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ME HOME
I'M FREE!

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HONG KONG'S WELLNESS MAGAZINE



WELLNESS GUIDE 2019

HEALTH FOOD STORES



GREEN DOT DOT

With branches across Hong Kong Island, Kowloon and the New Territories, Green Dot Dot carries a wide selection of environmentally friendly products. Its extensive selection of food products are sourced from the USA, Canada, Japan, Taiwan and Europe. Can't make it to their own stores? You can also find Green Dot Dot products in major supermarkets across the city.

Outlets citywide, including G/F, Shop B, Fat Cheong Building, 63A Electric Rd., North Point, 2603-2326, greendotdot.com.

GREEN GOURMET

A no-frills organic shop located in the heart of Causeway Bay, Green Gourmet stocks a huge range of household items, including produce, cleaning products and natural beauty brands.

5/F, Opulent Building, 402-406 Hennessy Rd., Causeway Bay, 2575-5577, greengourmet.com.hk

JUST GREEN

This popular organic convenience store has eight outlets across Hong Kong, offering a nicely curated selection of healthy food and personal care products. The chilled section

is more comprehensive than most, with lots of health-conscious ready meals, and there are plenty of healthy packaged snacks too.

Outlets citywide, including 1/F, Wong Chung Ming Commercial House, 16 Wyndham St., Central, 2755-3555, justgreen.com.hk.

ONE VEGAN SHOP

For an impressive range of vegan-friendly food and lifestyle products, any budding herbivore needs to check out One Vegan Shop. It has a store in Yuen Long, but if that's a bit far, you can avail yourself of its plant-based produce online. There's a huge selection of milk alternatives, baking supplies, dairy-free cheese, meat substitutes, snacks and more - a hugely helpful resource for vegans, food allergy sufferers and health fanatics alike. Delivery is free for orders of \$300 or more.

oneveganshop.com.

REDWOOD NUTRITION

Redwood Nutrition is a long-standing health food store offering a wide array of basic nutritional supplements, hypoallergenic foods, snacks and beverages, functional foods, and sports nutrition. Shop online or for a wider selection you can order

products online and have them delivered to your door.

G/F, 164 Queen's Road East, Wan Chai, 2815-2121, redwoodhealth.com.hk.

SPICEBOX ORGANICS

Spicebox Organics is a socially conscious store and cafe that specialises in sourcing high-quality foods that are healthy, environmentally friendly and tasty, too. It's stocked with more than 1,000 organic and natural products including vegan items, gluten-free food, spices and eco-friendly cleaning and body products, as well as a full service cafe counter, grab'n'go meals and catering services. Store locations in Mid-Levels and Kennedy Town.

Shop 1, Golden Valley Mansion, 137 Caine Rd., 2559-9887, spiceboxorganics.com.

THE GOOD EARTH STORE

Inspired by a mission to feed her own gluten-intolerant twin girls, mumpreneur Pragya Aditya launched The Good Earth as a gluten-free godsend for HK families. They stock a well curated range of GF goodies, like quinoa cookies, pastas and pancake mix, as well as other hard-to-come-by flour substitutes, like amaranth, chickpea or quinoa. You can also find turmeric-infused treats from Ayurvedic UK brand Wunder Workshop, like honey or a turmeric latte blend.

5593-7755, thegoodearthstore.com.

