


JUNE 2018 | liv-magazine.com LIV MAGAZINE

FITNESS NUTRITION WELLBEING TRAVEL ECO SPA

TAKE
ME HOME
I'M FREE!

Liv.

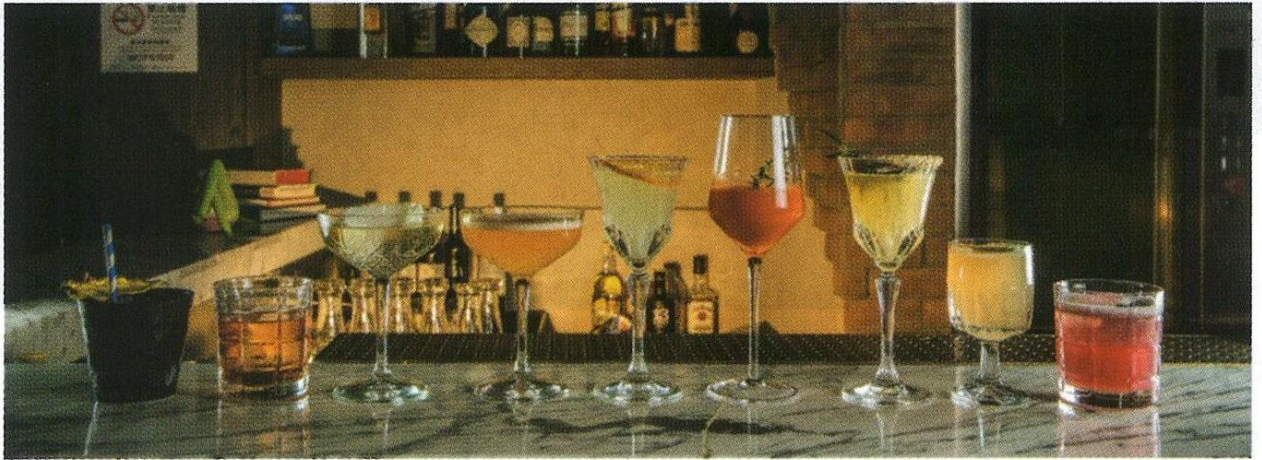
HONG KONG'S WELLNESS MAGAZINE

A woman with long dark hair, wearing a light blue tank top, is smiling and looking towards the camera. She is lying on a bed of fresh vegetables, including carrots, green beans, bell peppers, and corn. A man with dark hair, wearing a light blue t-shirt, is lying on his back, also smiling, with his head resting on the vegetables. The background is a dense collection of various fresh produce.

The Herbivore's A to Z

Your indispensable
guide to a plant-based
Hong Kong life

WIN gym memberships, gourmet protein bars and aromatherapy sleep mists on p.18!



IT'S A GOA

With very few options for great cocktails in Macau, **Goa Nights** is a refreshing addition to the scene. Not just a bar, this contemporary Indian tapas-style restaurant combines classic and modern Indian flavors in a swish three-story location. It's a very intimate space, making it perfect for a date or an evening with friends. The menu is varied with a ton of vegetarian options for those who like their food spicy and full of flavor. Not an Indian food lover? Then stop by and enjoy their great list of cocktails created by bar manager and head mixologist Chetan Gangan.

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www.goanights.com.**