

# Sai Kung

## clearwater bay

### health & beauty

#### Prom-arama

Prom season is starting early this year. Adele Rosi finds tips for teens.

As the Oscars are to showbiz, so prom night is to teenagers. The most hotly anticipated evenings on the teen calendar, prom season is starting early this year with the King George V School Year 11 party on April 27 and other international schools following in May and June.

Teenagers across Hong Kong are in frenzy of dress-selecting, tuxedo-buying, eyebrow-shaping and corsage-choosing. Like any big event, there are trends, grand designs and great expectations. With girls trading in their jeans for the night, the dress is all-important.

"The biggest trends are white, red, gold and colour, colour, colour. Black is not what's happening at all," says Clearwater Bay resident Eve Roth Lindsay of Savvy Style, which specialises in colour analysis and style consultations. "It's all about movie-star glamour, very elegant, feminine and pretty – not sexy-trashy – and also retro. Styles range from very streamlined to flapper to full ball gown. Glitter and sequins are also in but done in a new and tasteful way. Taylor Swift is a great example for girls – she does the red carpet so well."

Hairstyles are equally crucial, says Mojdeh Kazemi, owner of Tala's Hair & Beauty Salon, which offers complimentary hair consultations ahead of the appointment on the big day.

"Girls usually put their hair up but the trend is for it to be sophisticated, not messy," she says. "Girls with long hair tend to want a lot of curls and many girls have their own hairpieces. I always recommend they bring in a picture of what they have in mind as sometimes an idea may get lost in translation."

She also advises bringing in a picture of the dress as its neckline may determine the hairstyle.

"For example, a dress with a high neck always looks better if long hair is put up," she says.

While makeup can hide unwanted pimples, Linda Chuen of Sabai Day Spa recommends girls start early to make sure their complexion is perfect for the big night. And consider a deep-cleansing facial treatment after the event to avoid post-party pimples.

**Makeup:** \$700, "Makeup has gone from the hard eyeliner look to a softer, more feminine face," says Eve Roth Lindsay of Savvy Style.

**Teen facial:** \$400, Sabai Day Spa.

**Corsage:** Cindy's, 3 Tak Lung Front Street, Sai Kung, 9365 0624

**Manicure:** \$170, Sense of Touch

**Fake tan:** \$480 full body (with scrub), Sense of Touch, 77 Man Nin Street, Sai Kung, 2791 2278

**Eye-brow shaping:** \$100, Sabai Day Spa, 2/F, 10D Po Tung Road, Sai Kung, 2791 2259

**Hair:** Tala's, 56 Po Tung Road, Sai Kung, 2335 1694

**Dress alterations:** Ka Ying Curtains, 28 Man Nin Street, Sai Kung, 2791 4796

**Style consultation:** Savvy Style, 402A Baskerville House, 13 Duddell Street, Central, 2522 2592

"It depends on your skin but try to have a facial every fortnight if you are prone to breakouts and every three weeks if you have regular skin," she says. "Don't come just before the prom as spots may emerge several days after a facial. Try not to eat fried foods in the run-up to the prom as this can cause pimples but remember to drink lots of water."

Male preparations are always more last minute. Tuxedos, suits and even kilts all make the cut; some boys like to experiment but think white DJ jacket with black trousers or a colourful waistcoat rather than anything weird and wonderful. Mothers of growing teen boys recommend having an evening suit made in Shenzhen to keep costs down.