇佩戴的每一件精緻飾品，優雅地表達內心的平靜與專屬的故事。

Stripping away expectations to embrace your true self





The Layers
卸下所有期待
擁抱最眞實的自己

Q: What change do you hope your brand brings to people's lives?

Born from a passion to create, we blend elements of nature, geometry, and architecture through fashion, creating pieces that bring relaxation to a fast-paced world.

源自於創作的熱情，我們透過時尚融合自然、幾何與建築元素，創造出爲急速世界帶來放鬆的作品。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Our signature transparent layering

標誌性透明層次穿搭

Q: Share one quote that best describes your brand or philosophy.

Style is about revealing who you are through the layers you choose.

風格，是透過你選擇的層次，展現眞實的自己。

"The future of wellness is..."

The future of wellness is stripping away expectations to embrace your true self.

健康的未來，是卸下所有期待，擁抱最眞實的自己。

Every knot is a coming together.



每一次編織
都是一次靠近

Q: I'm building this brand because...

Because I believe that the coming and going of ropes mirrors the bonds between people. A knot is never a straight line—it twists, breaks, reconnects, and eventually returns to where it began. Every weave is an effort to bring people closer.



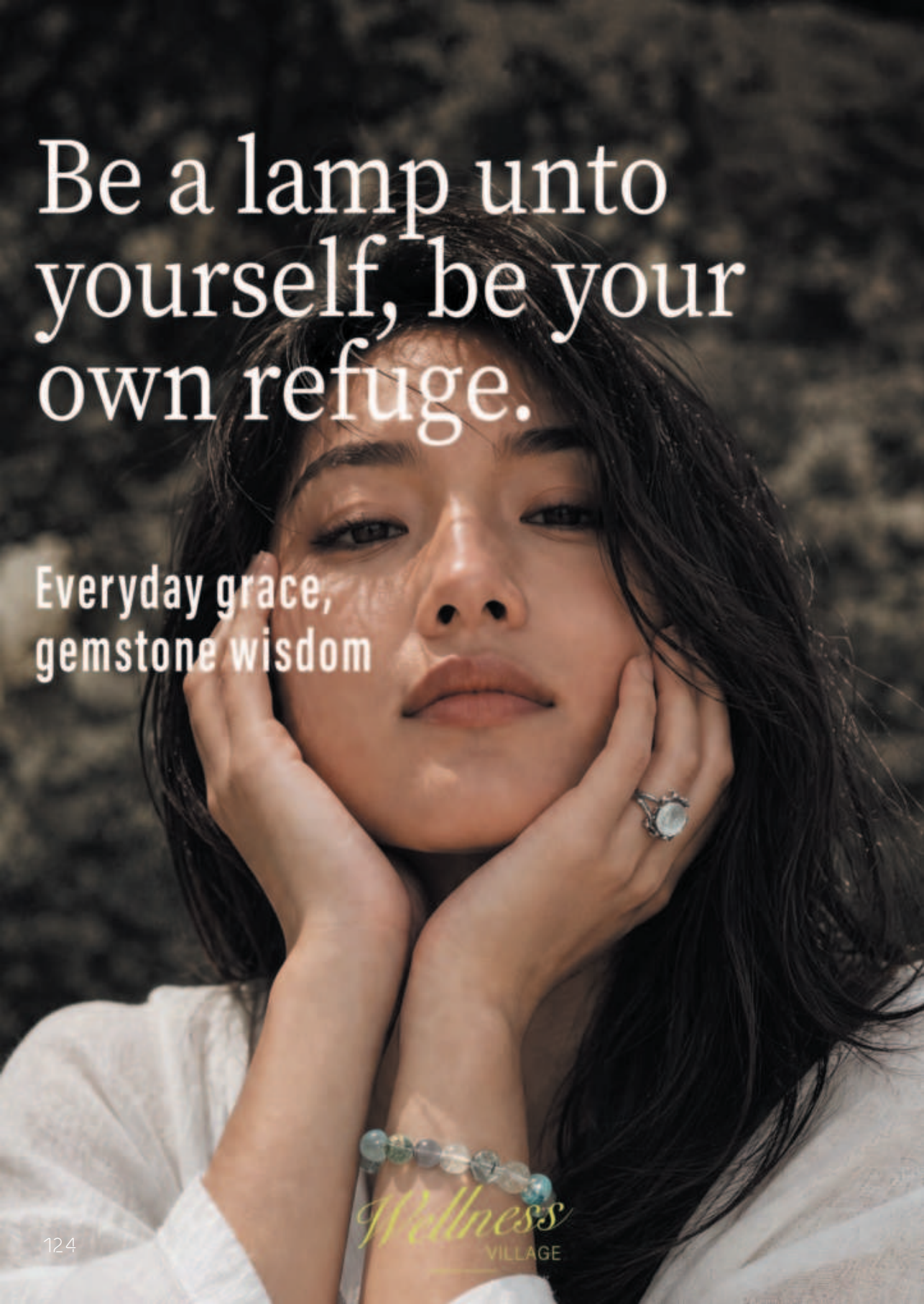


因爲我相信，繩索的分合進退，一如人與人之間的緣份。繩結從不是直線前進，而是迂迴、重構、連結——最終回到起點。每一次編織，都是一次爲關係而做的努力。

Q: If someone only remembers one thing about your brand, what would you want it to be?

We believe every service begins with a connection. Our guests are never just customers—they are friends who trust us with their stories. We cherish every conversation, and every bond that grows from it.

我們相信每一段服務的開始，都是一段緣份的開始。客人不只是客人，而是願意與我們對話、信任我們的朋友。我們珍惜這份相遇，也感謝每一段變成朋友的過程。


Be a lamp unto yourself, be your own refuge.
Everyday grace, gemstone wisdom
Wellness
VILLAGE



Grandma Gemstone
日常優雅
晶石智慧。

Q: What change do you hope your brand brings to people's lives?

I hope Grandma Gemstone inspires people to embrace their uniqueness, discover new possibilities, and turn ordinary days into graceful dances with nature's wisdom.

我希望Grandma Gemstone能鼓勵人們擁抱自身獨特的底蘊，發掘生命無限可能，讓生活與自然的智慧共譜美好的篇章。

Q: If someone only remembers one thing about your brand, what would you want it to be?

I would like people to remember Grandma Gemstone for transforming the raw beauty of natural stones into pieces truly tailored to each soul.

我希望大家記住Grandma Gemstone擅長將天然石的原始美，打做成貼合每個人心靈的專屬首飾。

Q: Share one quote that best describes your brand or philosophy.

"Be a lamp unto yourself, be your own refuge." - from Dīrgha Āgama

「常自作燈明，當自依」- 長阿含經

"The future of wellness is..."

Personal, intentional, and woven with the quiet wisdom of nature's gems.

個人化而有意識的生活，與晶石的靜謐智慧交織相連。

Grandma Gemstone

Shine from within, sparkle with confidence.



內在生輝
自信閃耀

You are the brightest star in your own story.

你自己人生
的劇本里
你便是
最耀眼的
星辰

Q: I'm building this brand because...

I believe every piece of jewelry can ignite a woman's inner light, letting her radiate joy, confidence, and femininity effortlessly.

我相信每一件飾品都能點亮女性內心，讓她們自然煥發愉悅、自信與女人味。





Q: What does wellness mean to you today?

To me, wellness today is mind-body-spirit balance and self-acceptance, and our jewelry serves as a tangible spark for that inner energy.

是身心靈的平衡與自我認同，而飾品正是喚醒這份內在正能量的外在觸媒。


Carrying the
power of love
and growth.



Save Jewellery

承載愛與
成長力量

Q: I'm building this brand because...

We aspire to merge luxury with accessibility, crafting elegant jewelry in a unique style that blends tradition and modernity. Our designs allow every customer to showcase fashion charm in daily life, transforming precious moments into refined experiences of everyday wear.

我們創立此品牌是希望將奢華與普及結合，設計出獨特新舊交融風格的優雅珠寶，讓每位顧客都能在日常生活中展現時尚魅力，將珍貴瞬間轉化爲日常佩戴的精緻體驗

Q: If someone only remembers one thing about your brand, what would you want it to be?

We hope people remember that our jewelry is not merely an accessory, but a sanctuary for the soul — carrying love, stories, and the power of self-growth.

我們希望人們記得，我們的珠寶不只是飾品，而是心靈的寄託——承載愛、故事與自我成長的力量。

"The future of wellness is..."

The future of Wellness is a journey woven with love and wisdom, guiding us toward balance and growth.

將來的身心靈，是愛與智慧交織的旅程，帶領我們走向平衡與成長。

Wood heals.
Time endures.



木療心，時恆久

木作

mukzok.workshop





Q: What change do you hope your brand brings to people's lives?

Wood play a significant role in reducing stress and enhancing mental health.

木的溫度，能撫平壓力，讓心靈重獲平衡。

Q: If someone only remembers one thing about your brand, what would you want it to be?

Incorporating modern elements to create pieces that are truly timeless.

以當代語言，重塑永恆——讓每一件作品，都經得起時間。

"The future of wellness is..."

The future of wellness is intentionally return to nature.

健康的未來，是帶著覺知，回到自然的懷抱。

Wellness walk in Central

—

04

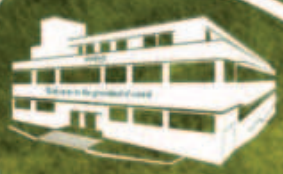
Wellness walk *in Central*

MOVEMENT | 動起來
Move in your own way
找到屬於自己的節奏

NOURISHMENT | 補充能量
Fuel what makes you feel good
選擇讓身體感覺更好的養分

RECOVERY | 好好休息
Rest is part of progress
放鬆與修復，也是一種前進

ESCAPE | BACK TO THE VILLAGE
Now, experience it for yourself
現在，回到 Village 親自感受



COMMUNITY | 一起連結
Wellness feels better together.
相遇，分享，也是一種 Wellness

Keep walking. There's more to discover.
接下來，從 Food、Recovery、Fitness、Community 到 Lifestyle
一起發現 Wellness 的不同可能。



Take this guide, follow your own path

帶上這本guide, 就一條屬於你的wellness 路線。

ZenShil

Medical Wellness | Tailored Skincare

Adress:19/F, 1 Lan Kwai Fong, Central

Instagram: @zenshilhk



"Healthy skin begins with understanding, and confidence grows when you feel cared for."

Q: I'm building this brand because...

Beauty starts from within, and every skin is unique—every treatment should be personalized.

真正的美麗由內而外，而每人的肌膚都不同，療程應該度身訂造。

Q: If someone only remembers one thing about your brand, what would you want it to be?

"Understand before we treat." The moment you step inside, you'll immediately feel calm.

「先了解，再療程。」希望大家踏入的一刻，就能感受到平靜與安心。

Q: The future of wellness is...

Finding a place where you can slow down, take a break, breathe, and let go of stress.

Wellness 的未來，就是讓每個人都能找到一個地方停一停、深呼吸，放下壓力。

ZENSHIL

Beauty & Wellness Centre



Din . La . Jor .

Fitness | High-Energy Training

Address: 4/F, Lyndhurst Tower, Lyndhurst Terrace, Central

Instagram: @din.la.jor

"To be 'Din La Jor' isn't about true madness; it is simply about the pure sharing of joy."

Q: I'm building this brand because...

We want to share pure joy through fitness and build a space where everyone can unleash their wildest spirit.

我們希望透過健身分享歡樂，提供一個可以釋放所有情緒、發揮「癲嘥咗」精神的地方。

Q: If someone only remembers one thing about your brand, what would you want it to be?

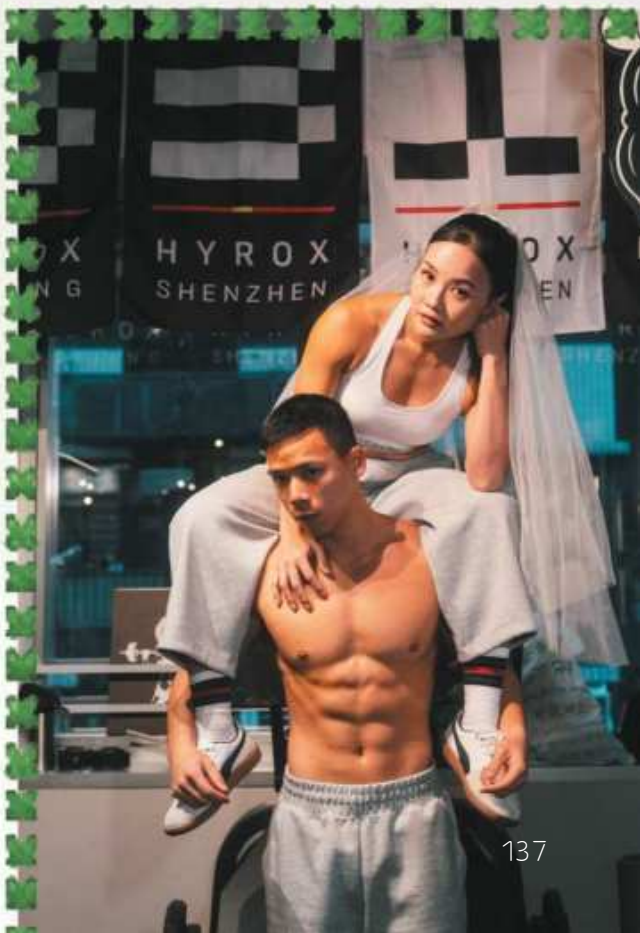
"Din La Jor" is far more than just a gym—it is a spirit fueled by pure, infectious joy.

希望大家記得「癲嘥咗」唔止係一間 Gym，仲係一種充滿歡樂的精神。

Q: The future of wellness is...

Not a lonely journey, but a vibrant community finding balance together.

Wellness 嘅未來唔止係一個人嘅事，而係一個社區 一齊搵到平衡同釋放。





XYZ

XYZ by The Art of XYZ

Mindful Movement | Fitness

Address: 12/F China Building, 29 Queen's Road Central, Central, Hong Kong

Instagram: @youarexyz

"Wellness isn't about being perfect—it's about showing up for yourself, again and again."

Q: I'm building this brand because...

Movement has the power to help people reconnect with themselves and each other.

運動擁有一種力量，能幫助人們重新與自己及身邊的人連結。

Q: What does wellness mean to you today?

Creating a sustainable relationship with your mind, body, and community that allows you to thrive.

與心靈、身體及社區建立可持續的關係，讓你茁壯成長。

Q: The future of wellness is...

Deeply human—where science, movement, mindfulness, and connection come together.

回歸以人為本——將科學、運動、正念與真誠連結融為一體。



ASAP

Cold Plunge & Sauna Social Recovery

Address: 21 B Stanley Street, Central, HK

Instagram: @comeasaphk





"Come ASAP."

Q: I'm building this brand because...

Hong Kong turned "ASAP" into work aggression. We stole it back: Alternate Sauna and Plunge!

香港把 "ASAP" 變成了催促工作進度，我們要把字眼搶回來：Alternate Sauna and Plunge（冰火交替修復）！

Q: If someone only remembers one thing about your brand, what would you want it to be?

Recovery stops being a burnout treat and becomes as routine as a Tuesday coffee run.

修復不再是過勞後的獎勵，而是像星期二買杯咖啡一樣平常的習慣。

Q: The future of wellness is...

Social and slightly funnier. Consider it a happy hour with no caffeine, calories, or hangover.

充滿社交樂趣！想像這是一個沒有咖啡因、卡路里和宿醉的 Happy Hour。

ASAP

ALTERNATE SAUNA AND PLUNGE

LOCO MOTION

None of us is as smart as all of us we are a team of therapists.

眾行致遠 - 我們是一個由治療師建立的團隊

Q: I'm building this brand because

we want to build a structured bridge between therapy and exercise.
我們希望建立一個系統將治療與運動串連起來。

Q: What change do you hope your brand brings?

The sick deserve to be well, and the well need to be fit
病人有權利變得健康，而健康的人有需要變得強壯。

Q: What does wellness mean to you today?

True wellness is a dynamic equilibrium—the state where all 11 human organ systems operate in harmony, free from underlying dysfunction or active symptoms.

Wellness is how effortlessly, dynamically, and fluidly we locomote through life.

The future of wellness is locomotion.

真正的健康是人體的11個器官系統都能在沒有失能下和諧運作。
當我們身心健康，我們的人生就可以輕鬆自在地向前邁進。
前向行就能找到健康的未來。







Locomotion Integrated Therapy Centre

Integrated Therapy | Dynamic Movement

Address: Room A, 10/F, 228 Electric Road, North Point

Instagram: @Locomotionhk



"Wellness is living in alignment with the needs of your body, mind, and spirit."

Q: I'm building this brand because…

After overcoming a cancer battle, I learned true strength comes from inner awareness and alignment. I created a quiet space to settle body and mind through Pilates and yoga.

走出癌病挑戰後，我體會到真正的強大源於內在覺察與對齊。我想建立一個純粹空間，透過普拉提與瑜伽陪伴大家重獲新生。

Q: What change do you hope your brand brings?

I hope everyone leaves with self-awareness and control over their rhythm, allowing inner ease and strength to spill into daily life.

希望大家帶著對身體的覺知離開，學會在動態中尋找穩定，將由內而外的鬆弛感與力量延伸至日常生活。

Q: What does wellness mean to you today?

The art of giving yourself permission—listening to your body, resting when tired, and flowing when energized.

一種「容許自己」的藝術——傾聽身體的聲音，疲憊時允許自己慢下來修復，有力時全然投入地延展。

Be Earth

Yoga & Pilates Holistic Ecosystem

Address: 2/F & 7/F, On Building, 162 Queen's Road Central, Central

Instagram: @beearthofficial



"If you want to go fast, go alone. If you want to go far, go together."

Q: I'm building this brand because...

True wellness was never meant to be a solo journey. I wanted to build an ecosystem where caring for mind and body feels shared.

真正的健康從不該是孤軍作戰。我想打造一個互相支持的生態系統，讓照顧身心成為共享的習慣。

Q: What does wellness mean to you today?

Listening to your body, prioritizing peace over hustle, and surrounding yourself with a support system.

傾聽身體、將內心平靜置於忙碌之上，並讓自己置身於溫暖的支持中。

Q: The future of wellness is...

Community-centered, deeply intuitive, and rooted in realistic everyday balance.

以社群為中心、充滿直覺，並深植於真實日常平衡之中。

beearth

Absolute Boutique Fitness Hong Kong

Boutique Fitness | Holistic Movement

Address: 5/F, On Hing Building, 1 On Hing Terrace, Central

Instagram: @absoluteboutiquefitnesshk





"Wellness is not a destination—it's how we choose to live every day."

Q: I'm building this brand because...

Fitness transforms lives. Everyone deserves access to world-class instructors, inspiring spaces, and support.

運動能改變人生。每個人都值得擁有世界級導師、充滿靈感的空間與強大的支持。

Q: What does wellness mean to you today?

A lifelong practice of investing in your body and mental resilience to enjoy full freedom of movement.

一輩子對身體與心理韌性的投資，讓你擁有自由探索與享受生活的力量。

Q: The future of wellness is...

Holistic, personalized, and community-driven—bringing movement, recovery, and connection under one roof.

整體、個人化且由社群驅動——將運動、修復與真誠連結整合於同一屋簷下。



REP. Personal Training Studio

Personal Training | Sustainable Fitness

Address: 25 Wellington Street, Central

Instagram: @rep.hk / @lynuswoo

"Fitness should improve your life, not take over your life."

Q: I'm building this brand because…

I want to show people a better way to train—valuing the journey, the community, and the overall experience, not just the final physical result.

我希望展示一種更好的訓練方式——重視過程、社群與整體體驗，而不僅僅是最終的體能數字。

Q: How do you integrate fitness into a modern HK lifestyle?

Fitness must be sustainable. You can train hard, enjoy good food, socialize with friends, and still achieve real, lasting results without giving up your life.

健身必須是可持續的。你可以努力訓練，同時享受美食與朋友社交，無需犧牲生活品質也能取得理想成效。

Q: What is your personal daily wellness ritual?

A simple routine: starting the morning with black coffee and IM8, walking my dogs, and getting natural sunlight.

簡約的日常儀式：以黑咖啡和IM8開啟清晨，帶著狗狗散步、曬曬太陽。

Q: The future of wellness is…

Sustainable, personal, and built seamlessly around real life and supportive community.

可持續、個人化，並且完美融入真實生活與互相支持的社群之中。







WALK SLOWLY. NOTICE MORE.

Venner

Nordic Cafe | Mindful Living

Address: G/F, 161 Hollywood Road, Central

Instagram: @vennerhk





"Slow down. Good things take time."

Q: I'm building this brand because...

I wanted to share Nordic food and culture while creating a space for people to slow down and connect in one of the world's busiest cities.

我希望分享我成長中的北歐飲食與文化，同時在這座極度忙碌的城市裡，打造一個讓人放慢腳步、用心連結的角落。

Q: What does wellness mean to you today?

Finding balance through simple everyday rituals that make you feel good.

透過簡單的日常儀式找到生活平衡，讓自己由內而外感到舒適愉悅。

Q: If someone remembers one thing about your brand, what should it be?

A place where you feel welcome, at home, and always know you can take a break from the city.

一個讓你隨時感到被歡迎、有如歸家般安心，並能隨時擺脫城市喧囂的小憩空間。



Soul Coffee & Matcha by IDFC

Aesthetic Cafe | Specialty Matcha

Address: G/F, 30 Graham Street, Central

Instagram: @soulcoffeematchahk





"Coffee fuels the body, and matcha heals the soul."

Q: I'm building this brand because...

We are two Souls aiming to bring creative recipes to life in a fun, aesthetic way through coffee and matcha.

兩個靈魂希望用更有趣、更有美感的方式，將原創想法與食譜帶入咖啡與抹茶世界。

Q: What does wellness mean to you today?

"Eat Well, Drink Well, Sleep Well." Putting yourself first, taking time off to nourish your own Soul.

「食好、飲好、睡好。」將自己放在首位，抽空照顧好自己的靈魂。

Q: The future of wellness is...

Listening to your body, digging deeper into your Soul, and reconnecting with the world around you.

傾聽身體的聲音，深挖內心的靈魂，並重新與身邊的人及世界連結。





"You deserve this pause."

Q: I'm building this brand because...

Everyone deserves a space to slow down, reconnect, and enjoy meaningful everyday moments.

我們相信每個人都值得擁有一個放慢腳步、重新連結，並享受日常美好 moment 的空間。

Q: What change do you hope your brand brings to people's lives?

Creating more room for rest, genuine connection, and small moments of joy.

鼓勵大家在日常生活中，為休息、真誠交流和微小的快樂留多一點空間。

Q: The future of wellness is...

Making everyday life feel more human, mindful, connected, and enjoyable.

身心健康的未來，是讓日常生活變得更有人情味、更有覺察、更值得享受。

PAUSE IT

PAUSE IT

Specialty Coffee | Mindfulness Space

Address: Shop 18, G/F, AIA Tower, 183 Electric Rd, North Point

Instagram: @pause__it

The Cakery

Vegan Pastry | Inclusive Sweets

Address: IFC / Pacific Place / Festival Walk

Instagram: @thecakeryhk



"Celebrate joy. Nourish life. Live with intention."

Q: I'm building this brand because...

I want to create better-for-you and better-for-the-environment desserts so everyone can enjoy a piece of sweetness inclusively.

我想打造對身心與環境都更友善的甜品，讓每個人都能無負擔地享受一份甜蜜。

Q: What does wellness mean to you today?

Moving with purpose and eating with intention—fueling your body to support your life.

帶著目標運動，帶著意識飲食——好好給身體補給，支持你想要的生活。

Q: The future of wellness is...

It isn't about restriction. It's about creating better choices that bring people together.

身心健康的未來不在於限制，而是創造更好的選擇，將大家連結在一起。







OUSIA

Smoothie Bar | Clean Diet

Address: Shop B, G/F, 41-43 Graham Street, Central

Instagram: @ousiawellnessbar.hk





"Let food be thy medicine and medicine be thy food."

Q: I'm building this brand because...

Mindful eating transformed my health, and I wanted to inspire our community to nourish their bodies naturally.

正念飲食徹底改變了我的健康，我希望啟發社區以最天然的方式滋養身心。

Q: What does wellness mean to you today?

Nourishing our body with wholesome foods, caring for our mind through rest and gratitude, and trusting our body's innate ability to heal—living each day with energy and balance.

用天然食物滋養身體，以休息治癒心靈，並信任身體自癒的力量。

Q: The future of wellness is...

Blending ancient wisdom with modern living.

Wellness will no longer be a luxury, but a daily way of life.

將古老智慧融入現代生活。健康不再是奢侈品，而是一種日常生活方式。





Social Goods Modern Bakery

Artisanal Bakery | Social Hub

Address: I G Sun Lee Building, 13 Wellington St. Central

Instagram: @socialgoodshub

"The pastry is the excuse. The people are the point."

Q: I'm building this brand because...

Baking is where creativity meets everyday life. Having a casual place where people actually gather feels more relevant than ever.

烘焙是創意與日常的交會點。打造一個讓大家自然聚在一起輕鬆的空間，比以往任何時候都重要。

Q: If someone only remembers one thing about your brand, what would you want it to be?

The people, not just the pastry—"that's where I met someone new," and the coffee and baked goods happen to be great!

人才是主角——「那是我結識新朋友的地方」，而這裡的咖啡與烘焙亦剛好非常出色！

Q: The future of wellness is...

Deep human interaction and strength training—real connection, and a body you can rely on for the long run.

深度的真人互動與力量訓練——真實的連結，以及一副能長期陪伴你的強健體魄。



"Kool beanz."

Q: I'm building this brand because...

I want to share my passions—vinyl records, coffee, and wines—with people.

我想與大家分享我熱愛的三件事：黑膠唱片、咖啡與美酒。

Q: What does wellness mean to you today?

Taking a moment for yourself, without any distractions. Sharing passion shouldn't be a chore; it should be joy.

為自己留一口氣的抽離時間，完全不受打擾。分享所愛不該是負擔，而應是純粹的喜悅。

Q: The future of wellness is...

Like coffee—you need it every day.

就像咖啡一樣——你每天都需要它。

Koolbeanz
COFFEE



Koolbenz

Vinyl & Wine Cafe | Everyday Chill

Address: 208 Tai Ping Shan Street, Sheung Wan

Instagram: @koolbeanzhkg



Mono Lab

Lifestyle Social Space | All-Day Dining

Instagram: @monolabhk

"Do better if possible, and that is always possible."

Q: I'm building this brand because...

Life's special moments—celebrations, good times, cheers—always seem to happen around good drinks and food.

生命中美好的時刻-慶祝、歡聚、乾杯-總是圍繞著優質的美食與飲品。

Q: What change do you hope your brand brings?

That people know there's always a welcoming place for them from morning to late night, from brews to booze.

讓人們知道從早到晚、從咖啡到微醺，總有一個溫暖的角落隨時為他們而設。

Q: The future of wellness is...

Being surrounded by the people you love and sharing genuine laughter.

被你所愛的人包圍，並一起分享最真摯的歡笑。

"Live life TO THE MAX—say yes to new experiences!"

Q: I'm building this brand because…

I wanted to create a neighborhood brunch spot rooted in community—built around quality, creativity, and exceptional vibes.

我希望打造一個以社群為本的鄰里早午餐據點——圍繞品質、創意與絕佳的社群氛圍。

Q: What change do you hope your brand brings?

I hope we inspire people to break out of their shells and pursue a life they deserve on their own terms.

希望啟發大家跳出舒適圈，按照自己的意願勇敢追求值得擁有的美好生活。

Q: The future of wellness is…

Balance—not too much, not too little, but always on your terms.

平衡——不過度也不空缺，始終由你自己作主。

HAUS



HAUS COFFEE CLUB

Neighborhood Brunch | Lifestyle Club

Address: 32 Staunton Street, Central

Instagram: @hauscoffeeclub



WE'RE BETTER TOGETHER





Aim High Club

Apparel

Address: Shop Nos. 113-114, 1/F., SND©, Tower II, The Twins,Muk 12, Chui Street, Kai Takk, Kowloon

Instagram: @aimhigherclub

“盡心而為，便無愧於心。”

Q: What is your daily wellness ritual?

Strength training. It’s 2 hours offline—just me, the weights, and my thoughts.

力量訓練。這兩小時完全離線，只有我、重量與自己的想法。

Q: What is your definition of wellness?

Feeling at peace with where I am while still having the courage to grow.

對現狀感到平靜，同時依然擁有成長的勇氣。

Q: What are you manifesting this year?

Doing fewer things, with more intention.

做更少的事，但帶着更多的專注與有意識。



"You are what you love."

Q: What is your definition of wellness?

Feeling good in mind and body. Treat yourself with love, live comfortably, and keep it simple.

身心狀態良好。用愛對待自己，舒適生活，保持簡單。

Q: Share a few founder quick-facts

• Morning Drink: Matcha latte—it has way more benefits than coffee! (晨間飲品：抹茶拿鐵)

• Wellness Ritual: 10-minute morning meditation to clear my head. (養生儀式：10分鐘晨間冥想)

• Brand Word: Effortless. (品牌關鍵字：毫不費力)

Q: What are you manifesting this year?

Get hotter, get richer, get smarter. All at once!

變好看、變富有、變聰明，一口氣全部實現！

worth.it



worth.it

Instagram: @thisisworthit





FAQ™ Swiss

Clinical Beauty–Tech Longevity

Website: https://www.foreo.com/faqswiss

Instagram: @faqswiss

"Harness clinical technology to optimize natural resilience and age magnificently."

Q: I'm building this brand because...

Building on the love and innovation behind FOREO, I launched FAQ™ Swiss as a luxury brand pioneering a new era of longevity, empowering people to optimize their vitality and redefine what it means to age beautifully.

延續 FOREO 對創新與美的探索，我創立了 FAQ™ Swiss，將其定位為探索長壽健康新時代的奢華品牌，幫助人們提升生命活力，重新定義優雅老去。

Q: What change do you hope your brand brings?

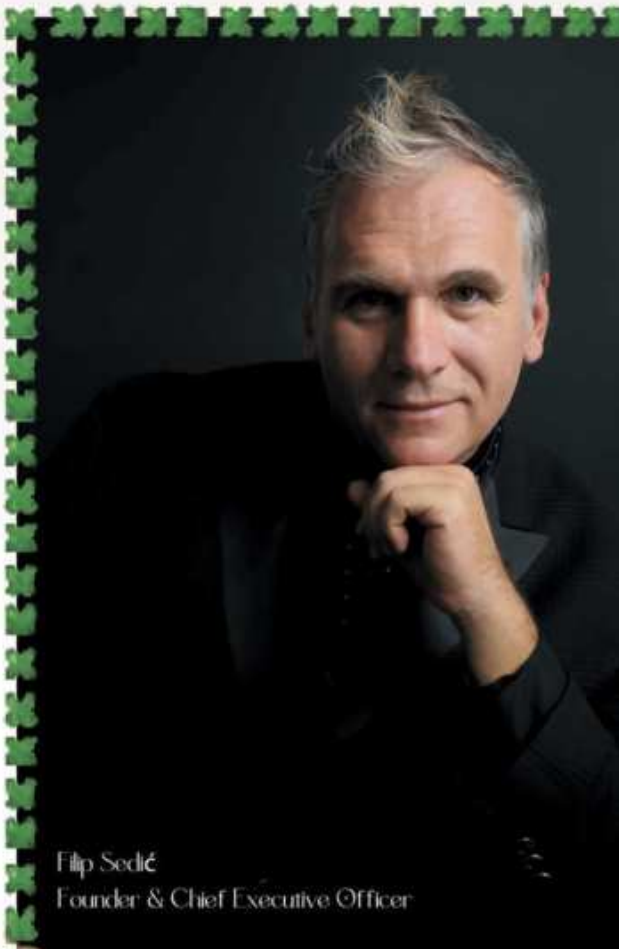
Shift aging from something to fear into a journey of thriving longevity beyond surface-level beauty.

讓衰老不再令人害怕，而是一段超越表面美麗、充滿活力的長壽健康旅程。

Q: The future of wellness is...

An active, technology-driven pursuit of longevity—not just adding years to life, but healthy life to years.

主動追求長壽健康——不只是延長生命的年數，更讓每一歲都活得健康有活力。



Filip Sedlić
Founder & Chief Executive Officer

"Healing is a lifestyle, and self-discipline is simply self-love in action."

Q: What is your community about?

We guide you through spiritual nurturing, holistic care, and continuous self-alignment as a daily lifestyle.

我們引導靈性滋養與整體關懷，將自我對齊融入日常生活方式中。

Q: What can someone expect when joining for the first time?

Step away from daily noise, feel deeply recharged, and leave with a profound sense of inner peace.

暫時遠離日常喧囂，深度充電，帶着內心的平靜重新出發。

Q: Why do communities matter today?

In a fast world, we need places where we can slow down, take off our masks, and reconnect authentically.

在這個節奏過快的世界，我們需要一個可以放慢腳步、摘下面具、真誠連結的地方。



Recovery

Holistic Healing | Spiritual Growth

Instagram: @recoveryhk



RECOVERY



Flow & Friends

Movement Socials | Weekend Lifestyle

Instagram: @flowandfriendshk

"Move together. Meet people. Make memories."

Q: What is your community about?

Bringing people together through feel-good movement, unforgettable experiences, and friendships that last.

透過愉悅的運動、難忘的體驗，以及活動之外依然延續的友誼，將大家凝聚在一起。

Q: What can someone expect when joining for the first time?

Good vibes, a warm welcome, and the kind of event you'll already be planning to come back to before it's over!

美好的氛圍、熱情的歡迎，以及一個活動還未結束你就已經想著再次參加的體驗！

Q: Why do communities matter today?

Because the best connections happen offline—everyone deserves a place where showing up alone never means leaving alone.

因為最好的連結發生於線下——每個人都值得擁有一個獨自前來也不會孤單離開的地方。



Blu Journal

Mindfulness Community | Female Empowerment

Instagram: @theblujournal

"The best gift you can share with the world is to be unapologetically you."

Q: What is your community about?

A safe space promoting self-love, female empowerment, mental health awareness, and mindfulness.

一個推廣自我關愛、女性賦權、心理健康與正念的安心空間。

Q: Why do communities matter today?

Living in Hong Kong can feel lonely. Communities bring us back to a childlike joy of meeting new friends.

在香港生活有時很孤獨，社群能帶我們找回結識新朋友的純真快樂。







moderngirls.
wellness club

Modern Girls Wellness Club

Women's Lifestyle | Mindful Community

Instagram: @moderngirls.wellnessclub

"Intention first; Everything follows."

Q: What is your community about?

Reimagining modern femininity through fashion, wellness, self-care, and genuine connection.

透過時尚、健康、自我關愛與真誠連結，重新定義現代女性特質。

Q: What can someone expect when joining for the first time?

A warm welcome and a space where strangers become friends over movement, food, or conversation.

一個溫暖的歡迎，以及一個透過運動、美食與對話，讓陌生人成為朋友的安心空間。

Q: Why do communities matter today?

They help us find like-minded people, and those authentic connections lift us up in ways we never expect.

社群幫助我們找到志同道合的人，而那些真實連結會在意想不到的時候給予我們力量。







"A club for the socially curious."

Q: What is your community about?

Effortlessly curated social experiences designed for ambitious people to satisfy their appetite for living fully and connecting deeply.

為追求卓越的群體量身打造的極致社交體驗，輕鬆滿足您對熱愛生活與深度交流的渴求。

Q: What can someone expect when joining for the first time?

Stepping into Tova means entering a room where everyone is operating on the same wavelength, grounded in quiet confidence and genuine curiosity. Shared activities break the ice naturally, creating an unspoken, vibrant and deeply aligned connection.

踏入 Tova，意味著走進一個眾人皆處於相同頻率的空間——這裡的人們沉穩自信，並懷抱著真摯的求知欲。流暢自然的共同活動消解了初識的尷尬，在彼此之間構築起一種毋需多言、充滿活力且高度契合的深度連結。

Q: Why do communities matter today?

The most remarkable lives are never built in isolation; true community anchors and expands your standard of living.

孤立自己很難建立非凡人生；優質的社群能提高你的視野，提升你的生活品質。

TOVA



Tova

Curated Socials | High-Intent Networking

Website: https://www.tova.social/

Instagram: @tova.hk





work wise

Work Wise

Flexible Workspace | Mindful Productivity

Address: Level 5–7, 34–37 Connaught Road Central, Central

Website: ceosuite.com/locations/chinachem-tower



"Don't just work hard, Work Wise."

Q: I'm building this brand because...

Modern professionals deserve a workspace that is a deliberate reaction to the traditional office, not just another version of it.

現代職場人士值得擁有一個打破傳統框架的辦公空間，而不僅僅是傳統辦公室的另一種翻版。

Q: If someone remembers one thing about your brand, what should it be?

Modern flexible workspaces built with intent, backed by nearly 30 years of industry experience.

擁有近30年深厚行業經驗作為後盾，為現代職場精心打造的靈活辦公空間。

The Ground

Social Fitness Platform | Tech Ecosystem

Website: thegroundio

TheGround.io



"We build the ecosystem. You build the experience."

Q: I'm building this brand because...

A social fitness network that empowers community founders to host, scale, and get sponsored for sports and wellness events effortlessly.

專為運動與健康社群打造的社交平台，幫助創辦人輕鬆舉辦、擴大規模並獲得贊助支持。

Q: What change do you hope your brand brings?

No more Google Forms or spreadsheet tracking; we provide a seamless toolkit with RSVP tracking, payments, and automated 擺脫繁瑣的表單與表格；我們提供涵蓋報名追蹤、整合支付與自動通知的一站式社群工具。

Q: The future of wellness is...

Connected community ecosystems that make social movement and real-world interactions accessible to everyone.

高度連結的社群生態系統，讓社交運動與真實人際互動變得觸手可及。

Meet yourself

05

STAY CURIOUS AS ALWAYS



MEET YOURSELF

最後，回到自己。
來到這本 Guidebook 的最後，

我們想留一點空間給你，慢下來，重新聽聽自己的聲音。

這裡有小小的心理測驗，也有一些 Journaling 的空間，
讓你更了解此刻的自己、記下感受與想法。

希望你善用這幾頁，在探索了這麼多 Wellness 之後，
找到真正適合自己的節奏。

因為 Wellness 沒有標準答案，你的節奏，就是答案。

MEET YOURSELF

At the end, come back to you.

As this Guidebook comes to a close, we've left a little space for you to slow down and check in with yourself.

Through a simple self-discovery quiz and a few journaling pages, take a moment to notice how you feel, what you need, and what wellness means to you.

After exploring so many forms of wellness, we hope these pages help you find a rhythm that feels like your own.

There is no one way to wellness. Your rhythm is yours to find.

What Scent Do You Need Today?

今天的你，需要哪一種香氣?

1. When you woke up this morning, what was your first feeling?

☐ A. I need more energy.

☐ B. I want to slow down.

☐ C. I want to clear my mind.

☐ D. I want to take better care of myself.

2. If you could spend today in just one place, where would it be?

☐ A. By the ocean

☐ B. In the forest

☐ C. In a flower garden

☐ D. At home

3. Which scent feels the most appealing to you today?

☐ A. Citrus

☐ B. Woody

☐ C. Floral

☐ D. Herbal

4. What do you need most right now?

☐ A. Motivation

☐ B. Calm

☐ C. Inspiration

☐ D. Comfort

1. 今天早上醒來，你第一個感覺是？

☐ A. 我需要更多能量

☐ B. 我想放慢腳步

☐ C. 我想重新整理思緒

☐ D. 我想好好照顧自己

2. 如果今天只能選一個地方待著，你會選？

☐ A. 海邊

☐ B. 森林

☐ C. 花園

☐ D. 家裡

3. 今天最吸引你的香氣是？

☐ A. 柑橘

☐ B. 木質

☐ C. 花香

☐ D. 草本

4. 現在的你，最需要的是？

☐ A. 動力

☐ B. 平靜

☐ C. 靈感

☐ D. 陪伴

5. If you could give yourself one message today, what would it be?

- ☐ "Be brave enough to begin."
- ☐ "Take it one step at a time."
- ☐ "Trust your intuition."
- ☐ "Take good care of yourself."

5. 如果今天可以送自己一句話，你會選？

- ☐ 「勇敢開始。」
- ☐ 「慢慢來，也沒關係。」
- ☐ 「相信自己的直覺。」
- ☐ 「好好照顧自己。」

Which letter appears most often in your answers?

數一數你的答案，哪個字母出現得最多？

A.



Today,
you could use a
little sunshine.

今天，
你需要一點陽光。

RECOMMENDED SCENT
推薦香味

Citrus notes such as bergamot, grapefruit, and sweet orange to energise your day.
柑橘・佛手柑・葡萄柚等充滿活力的香氣。

B.



Today,
you need to
slow down.

今天，
你需要慢下來。

RECOMMENDED SCENT
推薦香味

Woody notes such as cedarwood, sandalwood, and vetiver.
雪松・檀香・岩蘭草等木質香調。

C.



Today,
you could use a
little inspiration.

今天，
你需要一點靈感。

RECOMMENDED SCENT
推薦香味

Floral notes such as rose, jasmine, and geranium.
玫瑰・茉莉・天竺葵等花香調。

D.



Today,
take good care of
yourself.

今天，
好好照顧自己。

RECOMMENDED SCENT
推薦香味

Herbal notes such as lavender, eucalyptus, and rosemary.
薰衣草・尤加利・迷迭香等草本香調。



12星座未來6個月指南

Aries
March 21 – April 19



天使祝福數字：

777

聽從你的直覺，重新審視內在模式。無數的機會正在孕育與等待綻放，你需要做的就是給予空間與時間，讓它們順應生長

Leo
July 23 – August 22



天使祝福數字：

555

你有足夠的勇氣面對挑戰。保持務實與理性，去梳理事物間的脈絡與連結。雖然過程可能顯得枯燥或孤獨，但重點在於轉換視角，調整你看待問題的角度

Sagittarius
November 22 – December 21



天使祝福數字：

333

這是一段漫長的旅程，你終於到達了努力許久的目標。現在只需活在當下，不憂慮過去與未來，展現最出色的自己，無怨無悔地生活

Taurus
April 20 – May 20



天使祝福數字：

222

理性主導了感性。先冷靜接納與承認自己的感受，給自己兩天時間過河思考，再做出最終決定

Virgo
August 23 – September 22



天使祝福數字：

666

當你固守習慣、抗拒改變時就會感到無聊困頓。雜音與自我限制的信念正在阻礙你的成長。放下的不確定感，打破禁錮思想

Capricorn
December 22 – January 19



天使祝福數字：

111

充滿掌控感與安全感，正能量正引領你走向美好豐盛之地。自信是你前行的燃料，勇敢採取行動去開創，踏入需要探索的新領域

Aquarius

January 20 – February 18



天使祝福數字：

888

對目標滿懷熱情，勇氣、動力與激情都在支持著你。現在正是你發光發熱的最佳時機，毫不猶豫地去執行吧

Gemini

May 21 – June 20



天使祝福數字：

555

迷茫時，尋找權威或客觀標準作為基準。設立清晰的界限與原則，不要沉溺於模糊的灰色地帶，建立屬於自己的不可妥協之標準

Libra

September 23 – October 22



天使祝福數字：

111

外界充滿幻象與雜音，容易干擾你的判斷。為了重獲清晰的洞察力，請尋找最適合自己的環境，去觀察、去成長

Cancer

June 21 – July 22



天使祝福數字：

444

你已經蓄勢待發，準備就緒。下一步就是付諸行動與推進。「完美的時機」永遠不會憑空降臨，唯有邁出腳步才是解答

Scorpio

October 23 – November 21



天使祝福數字：

888

持續嘗試與磨練，直到找到正確的工具與方法。只要方向對齊，結果絕對不會讓你失望

Pisces

February 19 – March 20



天使祝福數字：

555

面對分歧、對話與潛在風險，這些都是真實生活的一部分。坦然接受這些起伏與挑戰，並試著去體驗與享受這個過程

Manifestation Planner

NAME: DATE: DAY: S M T W T F S

I WANT TO MANIFEST



LIMITING BELIEFS TO RELEASE

AFFIRMATIONS TO LEAN INTO

Manifestation Planner

NAME: DATE: DAY: S M T W T F S

I WANT TO MANIFEST



LIMITING BELIEFS TO RELEASE

AFFIRMATIONS TO LEAN INTO

DAILY JOURNAL

DATE

DAILY GRATITUDE

- ○
- ○
- ○
- ○
- ○
- ○

DAILY AFFIRMATION

DAILY GOALS

- ○
- ○
- ○
- ○
- ○
- ○

DAILY CHALLENGE

OTHER THOUGHTS

DAILY JOURNAL

DATE

DAILY GRATITUDE

- ○
- ○
- ○
- ○
- ○
- ○

DAILY AFFIRMATION

DAILY GOALS

- ○
- ○
- ○
- ○
- ○
- ○

DAILY CHALLENGE

OTHER THOUGHTS

DAILY JOURNAL

DATE

DAILY GRATITUDE

- ○
- ○
- ○
- ○
- ○
- ○

DAILY AFFIRMATION

DAILY GOALS

- ○
- ○
- ○
- ○
- ○
- ○

DAILY CHALLENGE

OTHER THOUGHTS

DAILY JOURNAL

DATE

DAILY GRATITUDE

- ○
- ○
- ○
- ○
- ○
- ○

DAILY AFFIRMATION

DAILY GOALS

- ○
- ○
- ○
- ○
- ○
- ○

DAILY CHALLENGE

OTHER THOUGHTS

MONTHLY RESET

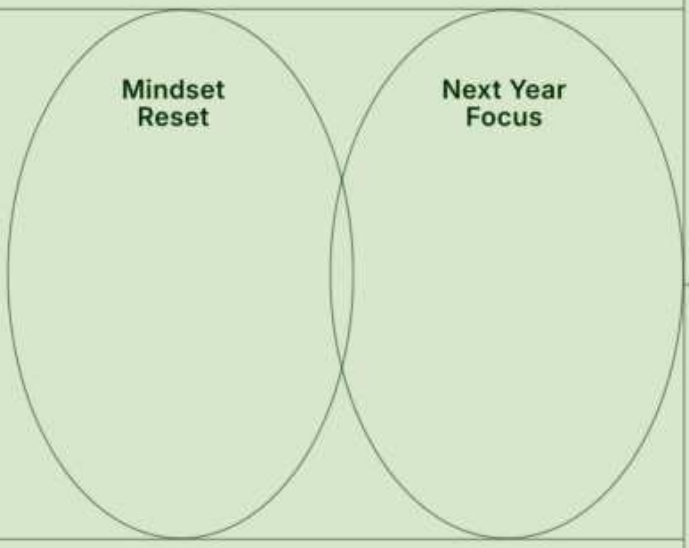
Monthly Reflection

What did I learn about myself and things to improve?

Highlights of the Month

A memory I want to keep

-
-
-



What Didn't Work

Habits or mindsets that need adjusting

Cleanup Checklist

- **Digital cleanup** ☐
  Clear emails, delete unnecessary files
- **Workspace reset** ☐
  Tidy space, reset corners, organize essentials
- **Home reset** ☐
  Clear thoughts, journal, declutter mental load
- **Finance check** ☐
  Review spending, update savings, plan next month

Note for Myself

-
-
-
-
-

MONTHLY RESET

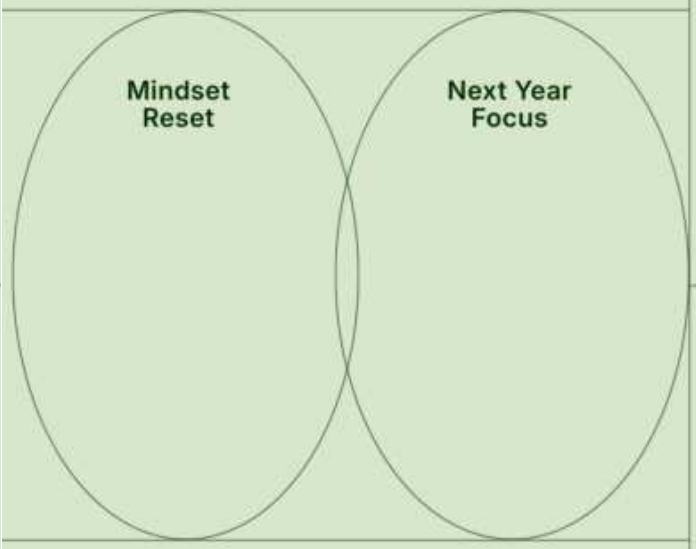
Monthly Reflection

What did I learn about myself and things to improve?

Highlights of the Month

A memory I want to keep

-
-
-



What Didn't Work

Habits or mindsets that need adjusting

Cleanup Checklist

- Digital cleanup ☐
  Clear emails, delete unnecessary files
- Workspace reset ☐
  Tidy space, reset corners, organize essentials
- Home reset ☐
  Clear thoughts, journal, declutter mental load
- Finance check ☐
  Review spending, update savings, plan next month

Note for Myself

-
-
-
-
-

LIFE RESET JOURNAL

WEEK OF: ____

CHECKLIST POINTS	MON	TUE	WED	THU	FRI	SAT	SUN
DRINK MORE WATER	○	○	○	○	○	○	○
WAKE UP EARLIER	○	○	○	○	○	○	○
MOVE MY BODY DAILY	○	○	○	○	○	○	○
TAKE A SHORT WALK	○	○	○	○	○	○	○
LIMIT SCREEN TIME	○	○	○	○	○	○	○
JOURNAL MY THOUGHTS	○	○	○	○	○	○	○
PRACTICE GRATITUDE	○	○	○	○	○	○	○
READ FOR 10 MINUTES	○	○	○	○	○	○	○
SLEEP BEFORE MIDNIGHT	○	○	○	○	○	○	○
LIMIT SCREEN TIME	○	○	○	○	○	○	○
JOURNAL MY THOUGHTS	○	○	○	○	○	○	○
TAKE DEEP BREATHS	○	○	○	○	○	○	○
CHECK IN WITH MYSELF	○	○	○	○	○	○	○
DO ONE PRODUCTIVE THING	○	○	○	○	○	○	○
PROTECT MY ENERGY	○	○	○	○	○	○	○
REST WITHOUT GUILT	○	○	○	○	○	○	○

LIFE RESET JOURNAL

WEEK OF: ____

CHECKLIST POINTS	MON	TUE	WED	THU	FRI	SAT	SUN
DRINK MORE WATER	○	○	○	○	○	○	○
WAKE UP EARLIER	○	○	○	○	○	○	○
MOVE MY BODY DAILY	○	○	○	○	○	○	○
TAKE A SHORT WALK	○	○	○	○	○	○	○
LIMIT SCREEN TIME	○	○	○	○	○	○	○
JOURNAL MY THOUGHTS	○	○	○	○	○	○	○
PRACTICE GRATITUDE	○	○	○	○	○	○	○
READ FOR 10 MINUTES	○	○	○	○	○	○	○
SLEEP BEFORE MIDNIGHT	○	○	○	○	○	○	○
LIMIT SCREEN TIME	○	○	○	○	○	○	○
JOURNAL MY THOUGHTS	○	○	○	○	○	○	○
TAKE DEEP BREATHS	○	○	○	○	○	○	○
CHECK IN WITH MYSELF	○	○	○	○	○	○	○
DO ONE PRODUCTIVE THING	○	○	○	○	○	○	○
PROTECT MY ENERGY	○	○	○	○	○	○	○
REST WITHOUT GUILT	○	○	○	○	○	○	○

謝謝你來到 Wellness Village。

由一個想法，到今天真正發生，特別感謝 ELLE Hong Kong、
中環街市 Central Market，以及每一位令這個 Village 成真的人。

希望這本 Guidebook、這 12 天，或者其中一個小小的 Moment，能為你留下些什麼。

如果你有任何感受、想法或 Feedback，歡迎告訴我們。
每一句說話，對我們都是很大的鼓勵。

我們很快再見。
Follow @wellnessvillage 看接下來發生什麼。

BEFORE YOU GO

Thank you for being part of Wellness Village.

From an idea to something real — thank you to ELLE Hong Kong, Central Market, and everyone who made the Village possible.

We hope this guidebook, these 12 days, or simply one small moment gave you something worth taking with you.

Have a thought, feeling or feedback? We'd love to hear it.
Every message means a lot to us.

See you again soon.
Follow @wellnessvillage for what's next.

ESCAPE WITHOUT LEAVING.
Take a little wellness with you.




Wellness Village