

HK heartbeat

Central Shopping Guide



Everything you're looking for and thought you'd never find ...

The heartbeat directory is a local favorite with details for everything natural in Hong Kong.

HK heartbeat is Hong Kong's first and only natural network sharing fresh content and local connections and promoting conscious everyday choices. Choose wisely today for a better tomorrow ... naturally.

heartbeat.com.hk

natural life in the fast lane

Listen to your own heartbeat

The heartbeat directory ♥ Central Shopping Guide

Updated 5-Oct-15 -- more at heartbeat.com.hk/directory.htm -- the heartbeat network

active wear

A Day With Fé 2546 9300
S502, Block A, PMQ
35 Aberdeen Street
adaywithfe.com
HOURS: Tue-Sun 1-8pm

A versatile clothing line that blends day wear and yoga wear with everyday comfort and elegant style

Aumnie International 3188 0973
Room 1601, Waga Commercial Building
99 Wellington Street
HOURS: Mon-Sat 10am-7pm

Health and wellness lifestyle brand for active and mindful living; yoga, fitness and ready to wear fashion; mats, props, accessories

Biotrek Bodyware 2744 5911
Room 902, 9/F, Harvest Building
29-35 Wing Kut Street
HOURS: Mon-Fri 12-3pm 6-11pm Sat-Sun-PH 12-11pm

Activewear, yoga accessories, yoga props and exercise wear; retail & wholesale

Ozzie Cozzie 2810 1356
503 Tak Woo House
1-3 Wo On Lane
HOURS: Mon-Fri 11am-7pm Sat 11am-6pm

Swimwear, resort wear and sun protection for the whole family

Pure Retail 8129 8000
Level Four Two ifc
8 Finance Street

Fitness and yoga wear, nutritional products, energy bars and supplements

Spirit Sports Limited 2526 0620
G/F, Wyndham Mansion
32 Wyndham Street
HOURS: 10:30am - 7:30pm daily

Fitness and leisurewear

aromatherapy products

DK Aromatherapy 2771 2847
G/F, 16A Staunton Street
HOURS: 12-10pm

Natural healthcare centre stocking organic essential oils and massage oils; aromatherapy treatments, body massage and facials; personal blending service; workshops

books & music

bookazine 2295 3886
Shop 3022, Level 3, ifc Mall
8 Finance Street

Shop 309-313, 3/F, Prince's Building 2522 1785
6-14 Chater Road Central
HOURS: Mon-Fri 7am-8pm, Sat 9am-8pm, Sun & PH 10am-7pm

A comprehensive collection of popular local and international natural lifestyle books and magazines

books & music

Flow Community Bookshop 2964 9483
Room 204 Lyndhurst Building
29 Lyndhurst Terrace
flowbooks.net
HOURS: Mon-Sun 12-7pm

Exchange for new and used books, CDs, VCDs & DVDs

children & families

Mother Organic 2521 1162
301 Hong Kong House
17-19 Wellington Street
HOURS: M-F 10am-10pm; Sat-Sun-PH 10am-4pm

Organic shop for mothers and babies selling organic and natural bedding, skincare products, clothing and food products

Tiny Footprints 2522 2466
10/F, 1 Duddell Street
HOURS: 10am-6pm

Non-toxic food, toys, clothes, furniture and gifts for baby and moms

fashion boutiques

La Place 2868 3163
Basement Abdoolally House
20 Stanley Street

Retail and wholesale second-hand designer fashion goods; clothes, shoes, accessories; online shopping available

health food stores

Catalo Natural Health Foods 2522 1255
Shop 207, 2/F, Nexus Building
41 Connaught Road
HOURS: 9:15am-6:15pm

cGMP and FDA certified products, natural supplements and organic foods

Corner Block 2523 3123
Shop A, G/F, World Trust Tower
50 Stanley Street

An organic health food shop with fresh vegetable & fruits; home delivery, online shopping (formerly O2H)

Food For Life 2522 5507
Retail Counter in Victoria Dispensary
20 Stanley Street
HOURS: 10am-8pm

Omega oils, detox kits, healthy snacks and household products

Health Concept 2868 9808
Room 2001, 20/F, 99 Wellington Street
HOURS: Mon-Tues 10am-8pm

Natural, organic food and nutritional supplements; delivery service; regular workshops

Health Essential 2545 2286
8/F, Hung Tak Building
106-108 Des Voeux Road
HOURS: Mon-Sat 11am-8pm

Organic, natural, chemical-free, gluten-free, sugar-free, dairy-free health and whole foods for diabetics, vegans and vegetarians; fair trade foods, organic wines

The heartbeat directory ♥ Central Shopping Guide

Updated 5-Oct-15 -- more at heartbeat.com.hk/directory.htm -- the heartbeat network

health food stores

Healthy Delight 2748 8288

Unit 203 Conwell House
34-38 Stanley Street

HOURS: Mon-Fri 11am-7pm; Sat 11am-5pm

Online organic shop with a variety of health foods and products for children

Just Green 2801 5611

52 Graham Street, Soho

HOURS: Mon-Sun 11am-8pm

Organic, gluten free, vitamins & supplements, fresh food, home, health, baby and pet products; fair-trade, natural and eco-responsible

Nature's Village 2121 1637

G/F, 38 Lyndhurst Terrace

HOURS: Mon-Sat 11:30am-8:30pm Sun-PH 12-8pm

Organic and natural food and supplements; environmentally responsible products for health conscious customers

Organic 21 3104 9284

62B, Staunton Street

Health food store selling organic and whole foods and personal care products; operated as a social enterprise by HKYFG

Patchun 2545 6700

G/F, 5 Wellington Street

HOURS: Mon-Fri 10:30am-8pm; Sat-Sun-PH 10:30am-8pm

A variety of health foods from around the world and internationally certified organic products including vegetables and beans

health products

Global Wellness 2581 9886

12-16 Lyndhurst Terrace

HOURS: Mon-Sat 9:30am-8:30pm; Sun: 11am-7pm

Retail wellness center selling whole food nutritional supplements and organic health and beauty products with guidance from qualified nutritionists

Green Concepts 3113 5848

2/F, Ming Fat Building

74 Wellington Street

HOURS: Mon-Fri 10am-1pm 3-6pm Sat 10am-1pm

Health food and products; food, snacks, beverages, household products & equipment, personal care, natural remedies and books

The Store 2351 2177

2/F, 38 Cochrane Street

Full service shop selling protein, creatine pre and post workout nutritional supplements with free delivery

Plantologie 2815 9448

18/F, Wisdom Centre

35 Hollywood Road

HOURS: 10am-9:30pm

Natural health care centre carrying organic & bio-dynamic products; therapeutic treatments including classical homeopathy & Traditional Chinese Medicine

home & office

Alen Corp Asia 3106 0315

5/F, Yat Fat Building

44-46 Des Voeux Road

HOURS: 11am-9pm daily

Air purifiers, home filtration packages and odor removal sprays

Bambo Home 2291 0285

Unit S304, Staunton Block, PMQ

35 Aberdeen Street

HOURS: Mon-Fri 10am-7pm

Household items, furniture and floorings from sustainably grown bamboo

Burnt Oringe 2529 6555

Shop 2D Sung Fung Building

52-60 Lyndhurst Terrace

HOURS: 11am-7pm daily

Green certified linen company supplying hypoallergenic bed linens from organic fabrics

The Candle Company 3589 6525

11 Lyndhurst Terrace

HOURS: Mon-Sat 10am-8pm; Sun-PH 12-8pm

Candles, essential oils, reed diffusers, candle holders and home accessories locally produced to European standards

TranquilAid 2688 2480

2/F, 28 Cochrane Street

Therapeutic neck-alignment pillows filled with flattened organic buckwheat hulls from Canada, dustmite and flea control treated, allergy free; Pet Shampoo

TREE 2841 8844

22 Elgin Street

HOURS: Mon-Fri 10:30am-7pm; Sat-Sun-PH 10:30am-8pm

Contemporary sustainable home furnishings from reclaimed teak wood recycled into sofas, dining tables, kids, beds, outdoor furniture and accessories

groceries

Green Age Biogenics 2522 0013

6/F, Ming Fat Building

74 Wellington Street

Fresh, local, organic produce and custom ordering of organic whole grain breads

jewelry & crystals

Baer Jewels 2877 0099

Room 3A, 3/F, Galuxe Building

8-10 On Lan Street

HOURS: Mon-Fri 10am-7pm

Natural crystals and gemstones set in gold, platinum and silver; energetic cleaning of stones and jewelry, commissions

n i n 2878 8811

HOURS: Mon-Fri 11am-8pm; Sat-Sun 11am-6pm

Shop E, 200 Hollywood Road, Sheung Wan

Jewelry and accessories crafted from natural materials using up-cycled material where available recycled materials for packaging

The heartbeat directory ♥ Central Shopping Guide

Updated 5-Oct-15 -- more at heartbeat.com.hk/directory.htm -- the heartbeat network

jewelry & crystals

Quartz Rights 2868 5560
Rear Shop A, G/F, Commercial House
35 Queen's Road
HOURS: 10am-8pm
Semi-precious stone products including crystals, carvings and jewelry; tourmaline, amber, rutilated quartz, citrine, rhodochrosite, feng shui decorations and crystal balls.

maternity and baby care shops

Organic Baby 2882 6328
199 Des Voeux Road Central
Baby apparel and gifts manufactured in socially and ecologically responsible ways using certified organic materials and low-impact dyes

personal care & cosmetics

Aēsop Counter 2118 7611
Lane Crawford
Podium 3, ifc Mall, 8 Finance Street
Skin, body and hair care products for men and women containing plant-based ingredients and anti-oxidants

Aēsop Central Signature Store 2544 4489
G/F, 52-60 Lyndhurst Terrace
Skin, body and hair care products for men and women containing plant-based ingredients and anti-oxidants

Apivita 2111 2562
G/F, 74 Wellington Street
Essential oils, candles and personal care products made from natural ingredients with nutritive benefits; facial treatments

Aveda Experience Center 2868 3353
Shop B48 1st Basement Floor
The Landmark, 11 Peddar Street
Plant-based products for hair, skin, body, Pure-Fumeä aroma, makeup and life style products

Clarins Skin Spa 2295 0821
Shop 1087, ifc mall
8 Finance Street
All products are made of natural plant base extracts.

Harvey Nichols Beyond Beauty 3695 3388
1/F, Harvey Nichols
The Landmark, 15 Queen's Road Central
Offering a range of organic skin care and beauty products including Kiehls, John Masters

Fruits & Passion
Shop B1, UG/F, Century Square 2295 3008
1-13 D'Aguilar Street
HOURS: Mon-Sun 11am-9pm
55 Wellington Street 3104 1839
HOURS: Mon-Fri 12-10pm Sat 12-10pm Sun & PH 11am-10pm
Scented body and home products made with natural ingredients and developed with respect for the environment

personal care & cosmetics

Herbal Bliss 2676 2885
Unit 11A, 128 Wellington Street
HOURS: Mon-Sat 12-7pm
Internationally-certified organic local skincare brand supporting small distillers, herbal and aroma-therapeutic companies

Joyce Beauty 2869 5816
G/F, New World Tower
16-18 Queens Road Central
HOURS: 11:30am-9pm daily
Green Beauty Corner sells organic and green cosmetics

Jurlique 2234 7888
ifc mall
8 Finance Street
Natural herbal antioxidants, plant based ingredients with no chemicals, artificial colours or fragrance grown on South Australia organic herb farm

Kiehl's 2869 1798
B25 The Landmark
15 Queen's Road Central
Skin, hair and body care products made with a blend of cosmetic, pharmaceutical, herbal and medicinal knowledge; no animal testing

L'Occitane 2523 4111
Shop B62 The Landmark
11 Peddar Street
HOURS: 11:30am-11pm daily
For 30 years, L'OCCITANE has been creating body care, skincare and fragrance products using natural ingredients.

Melvita 2234 7390
Shop 1088A, Podium Level 1, ifc mall
8 Finance Street
Personal care products and cosmetics that meet ECOCERT natural and organic cosmetics criteria for ingredients, production and packaging

Neal's Yard 2155 0508
65 Hollywood Road
HOURS: Mon-Sun 10:30am-9pm
Handmade, eco-responsible, vegan personal care products with sustainably sourced natural and organic ingredients

Origins 3188 1826
Shop 1076, Level one, ifc Mall
8 Finance Street
HOURS: 11am-8:30pm daily
Natural beauty products for men and women

social & sustainable retail

The Oxfam Shop 2522 1765
LG8, Jardine House 8xfam.org.hk
1 Connaught Place
HOURS: Mon-Fri 11am-7pm Sat 12-5pm
Second-hand designer label clothing and handbags, CDs, books, home accessories and fair trade products

The heartbeat directory ♥ Central Shopping Guide

Updated 5-Oct-15 -- more at heartbeat.com.hk/directory.htm -- the heartbeat network

social & sustainable retail

Castaways 2868 2848
4-8 Garden Road stjohnscathedral.org.hk
Charity shop run entirely by volunteers selling clothing, including shoes and handbags, books and household linen

specialty products

Luxe Nova Lifestyle Studio 2898 0568
9F, V Plus
68 Wellington Street
HOURS: 10am-7pm
Socially and environmentally responsible natural and organic products for wellbeing; online shop, art gallery, events, classes

supermarkets

city'super 2234 7128
ifc mall Level One, Shop 1041-1049
8 Finance Street
HOURS: Sun-Thu 10am-10pm, Fri-Sat 10am-11pm
Selection of imported fresh, organic and whole foods

Oliver's The Delicatessen 2810 7710
2/F, Prince's Building
10 Chater Road
A range of fresh produce, natural ingredients, organic and health foods; instore and home shopping services

water

Beyond O2 6033 3759
Unit B, 4/F, Gough Plaza beyondo2hkwater.com
33 Gough Street
HOURS: Mon-Fri 9am-7pm Sat 9am-2pm
Alkaline oxygen water filtration systems for home and office

Join today

*Stay in touch with what's new and
what's on in Hong Kong ... naturally*

-- Personal Membership --

Natural Concierge Service
Special offers and welcome gifts
Regular events to meet like minded people

-- Business Membership --

Website directory listing
Natural business matching
Digital media promotions

Apply online now

heartbeat.com.hk

-- the conscious living network --

Tel : +852 **6628 6153** - Kinzie