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THE BEAUTY ISSUE The Skin You're In

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AUGUST & SEPTEMBER 2012

Issue 11



\ \ \ /e've got a special issue this month featuring a round up of non-invasive beauty treatments available on the island. We've also been out to sample Indian and Taiwanese cuisine this issue with reviews of both. There's also information on the changes to the foreigner registration system that started at the beginning of July.

As usual you can also view the magazine online at: www.totalokinawa.com



Need a QR reader? Check out our magazine page on Totalokinawa.com

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FEATURE **BEAUTY TREATMENTS**

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Restaurant Review

by Melissa Nazario

Taj Okinawa

reat value authentic Indian cuisine. Okinawa is home to many thriving Indian restaurants, but the consistently perfect naan bread and curries at Taj Okinawa rival the best on island. Tucked away in the three story shopping plaza on Highway 20, behind China Pete's, Taj can seat more than 60 quests comfortably, and the plaza has plenty of parking.



The lunch menu is available Monday through Friday before 3 pm, and consists of 4



sets. The A Set (¥900) comes with one of six curries, naan, a small salad, and choice of drink, such as yogurt lassi. Set B (¥1,000) adds minestrone soup and a piece of chicken tikka to Set A. For larger appetites, Set C (¥1,300) has Set B items, plus dessert and a piece of chicken masala. The Kid's Set (¥600) comes with curry, chicken, rice, a small piece of naan bread, and juice.

Dinner sets start at ¥1,600, and offer variations around

the theme of naan and choice of curry, plus sheek kebab (a spiced sausage), saffron rice, and dessert, depending on the set. Other types of naan, curries, tandoor specialties, and "Indian snacks" are available on the dinner menu.

Taj's curries are spiced, but don't start overly spicy; more spice can be added by request. The seafood curry is sweet and has chunks of shrimp, mussels, and crab--perfect for dipping. The keema mutter, a lamb and pea curry, has a deeper, more complex flavor. Also worth checking out is Taj's curry of the day, which can range from chicken with spinach to their seasonal pumpkin curry.

The staff are very friendly, and even let me take a peek inside their clay oven, which makes their naan bread both fluffy and slightly crispy. Guests can both hear and watch the chef in the glass "booth" slapping the dough and sticking it in the oven, just one of the many reasons to visit this fine establishment.

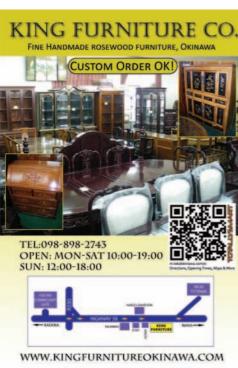
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Dive Update

Summer = Perfect Diving!

C ummer is in full swing here on Okinawa and the diving is awesome. If you're not certified yet what are you waiting for? Reef Encounters is starting classes on a daily basis with no waiting list and classes can match any schedule. If you are already certified it's time to get out and enjoy some diving. Summer is the perfect time to explore the many dive sites around Okinawa. The wide diversity of both shore and boat dive sites around Okinawa are unmatched anywhere in the world.

Starting from the south end of the island there is Channel Crevaces where dramatic drop offs and swimthroughs beckon the diver as turtles frolic along the reef. Gushikami castle site is another great southern dive spot. Moving to central Okinawa we have the Miyaqi Coast dive sites better known as Sunabe seawall where soft corals abound and the nudibranchs are found in bunches. Just a bit further north we find Mizugama area where soft corals, rays and turtles are also found – and the occasional shark. Continuing our northern journey we find the famous Maeda Point where if you look past the huge



numbers of tourist snorkelers you will find hundreds of varieties of reef fish. Traveling further north we enter Onna area where dive sites such as Toilet Bowl and Apogama and Horshoe cliffs offer deep walls, great corals and some larger marine life. When the desire for something different grabs you it's time to head to the other side of the island and explore Tengan Pier, or Kin Red beach where muck diving finds such rare critters as the mimic octopus, seahorses and rare mud loving gobies. When walking your gear in from shore becomes a chore, sign up for one of Reef Encounters boat dives to the Keramas to swim with sharks, turtles and to explore the crystal clear waters found in these diverse islands. Looking for something closer to home? Explore the amazing coral formations found on the Pinnacles in

Ginowan or the sea fans on a Kuef drift dive. No matter what grabs your fancy the dive sites of Okinawa will fascinate you for hundreds of dives. Remember the professional staff at Reef Encounters can recommend both beach or boat dives to suit your experience level and also find the critters you are looking for.

www.reefencounters.org 098-995-9414



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Restaurant Review

to

by Melissa Nazario

Wen Bing

With Taiwan on our doorstep, it's time to try Taiwanese cuisine.

Wen Bing has something for everyone, including a view. This quaintly decorated café seats about 35, and the glass outer wall gives most diners a panorama of American Village. Chinese food lovers can enjoy sweet and sour pork (¥900) with sweet or black vinegar, spicy Kung Pao shrimp (¥950) or chicken (¥850), or chow mein-like stir fried



noodles with shrimp and vegetables (¥850), which comes with a cup of brothy soup. The dish "rice covered with Chinese omelet" (¥650) is an egg foo young patty, smothered with a choice of sweet and sour sauce or soy gravy. This delicious omelet is filled with shrimp, bamboo strips, and mushroom slices, plus shredded carrot and green onion sprinkled on top. Like many of the dishes at Wen Bing, it's small and inexpensive enough to allow you to try other items, like a croquette sandwich, a fried bread filled with cabbage, mayo, and choice of

fried shrimp, roasted pork or other meat.



The reasonable prices make it fun to try and share different dim sum. I've introduced my friends to the large steamed buns (¥250), and they're hooked. The white dough is fluffy and slightly sweet, and filled with red bean paste or pork and gravy, similar to duck sauce. The sesame balls (¥450) come to the table piping hot, crispy, and filled with sweet red bean paste. Also worth trying are the shumai (¥400), steamed pork and vegetable dumplings with dipping sauce.

Three lunch sets are available, even on the weekend, from 11 am to 2:30 pm. At ¥980, they include unlimited soft drinks and salad bar, plus a choice of crispy fried chicken with fragrant sauce, roasted pork on fried rice, or Special Chop Suey ramen noodles. The bone-in fried chicken has a slightly spicy, ginger flavor, and is served on top of shredded cabbage, with white rice on the side. The Special Chop Suey ramen consists of a big bowl of dark broth loaded with noodles, roasted pork, shrimp, vegetables, and even a quail egg. The soup is subtly flavored and perfect for rainy days.

Open - Sunday through Friday 11 am - 9:30 pm, Saturday 11 am - 10:00 pm, Closed Tuesday

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THE SKIN YOU'

Okinawa Skin Treatment Advice by Melissa Nazario

Issue: Dull, Aging, Sun Damaged Skin

Try: Mozuku Facial and Relaxation Massage

Even skin gets tired from all the work it protecting your body. It may be time

reinvigorate it with a personalized facial and massage. Meena Esthetic Salon



reinvigorate it with a

near San-A Main City combines aromatherapy, massage, and one of four all natural facial packs to treat dry, sun burnt, acne prone, or aging skin. After a gentle foaming bubble cleanse and upper body rub with rose and frankincense oil, the mozuku seaweed facial will revitalize skin and tighten pores, leaving a smoother, brighter surface.

56-5 Esu Uruma City Tel: 080-6494-3177

Issue: Combination or Oily Skin, Acne

Try: Pore Cleansing Facial with CO₂ Mask

Cleansing alone can't always stop oil, dirt, and dead skin from clogging pores. Clarifying facials can help. At **Life Relaxation Salon** in Sunabe, a specialist will massage, exfoliate, and extract blackheads with a suction device, then apply their popular foaming CO₂ mask to clear pores, treat breakouts, and activate new cell growth. **278 Sunabe, Chatan-cho Tel: 098-936-4062 278**

Issue: Sun Spots, Wrinkles, Redness, Acne Scars

Try: IPL Foto Facial RF

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A specialist aims short bursts of intense pulsed light (IPL) at skin

treated with cold numbing cream. Customers report feeling a tiny zap of heat, or as if a rubber band snapped the skin.

Although IPL is primarily used for permanent hair removal, Me Love's Foto Facial combines IPL with radio frequency (RF) heat to simultaneously treat wrinkles, broken capillaries, birthmarks, acne rosacea, acne scars, and even spider veins. It's no wonder IPL has been gaining popularity in the spa world.

713-4 Kamisedo, Chatan-cho Tel: 098-926-5523



REIN

Let's face it--**Okinawa's climate** can be cruel to your

skin. Fortunately, **spas and specialists** can remedy that damage at reasonable prices, and without surgery. But, which therapy is best for you, and what happens during the procedure? We've rounded up and explained the most popular, **non-invasive skin treatments**, and listed local

businesses offering them.

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Issue: Fine lines, wrinkles, uneven skin

Try: Microderm Abrasion

Microderm abrasion uses fine grade sand to exfoliate the outermost layers of dead skin cells, resulting in smoother skin and fewer fine lines and acne scars. **Esthetique Salon** near Plaza Shopping Center uses a Crystal Peel treatment for thick skin, and a Diamond Peel treatment for sensitive, oily, or

acne prone skin, followed by a moisturizing mask. Esthetique says there is no recovery or down time required for this treatment.

335 Shimabuku Kitanakagusuku Son Tel: 098-933-1864

Issue: Cellulite

Try: LPG Endermologie

French company LPG combined deep tissue massage and suction into a technique that stimulates skin and helps reduce the appearance of cellulite. A roller head device massages skin while a suction device pulls on cellulite. Many find this procedure soothing, not painful. K's Body Care Center uses LPG-Endermologie to treat cellulite on the whole body, or focused areas of concern, in a minimal amount of time.

555-7-1F Kamiseido, Chatan Tel: 098-989-3941

Issue: Saggy Skin, Cellulite, Wrinkles
Try: RF treatment

For those with loose skin, cellulite, or deeper wrinkles, RF treatment offers dramatic results. The outer layer of skin is cooled and protected while radiofrequency (RF) waves target the dermal and subdermal skin layers, causing collagen to contract and the skin to tighten. At Plastic Surgery Utopia, customers who received RF treatment say it feels like a warm, therapeutic massage.

1451-2, Shimabuku, Kitanakagusuku Tel: 098-932-0034



Weird and Wonderful Japan

Cold Cup Noodle?

* In a unique marketing twist apparently in response to power shortages, cold cup noodles are now being sold which are made with ice cubes instead of hot water. We're not experts but doesn't making ice cubes use electricity?

Dodgy Downloads..

* In a hastily passed piece of legislation the Japanese government has now added criminal penalties for file downloads. Downloading pirated movies, music and tv has been illegal since 2010 but with no penalties. From 1 October, criminal penalties have been added to the tune of a maximum of 2 years in prison of a ¥2 million yen fine. We're be covering the law in more detail in our next issue.

Fukushima Beach Re-opens

* Following the 2011 tsunami and earthquake Nakoso beach is the first of Fukushima's beaches to open. The water is tested twice a day and luckily no radioactive contaminants have been found.

Japan Viewed Positively

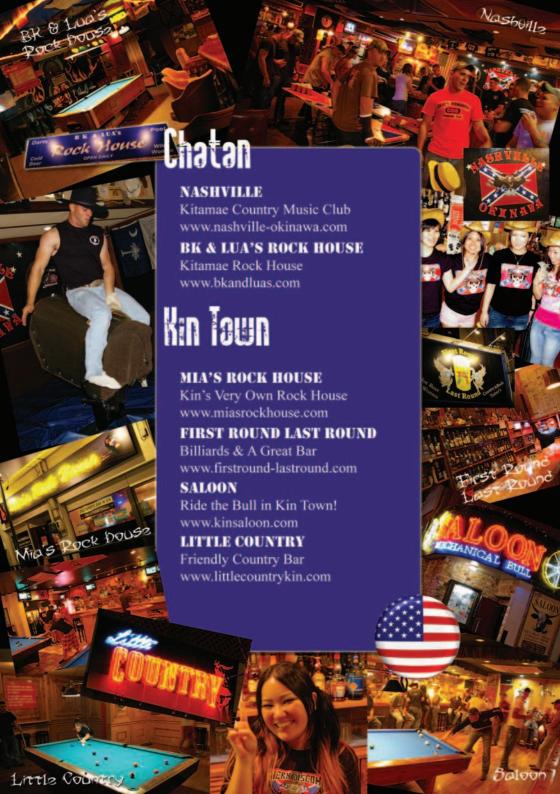
* In an annual poll, the BBC has found that Japan has topped the rankings for the country that has the most positive influence in the world.

Out of all the countries (22 surveyed) only China and South Korea had a more negative than positive impression of Japan.

The country viewed in the most negative way was Iran.

















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NEW RESIDENCE CARD SYSTEM

on 9th July 2012, a new residence system came into effect, read on for what it means to you...

If you've been here for a while and used to having that bit of plastic coloquially known as a "gaijin card" in your pocket then there's a few things you should know.

1. The Alien Registration Card is being replaced by a Residence Card

The new card will contain most information from the current card with a few notable exceptions such as no longer having your passport number. All the information printed on the card will also be contained in an IC chip similar to the new Japanese driving licences.

2. Do I have to go and change the card immediately?

No, especially if you don't fancy waiting in some very long queues! Luckily you can simply wait until your current card expires (if that's before July 8, 2015) when you'll need to go to immigration and not the city office to get the new card. If you're a permanent resident then you can go anytime before July 8, 2015.

3. Are there any paperwork?

The main advantage for that five year extensions available instead of three. re-entry permit as long as months.

4. Where do I get the new

The new card will be issued offices. We're told that this should time to issue re-entry permits. New entry.

advantages or is it more

non-permanent residents is to your residence will now be Also you'll no longer need a you re-enter Japan within 12

card from?

by immigration and not the city be done on the spot, similar to the entrants to Japan will receive the card on

5. Any changes to travelling outside Japan?

Under the new system changes to your status of residence or period of stay will only be recorded on the card and NOT in your passport. Therefore it's important to travel with the card. In our opinion it's also worth keeping a photocopy of the card in case it's lost while travelling.

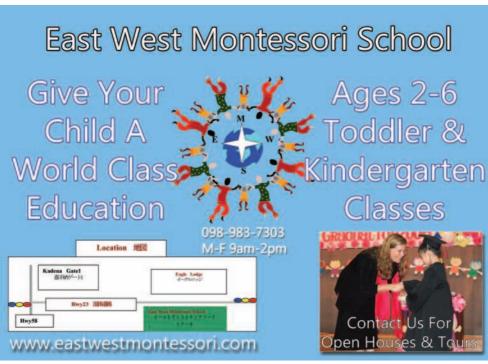
Further info:

For more info check out the links below:

Changes to Card - http://tiny.cc/alienreg

16 Changes to Resident System - http://tiny.cc/juminhyo

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