

[Inspirang Vlog | Birthday 2022, Facial Treatment, New York Rockefeller Plaza](#)

Chinese	Jyutping	English
好開心你哋今日 又返到嚟我嘅 youtube channel 啦	hou2 hoi1-sam1 nei5 dei6 gam1-jat6 jau6 faan1-dou3 lei4 ngo5 ge3 youtube channel laa1	I am glad that you are back to my Youtube channel
噉呢個禮拜對我 嚟講比較特別啦	gam2 ni1-go3 lai5-baai3 deoi3 ngo5 lei4 gong2 bei2-gaaui3 dak6-bit6 laa1	This week is very special to me
因為係我嘅生日	jan1-wai6 hai6 ngo5 ge3 saang-jat6	because it's my birthday
噉呢一年嚟講我 覺得最辛苦嘅都 係出版咗台山話 書	gam2 ni1 jat1 nin4 lei4 gong2 ngo5 gok3-dak1 zeoi3 san1-fu2 ge3 dou1 hai6 ceot1-baan2 zo2 toi4-saan1- waa2 syu1	The hardest thing for me this year was publishing the Taishanese book
同埋好開心噉去 到唔同嘅城市開 書迷會去見我嘅 讀者	tung4-maai4 hou2 hoi1 sam1 gam2 heoi3 dou3 m4 tung4 ge3 sing4-si5 hoi1 syu1-mai4-wui2 heoi3 gin3 ngo5 ge3 duk6-ze2	and I am also very happy to be able to go to different cities to meet my readers
所以呢個禮拜我 就諗住獎勵下自 己喇	so2-ji5 ni1-go3 lai5-baai3 ngo5 zau6 nam2-zyu6 zoeng2-lai6 haa5 zi6- gei2 laa3	So this week I want to reward myself
你想唔想知道我 生日點樣去獎勵 自己？	nei5 soeng2 m4 soeng2 zi1-dou6 ngo5 sang1-jat6 dim2-joeng2 heoi3 zoeng2-lai6 zi6 gei2 ?	Do you want to know how I am going to reward myself on my birthday?
你跟我一齊嚟 啦！	nei5 gan1 ngo5 jat1- cai4 lei4 laa1 !	Come with me!

喺出門口之前首先著翻好件衫先	hai2 ceot1 mun4-hau2 zi1-cin4 sau2-sin1 zoek3 faan1 hou2 gin6 saam1 sin1	Let me put on my coat before heading out
行得未呀？	hang4 dak1 mei6 aa3 ?	Ready to go?
走喇	zau2 laa3	Let's go!
係喎，我都唔記得咗同你哋講	hai6 wo3, ngo5 dou1 m4 gei3-dak1 zo2 tung4 nei5-dei6 gong2	Right, I forgot to let you know that
我而家搬到一個新嘅辦公室喇	ngo5 ji4-gaa1 bun1 dou3 jat1-go3 san1 ge3 baan6-gung1-sat1 laa3	I moved to a different office
同之前嘅辦公室嘅距離淨係一條街咁大把啫	tung4 zi1-cin4 ge3 baan6-gung1-sat1 ge3 keoi5-lei4 zing6-hai6 jat1-tiu4 gaa1 gam3 daai6-baa2 ze1	It's only a block away from my previous office location
睇下靚唔靚先	tai2 haa5 leng3 m4 leng3 sin1	Let me see if it's pretty
呢棟大廈嘅保安系統其實都算幾安全幾嚴密㗎	ni1-dung6 daai6-haa6 ge3 bou2-on1 hai6-tung2 kei4-sat6 dou1 syun3 gei2 on1-cyun4 gei2 jim4-mat6-gaa3	This building has a pretty safe security system
你睇下一陣間都係要入好幾道門先可以入到嚟	nei5 tai2 haa5 jat1-zan6-gaan1 dou1 hai6 jiu3 jap6 hou2 gei2-dou6 mun4 sin1 ho2-ji5 jap6 dou3 lei4	You can see later that you have to enter a few doors to get in
而家臨近聖誕節	ji4 gaa1 lam4-gan6 sing3-daan3 zit3	Christmas is approaching
所以辦公室周圍都擺咗一啲聖誕裝飾	so2-ji5 baan6-gung1-sat1 zau1-wai4 dou1 baai2 zo2 jat1-di1 sing3-daan3 zong1-sik1	So the office is putting out some Christmas decorations all around

呢度而家有世界盃睇喇	ni1-dou6 ji4-gaa1 mou5 sai3-gaa3 bui1 tai2 laa3	There is no World Cup to watch now
我哋而家喺十樓	ngo5-dei6 ji4-gaa1 hai2 sap6 lau2	We are on tenth floor
而家去一樓	ji4-gaa1 heoi3 jat1 lau2	Going into eleventh floor now
我哋係去 uptown 啦噉樣	ngo5-dei6 hai6 heoi3 uptown laa1 gam2-joeng2	Now are going to uptown now
開遮啦，有少少雨	hoi1 ze1 laa1, jau5 siu2 siu2 jyu5	Let me open the umbrella, it's a little rainy
都頂到下嘅，不過都係擔遮好啲	dou1 ding2 dou2 haa5 ge3, bat1-gwo3 dou1 hai6 daam1 ze1 hou2 di1	We should be fine but it's better with an umbrella
擔埋你	daam1 maai4 nei5	(I will) cover you
淋咗一場大雨之後	lam4 zo2 jat1-coeng4 daai6 jyu zi1-hau6	After getting drenched from the rain
我哋終於都幾經辛苦嚟到呢個美容院喇	ngo5-dei6 zung1-jyu1 dou1 gei2 ging1 san1-fu2 lei4 dou3 ni1-go3 mei5-jung4 jyun2 laa3	and a few twists and turns, we finally arrived at the beauty salon
原來呢間美容院唔單止係做美容嘅	jyun4-loi4 ni1-gaan1 mei5-jung4-jyun2 m4-daan1-zi2 hai6 zou6 mei5-jung4 ge3	It turns out that this beauty salon not only does facial treatments
仲可以幫人哋理髮	zung6 ho2-ji5 bong1 jan4-dei6 lei5-faat3	but also does hair styling
同埋化粧好似都有	tung4-maai4 faa3-zong1 hou2-ci5 dou1 jau5	and seems like makeup styling as well

但係我已經有一個好好嘅髮型師喇	daan6-hai6 ngo5 ji5 ging1 jau5 jat1 go3 hou2 hou2 ge3 faat3 jing4 si1 laa3	But I already have a very good hair stylist
佢就係我嘅學生	keoi5 zau6 hai6 ngo5 ge3 hok6-saang1	who happens to be my student
所以我都唔打算『跳槽』去第二間	so2-ji5 ngo5 dou1 m4 daa2-syun3 "tiu3-cou4" heoi3 dai6-ji6-gaan1	So I don't plan to "jump ship" to another one
呢個美容師都真係幾多嘢講	ni1-go3 mei5-jung4-si1 dou1 zan1 hai6 gei2 do1 je5 gong2	This aesthetician is quite talkative
又要同我講下佢之前喺邊度做過嘢	jau6 jiu3 tung4 ngo5 gong2 haa5 keoi5 zi1-cin4 hai2 bin1-dou6 zou6 gwo3 je5	telling me about their previous work
乜乜物物講一輪之後先做美容	mat1-mat1-mat6-mat6 gong2 jat1-leon4 zi1-hau6 sin1 zou6 mei5-jung4	before the facial treatment
終於都嚟到我一日最享受嘅環節喇	zung1-jyu1 dou1 lei4 dou3 ngo5 jat1-jat6 zeoi3 hoeng2-sau6 ge3 waan4-zit3 laa3	Finally, it's the most enjoyable moment of the day
就係可以坐低靜靜啲飲翻杯檸檬水	zau6 hai6 ho2-ji5 co5 dai1 zing6 zing6 dei2 jam2 faan1 bui1 ning4-mung1 sei2	to just sit down and take a sip of my lemonade
開始之前，呢個美容師都幾盡責	hoi1-ci2 zi1-cin4, ni1-go3 mei5-jung4-si1 dou1 gei2 zeon6-zaak3	Before we started, the aesthetician is very responsible
問下我最近有冇做過咩其他嘅美容	man6 haa5 ngo5 zeoi3-gan6 jau5 mou5 zou6 gwo3 me1 kei4-taa1 ge3 mei5-jung4	asking if I have done any other facial treatment recently

或者肉毒桿菌噉樣	waak6-ze2 juk6-duk6-gon3-kwan2 gam2-joeng2	or botox
噉佢第一步要做嘅嘢就係清洗我塊面	gam2 keoi5 dai6-jat1 bou6 jiu3 zou6 ge3 je5 zau6 hai6 cing1-sai2 ngo5 faai3 min6	The first thing they had to do was to clean my face
你問我舒唔舒服？	nei5 man6 ngo5 syu1 m4 syu1-fuk6 ?	You want to know if it's relaxing and comfortable?
有人幫你做美容梗係舒服啦	jau5 jan4 bong1 nei5 zou6 mei5-jung4 gang2 hai6 syu1-fuk6 laa1	It has to be comfortable when someone else does a facial treatment on you
跟住落嚟美容師就幫我開始咗今日嘅美容喇	gan1-zyu6 lok6 lei4 mei5-jung4-si1 zau6 bong1 ngo5 hoi1-ci2 zo2 gam1-jat6 ge3 mei5-jung4 laa3	After that, the aesthetician helped me and started today's facial treatment.
實質上就係將佢咁個品牌嘅美容護膚品	sat6-zat1 soeng6 zau6 hai6 zoeng1 keoi5-dei6 go2-go3 ban2-paai4 ge3 mei5-jung4 wu6-fu1 ban2	In reality, they just used their brand's skincare product
將佢冰凍咗做一嚟冰磚	zoeng1 keoi5 bing1-dung3 zo2 zou6 jat1-gau6 bing1 zyun1	made it into an ice cube
跟住就將佢擺喺呢個袋入面	gan1-zyu6 zau6 zoeng1 keoi5 baai2 hai2 ni1-go3 doi2 jap6-min6	Put it into this bag
佢噉搓嚟搓去	keoi5 gam2 zoet1 lei4 zeot1 heoi3	They just kneaded back and forth
就係為咗畀我啲皮膚快啲吸收	zau6 hai6 wai6-zo2 bei2 ngo5 di1 pei4 -fu1 faai3 di1 kap1-sau1	so that my skin can absorb faster

究竟有冇效果 呢？	gau3-ging2 jau5 mou5 haau6-gwo2 ne1 ?	Is it actually effective?
要之後先知道喇	jiu3 zi1-hau6 sin1 zi1-dou6 laa3	We will find out later.
你睇下我幾容光 煥發就知道我做 得幾開心啦	nei5 tai2 haa5 ngo5 gei2 jung4- gwong1-wun6-faat3 zau6 zi1-dou6 ngo5 zou6 dak1 gei2 hoi1-sam1 laa1	Look how happy I am with my glowing skin
喺做完呢個底層 嘅面部按摩之後	hai2 zou6 jyun4 ni1-go3 dai2 cang4 ge3 min6 -bou6 on3-mo1 zi1- hau6	After doing the facial massage for the base layer
美容師會繼續幫 我做埋剩低嘅療 程	mei5-jung4-si1 wui5 gai3-zuk6 bong1 ngo5 zou6 maai4 zing6-dai1 ge3 liu4-cing4	The aesthetician will continue to help me with the rest of the treatment
美容師而家幫我 放緊嘅呢一層	mei5-jung4-si1 ji4 gaa1 bong1 ngo5 fong3 gan2 ge3 ni1 jat1-cang4	The layer that the aesthetician is now helping me with
係維他命 C 嘅精 華液	hai6 wai4-taa1-ming6 C ge3 zing1- waa4-jik6	is vitamin C serum
噉都畀佢發現我 呢度生咗一粒痘 添	gam2 dou1 bei2 keoi5 faat3-jin6 ngo5 ni1-dou6 saang1 zo2 jat1-lap1 dau4-dau2 tim1	They found out that I have acne here.
佢呢個動作令到 我諗起最近好流 行	keoi5 ni1-go3 dung6-zok3 ling6 dou3 ngo5 nam2 hei2 zeoi3-gan6 hou2 lau4-hang4	Their action reminded me of something that's very popular nowadays
好多人做嘅『刮 痧』	hou2 do1 jan4 zou6 ge3 "gwaat3 saa1"	and many people do it

即係英文講嘅 Gua sha	zik1 hai6 jing1-man2 gong2 ge3 Gua sha	In English it is called “Gua Sha”
美容師講到好似 用咗佢啲護膚品 就會美若天仙嘞	mei5-jung4-si1 gong2 dou3 hou2-ci5 jung6 zo2 keoi5 di1 wu6-fu1-ban2 zau6 wui5 mei5-joek6- tin1-sin1 gam2	When the aesthetician talked about how using their product can make you into a fairy
我都忍唔住笑	ngo5 dou1 jan2 m4 zyu6 siu3	I couldn't help but laugh
點呀，你哋，有冇覺得我塊面而家閃閃炆呢？	dim2 aa3, nei5-dei6, jau5 mou5 gok3-dak1 ngo5 faai3 min6 ji4-gaa1 sim2-sim2-ling6 ne1?	Okay, guys, do you think my face is glowing now?
舒服係幾舒服嘅	syu1-fuk6 hai6 gei2 syu1-fuk6 ge3	It is indeed very comfortable
不過我覺得時間短咗啲啲囉	bat1-gwo3 ngo5 gok3-dak1 si4 gaan3 dyun2 zo2 di1 di1 lo1	But the time was too short
我身後面就係我哋紐約好出名嘅聖誕樹喇	ngo5 san1 hau6-min6 zau6 hai6 ngo5-dei6 nau2-joek3 hou2 ceot1- meng2 ge3 sing3-daan3 syu6 laa3	Behind me is NYC's most famous Christmas tree
我哋今日就講到呢度啦	ngo5-dei6 gam1-jat6 zau6 gong2 dou3 ni1-dou6 laa1	That's all we have for today
我星期日仲有一個按摩	ngo5 sing1-kei4-jat6 zung6 jau5 jat1-go3 on3-mo1	I have another massage on Sunday
係作為一個禮物嘅	hai6 zok3-wai4 jat1-go3 lai5-mat6 ge3	as a gift

不過你哋唔會見到啦	bat1-gwo3 nei5-dei6 m4 wui5 gin3 dou2 laa1	But you won't see that
我哋下一次嘅 video 再見啦	ngo5-dei6 haa6 jat1-ci3 ge3 video zoi3 gin3 laa1	See you in my next video
下次見喇，拜拜！	haa6 ci3 gin3 laa3, baai1-baai3!	Bye bye!