

Fifi Kao

Director & Managing Editor, SpaChina Magazine

Tai Chi Trainer / IARI International Nutrition Consultant

Fifi was born in Shanghai and studied psychology and graphic design in Tokyo. She joined SinoMedia Ltd in Shanghai in 2000 as Design Director and remained in that position for five years, then went on to become managing editor of STARDOM magazine, published by SinoMedia for Starwood Hotels and Resorts. In 2005, she wrote and illustrated a children's book, and is now director and managing editor of SpaChina Magazine – the only one bilingual wellness and luxury lifestyle magazine in China.

Fifi has been nominated as Chairperson of the China Spa Association to be launched in July, working to support and contribute to the growth of the China spa and health industries.

In her spare time, Fifi practices Tai Chi and studies Traditional Chinese Medicine, and won 3rd and 2nd prizes at the Hong Kong International Wushu Festivals in 2008 and 2009 respectively. She is interested in finding ways to introduce Tai Chi into the schedules of busy people everywhere, and works as a Tai Chi trainer at the Hyatt on the Bund in Shanghai.

Fifi spoke at the Global Spa Summit 2009 in Zurich on spa and health trends in China, and also spoke at the industry conference in Hong Kong on the China spa industry. She was recently interviewed by SHAPE and LOHAS magazines about her lifestyle and Tai Chi experience. She is also an international nutrition consultant with IARI (International Accreditation and Registration Institute) and is fluent in English and Japanese along with her native Chinese.

Fifi has won the China Woman in Business Leadership Award 2009 as the Creative Director of the year by China Woman Organization.