

# Enhancing Your Charisma

## 提升健康魅力

In today's business world, one's image can make a lasting impression. Image consultant Ella shares her insight on how to create a professional look that help building your charisma.

在今天的商業社會，個人形象往往影響深遠。造型師 Ella 在此分享她創造專業人士形象的心得，助您提升魅力。

by Ella

Submit your grooming questions to Ella at ella@ellagroup.com. She will give you a few tips to bring out the best of your style.

歡迎你向 Ella 提出有關時尚和裝扮的問題，她將會解答你的疑難和教你如何突顯個人風格。她的電郵是 ella@ellagroup.com。

**Q: How can we be a 9 to 5 person with a healthier look?**

**A:** All men and women are so busy with their work these days. Inner beauty and good health should radiate from within. You can kick start your new regimen with a nutritious and simple lunch. Eating light still offers you enough energy for the day and can help you sleep better at night. Since most of the corporate creatures are desk-bound and perform relatively low energy-consuming tasks, you don't need to wolf down a heavy meal that sustains a laborer. Instead, opt for a nutritionally-balanced and light lunch that offers enough fuel to drive your day.

**問：我們怎樣當個健康的辦公室一族？**

**答：**幾乎所有的男女都工作繁重。內在美和健康應該由內至外散發出來。要展開健康新生活，試試來一個有營養和簡單的午餐吧。一頓簡餐的能量，已夠你應付白天的工作，晚上睡得好。因為我們都是整天坐著用腦的辦公室族類，所消耗的能量不多，用不着好像體力勞動者般得吃一頓大餐來補充精力。所以，一頓營養均衡的簡單午餐足夠你一天所需的能量。



The portion size shown here is for a lady. Men can double the helping. 此圖為女士的份量，男士可以吃雙份。

### Salad in a hurry 快「脆」沙律

This vegetable medley won't take you more than 10 minutes to make, including washing the ingredients. You may sprinkle some nuts as garnish or compliment it with a small bar of dark chocolate.

製作這道雜菜午餐連洗淨蔬菜不會花上你十分鐘的時間。你可以灑上一些果仁作裝飾或伴以一小塊黑朱古力。

**Slice and toss together the following:**

- **Carrots:** bountiful vitamin A that is good for the skin and eyes
- **Cucumbers:** great for hydrating your skin
- **Iceberg:** fresh and crispy
- **Dressing:** use light Japanese dressing or Italian vinegarett
- **Bread:** go well with any light cheese, turkey or ham

Fill your plate with olives and almonds to dress up the dish.

**將以下的材料切片和拌好:**

- **紅蘿蔔：**豐富的維他命A有助促進皮膚和眼睛健康
- **青瓜：**能滋潤皮膚
- **美國西生菜：**新鮮和爽脆
- **沙拉醬：**可用日本沙律醬或意大利橄欖油醋汁
- **麵包：**是淡味芝士、火雞片或火腿的好配搭

加上橄欖和杏仁令此午餐更豐富。

Courtesy of Ella S Group  
照片由 Ella S Group 提供



**Q: what is the best eye make-up to match smart casual outfit?**

**A:** For make-up, remember the motto "less is more." Try to bring out the best of you without trying to imitate someone else.

Make-up should enliven our look and should not rest on our face like paint. Both men and women should take good care of their eyebrows—they are the communicators of your thoughts.

**問：怎樣的眼妝最配合半正式衣著 (Smart Casual) ？**

**答：**謹記化妝的原則是「簡單就是美」。你應該盡量展現你的特質，不要去模仿別人。化妝應該帶出面部神采，而非在臉孔上塗一層顏料。不管男女都應好好修整你的一對眉毛，因為它們能傳達你的思想。

**Q: Should all office ladies wear suits under the humid weather of Hong Kong?**

**A:** It depends on the nature of your job. If you don't need to meet with a client or the senior management, smart casual will be the appropriate dress code. A jacket will be handy to have—you can put it on top of your clothing if you need to dash out for a last minute meeting. It's the same for men. You can still look chic and smart without the dull suits.

**問：香港天氣潮濕，所有辦公室女郎都得穿上西裝上班嗎？**

**答：**這得看你工作的性質。若果你不用見客戶或與高層開會，半正式的衣著 (Smart Casual) 是合適的。在辦公室預備一件外套—若果臨時要參加會議，在你的衣服上蓋一件外套便可以出門。男士也一樣，你不用穿著沉悶的西裝也可以顯得時髦和精神奕奕。

**Q: What is a "one-stop" make over?**

**A:** This concept was originated in Europe and popularized in the U.S. It's now all the rage in New York City. I am excited

to bring this idea to Hong Kong. I truly believe a professional consultant should understand all aspects of his or her client's needs—from hair styling (from the colouring to texture of hair), make-up (that includes eyebrow design) and fashion (basics of tailoring and an astute sense in mixing and matching items). Indeed, the most demanding clients, often the elites and the movers and shaker of high society, would only go for a "total solution" with a consultant who has all-rounded expertise—from hair styling to make-up and fashion advisory. By engaging a multi-faceted consultant, they are assured that a consistent image is maintained.

**問：什麼是「全方位造型」？**

**答：**這是源自歐洲、在美國流行開來的概念。現正在紐約引起一股風潮。我很高興能把此概念帶來香港。我確信一個專業的形象顧問應該了解其客戶的所有需要。從髮型 (包括染髮、髮質處理)、化妝 (包括修眉) 和時裝 (掌握基本的裁剪知識和配搭的要素)。事實上，最高要求的客人 (通常是專業人士和叱咤社交圈的風雲人物) 只會選用擁有全方位概念、多方面專長的造型師，從髮型、化妝到衣著指導完全一手包辦，來塑造及維持一致的形象。

**About the Writer 關於作者**



Founder of Ella S Group, Ella was nurtured by Bundy Bundy, the world champion styling house in Vienna, Austria. She was certified as a master of beauty and imaging in the European Union at the age of 20 and has helped top-notch brands such as Chanel with their fashion shows.

Blending unique European style and Asian aesthetics, Ella has built a strong clientele comprising of A-list celebrities, models and top-tier corporations in Hong Kong and has worked with brands in the city including: Burberry, QG PRIVATE i Salon at the Four Seasons Hotel, the Pacific Club and Ports 1961. Ella S Group 創辦人。Ella 在奧地利維也納的造型屋 Bundy Bundy 接受培訓成為專業的時裝和造型師。她在二十歲時獲得歐盟的美容和造型大師的證書，並曾參與頂尖的品牌如 Chanel 等的時裝表演。憑着結合歐洲風格和亞洲美學，Ella 獲得一眾城中名人、模特兒和頂尖企業的青睞，並為香港不少知名品牌和企業服務，包括：Burberry、四季酒店內的 QG PRIVATE i Salon 髮型屋、the Pacific Club 和 Ports 1961。