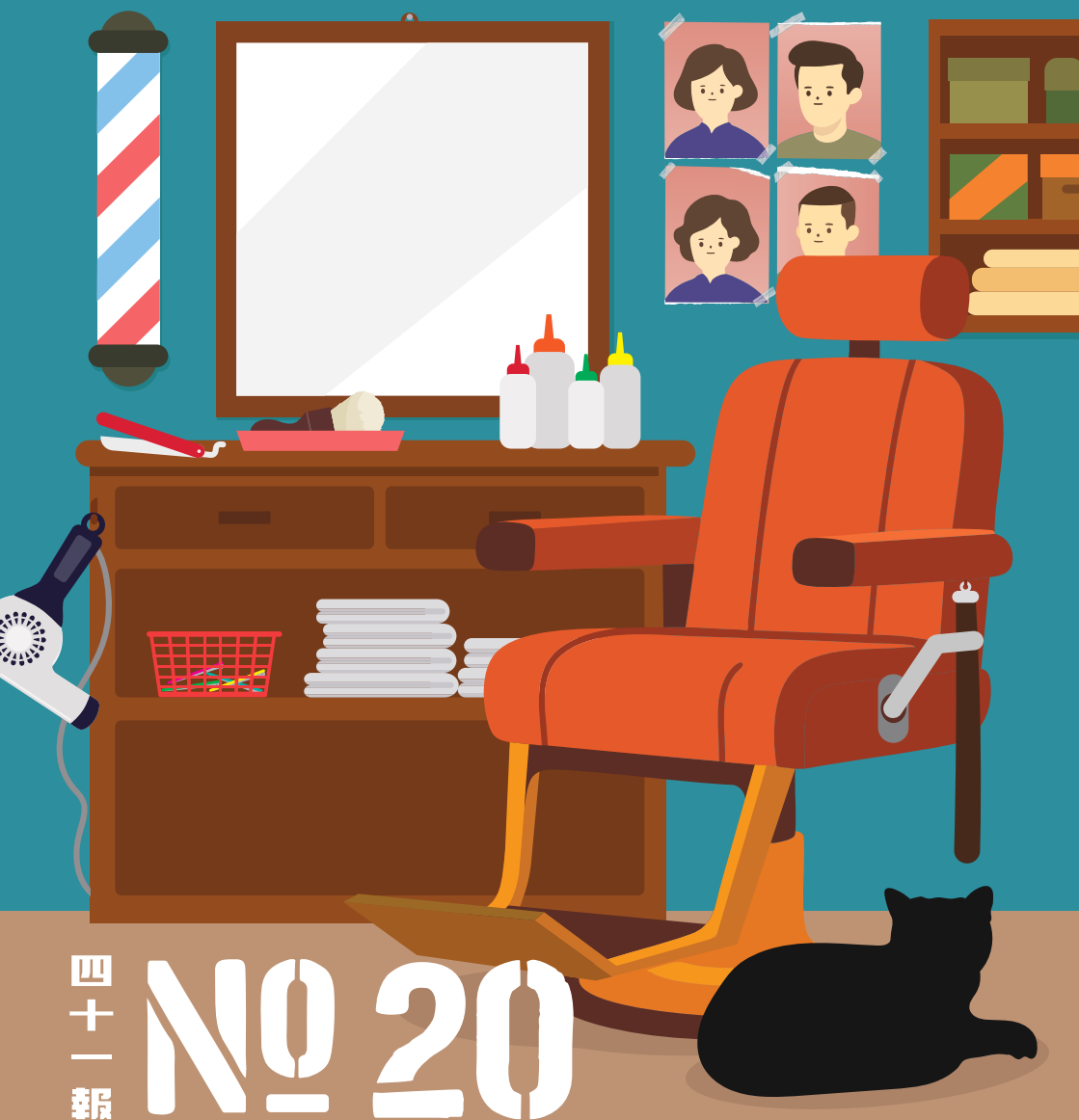


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咔嚓咔嚓，剪刀開合，髮絲輕輕落下，或許喚起你童年時坐在木椅上，任由師傅嫺熟剪髮的記憶；又或走過街角，瞥見紅藍白旋轉柱緩緩轉動，那間舊式理髮舖仍在靜靜營業。香港的理髮文化，就藏在這些熟悉的日常時刻。

早年的香港街頭，簡便的露天理髮檔幾分鐘就剪出俐落平頭，價錢親民，深得街坊鄰里喜愛。五、六十年代，上海、浙江的理髮師南來，帶來講究儀式與細緻服務的「上海理髮」，成為高級享受，風靡上流社會。同時，影視文化興起，大眾不再只求「剪短」，而是想要「剪個靚髮」，理髮行業亦應運興盛。

進入八、九十年代，廣東理髮舖以百變風格，成為年輕人與時尚一族的首選，繁複的上海理髮漸漸退場。來到今天，講求效率與便利的快速剪髮店林立街頭，在這座「最緊要快」的城市中佔了一席位。

剪髮方式在變，理髮習慣也在變。從街邊檔到髮型屋，從刮鬚刀到造型噴霧，香港的理髮故事仍未剪完。本期《四十一報》走進深水埗巷仔，訪問了仍堅持上海理髮手藝的師傅、昔日曾經營上海理髮舖店主，並邀請舊街坊細述徙置區的理髮回憶，一同尋找那些飄落於髮絲間的時代痕跡和轉變。

夏去秋來，何不修剪一頭輕絲細髮，讓微涼的風拂過肩頭。

The sound of scissors snipping and hair gently falling may bring back childhood memories of sitting on a wooden chair while the barber worked with skill. Or you might recall passing a street corner and seeing the slowly spinning red, white, and blue barber pole, marking an old-fashioned barbershop still open. Hong Kong's barber culture is found in these familiar everyday moments.

In earlier times, simple open-air barber stalls could cut a neat flat top in minutes at an affordable price, beloved by the neighborhood. In the 1950s and 60s, barbers from Shanghai and Zhejiang came Hong Kong, introducing the ritual and detail of the "Shanghai haircut." It became a luxury popular with the upper class. Meanwhile, the rise of film and television culture shifted tastes. People wanted more than just shortcuts; they sought stylish hair, which helped the industry thrive.

By the 1980s and 90s, Guangdong barbershops, known for their varied styles, became the first choice of young people and fashion followers, while the elaborate Shanghai haircut gradually faded. Today, quick haircut chains focused on speed and convenience fill the streets, matching Hong Kong's fast pace.

Haircut styles are changing, and so are the habits of those who get them. From street stalls to salons, from straight razors to styling sprays, Hong Kong's barbering story is still unfolding. In this issue of *Post 41*, we walk through the alleys of Sham Shui Po to meet a barber who still practices traditional Shanghai barbering, a former owner of a Shanghai-style barbershop, and a longtime resident who recalls haircuts in the resettlement estates. Together, they trace the marks of time and transformation that linger in every strand.

With summer fading into autumn, let a gentle haircut meet the cool breeze.

2025 年 10 月

October 2025



專題：飄落在深水埗的「青絲」

Feature: Strands of Hair in Sham Shui Po

理髮，最初只是為了維持儀容整潔。後來潮流文化興起、社會風氣轉變，剪髮不再只是日常所需，更成了風格與個性的延伸，隨之而來是理髮店、髮型屋的出現。

上世紀五、六十年代，來自上海、浙江的理髮師傅南下香港，開設講究手藝與服務的上海理髮舖，成為昔日仕紳階層的象徵。與此同時，街頭巷尾的巷仔理髮檔則憑一張椅子、一把電剪，為街坊提供實惠快捷的選擇，是另一種貼地的生活風景。

時至今日，不論上海理髮舖或巷仔理髮檔，已難覓蹤影，我們如何才能探尋背後的故事呢？或許在城市的角落中，仍能找到答案。

麗如理髮 Li Yu Barbershop

沿着大南街朝西九龍中心方向走，途中不乏形形色色的店舖。經過一條橫巷時，耳邊傳來「咔嚓、咔嚓」的剪髮聲，循聲細看，原來是隱藏其中的巷仔理髮舖——麗如理髮。

Haircuts were once mainly about hygiene and keeping up appearances. But as pop culture flourished and society became more open, hairdressing evolved beyond routine grooming; it became a form of self-expression, giving rise to barbershops and hair salons.

In the 1950s and 60s, barbers from Shanghai and Zhejiang brought their craft to Hong Kong, opening what came to be known as Shanghai-style barbershops. Renowned for their meticulous service, these shops became symbols of status, popular among the city's upper class. In contrast, a different scene unfolded in alleyway barbershops: a lone chair, an electric clipper, and affordable, fuss-free cuts for the working-class neighborhood.

Today, both the elegant Shanghai barbershops and the humble alley setups have become rare sights. How can we uncover their stories? Perhaps the answers linger quietly in the corners of the city.

Walking along Tai Nan Street toward the Dragon Centre, one passes all kinds of storefronts. From a narrow alley comes the soft, rhythmic snip-snip of scissors, a hidden barbershop tucked away: Li Yu Barbershop.

麗如理髮（下稱麗如）由林小姐在 2004 年開業經營，並擔任理髮師傅。林小姐是廣東新會人，年輕時在上海理髮舖做學徒，「以前學用剃刀學一星期、學用剪刀學一星期，連洗頭吹髮都要一步一步學。」1994 年，林小姐來到香港，本想開設自己的理髮舖，無奈租金昂貴，只好先在其他理髮店工作。後來，「有個客人鼓勵我，說我剪髮剪得很好，不如自己開店，我就找地方開舖。」

Opened in 2004, Li Yu Barbershop is run by Ms. Lin, who also serves as the barber. Originally from Xinhui, Guangdong, Ms. Lin trained in traditional Shanghai-style barbering as an apprentice when she was young. "Before, we spent a week just on razors, another on scissors. Even washing and blow-drying had to be learned step by step." She moved to Hong Kong in 1994, hoping to open her own shop. High rents made that hard, so she worked elsewhere until a customer encouraged her to start her own business. "He said I cut hair well and should strike out on my own, so I went and found a place."



▲ 林小姐年輕時學習上海理髮手藝，九十年代來到香港「拼搏」。
Ms. Lin learned Shanghai barbering from a young age and came to Hong Kong in the 1990s to forge a path in the city.



▲ 左圖為隱身於小巷內的麗如理髮，右圖為店舖對出的大南街。
Left: Li Yu Barbershop hidden in a side alley. Right: Tai Nan Street outside the shop.

上海理髮在香港街頭 Shanghai Barbering on Hong Kong Streets

走進巷子，一側擺放着幾張膠凳，讓客人等候時稍作歇息；另一側是理髮工作的空間，上方加裝了一塊帆布，遮陽擋雨。靠近大街的牆上貼着價目表，儘管地方不大，麗如提供的服務卻不少，除了洗剪吹，還包括染髮、電髮，以及剃鬚、修眉等多項上海理髮傳統項目。

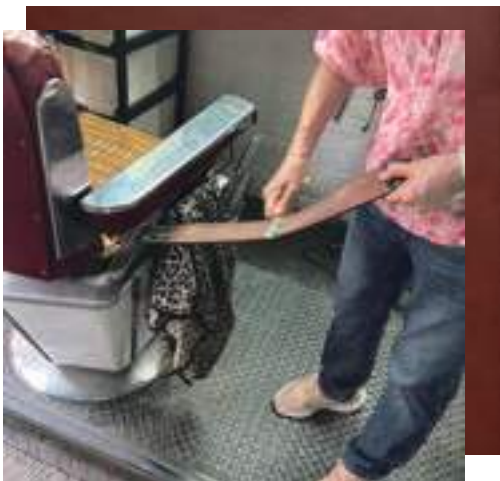
踏進工作區，店內的兩張理髮椅是昔日上海理髮舖常見的經典設計——椅背可調，方便客人躺下剃鬚，椅側還掛着磨刀布，用以磨利剃刀。這款理髮椅是六十年代日本出產的，當年市價四千元。麗如開業時，林小姐從一間結業的理髮舖以每張五百元購入，沿用至今。



▲ 昔日上海理髮椅可調傾斜角度，方便剃鬚。右圖為磨刀布，用以打磨剃刀。
Classic Shanghai barber chairs could recline for easier shaving. The picture on the right shows a sharpening cloth used to hone razors.

Walking into the alley, there are a few plastic benches on one side for customers to rest while waiting. On the other side is the workspace, sheltered by a canvas sheet overhead for sun and rain. A price list is posted on the wall facing the main street. Though the shop is small, Li Yu Barbershop offers more than just wash, cut, and blow-dry services; it also provides hair dyeing, perming, and some traditional Shanghai barber treatments such as shaving, and eyebrow shaping.

Inside the workspace, the two barber chairs are classic designs commonly seen in old-fashioned Shanghai barbershops. The chair backs recline to allow customers to lie back for a shave. A strop for sharpening razors hangs nearby. Manufactured in Japan in the 1960s, these chairs were once sold for around \$4,000 each. When Ms. Lin opened Li Yu Barbershop, she bought both from a closing barbershop for \$500 each and has kept them in use ever since.



上海理髮講求細節，麗如也不例外。剃鬚前，林小姐會先以熱毛巾替客人敷面，讓鬚髮變軟，再用刷子均勻塗抹剃鬚皂。剪髮時，她仍堅持傳統做法：先用綑紙包着客人的脖子，再用兩塊布覆蓋全身，「這是上海理髮的習慣，避免細碎的頭髮掉進客人身上。」剪完後，再幫客人洗頭和吹頭髮。時至今日，麗如仍使用金屬外殼的舊式風筒，「這種風筒風力特別強。」至於電髮，麗如採用傳統的冷燙電髮，亦稱冷氣電髮：先以塑膠電髮芯把頭髮一束束捲起，然後塗上藥水，包上毛巾靜置半小時。接着塗定型水，再包住十分鐘，最後洗頭完成整個過程。



▲ 剃鬚前使用剃鬚刷和肥皂。
A shaving brush and soap are used to prepare the skin before the shave.

Shanghai barbering pays great attention to detail, and Li Yu Barbershop follows suit. Before shaving, Ms. Lin applies a hot towel to soften the beard, then spreads shaving soap evenly with a brush. Haircuts stick to traditional methods: first wrapping the neck with crepe paper, then covering the body with two cloths. "This is a custom of Shanghai hairdressing to prevent loose hair from falling on the customer." After cutting, she washes and blow-dries the hair, continuing to use a vintage metal-cased hairdryer, prized for its strong airflow. For perming, Li Yu Barbershop uses the traditional cold wave method. Hair is first rolled onto plastic rods, then coated with a chemical solution and wrapped in a towel for about 30 minutes. A setting lotion is applied and left for ten minutes before the final rinse completes the process.

歷經二十載寒暑 價格「平易近人」 Two Decades On, and Still Affordable

麗如開業初期，單剪僅二十五元，二十多年過去，現在四十五元；而洗剪吹也剛從六十五元加至七十元。「我以前在元州街一間理髮舖工作，那裏單剪已經要五十元，我們這裏的價錢算便宜了。」林小姐解釋價格一高，客人便會卻步，「深水埗多數是基層家庭，你加一元，客人都可能嫌貴。不如便宜一點，多些人來剪，所以現在很多都是熟客。」即使過年前加價，也只是微調五至十元，「但有時客人還是會覺得貴。沙士前，逢年過節剪頭髮可是要收雙倍價的！」訪問期間，不時有街坊熟客前來光顧。其中一位伯伯坐下剪髮時，林小姐一邊動手，一邊與他閒聊生活瑣事，還不忘細心叮囑要注意身體。

When Li Yu Barbershop first opened, a basic haircut cost just \$25. More than twenty years later, it is now \$45. A full haircut service recently went up from \$65 to \$70. "Back when I worked at a barbershop on Un Chau Street, a basic haircut there already cost \$50. So our prices are still on the lower side." She explained that higher prices often turn customers away. "Most people in Sham Shui Po come from working-class families. Even a one-dollar increase can seem expensive. It's better to keep prices low and have more people come in. That's why many of my customers are regulars." Even during the Lunar New Year, price increases remain modest—just \$5 to \$10. "But sometimes, customers still say it's too much. Before the SARS outbreak, it was common for barbers to charge double during the festive season!" Throughout the interview, regulars dropped by one after another. A familiar uncle took a seat, and as Ms. Lin began trimming his hair, she chatted warmly with him about everyday life and reminded him to take good care of his health.

每個戶外舖位都會面臨風吹雨打、冬冷夏熱「樣樣齊全」的問題，麗如也不例外，林小姐就笑言店內有冷氣當然舒服，「但租金也貴得多，現在就會辛苦一點，會比較熱。」年近六十的她，每天定時拿起工具，只為守好這個角落，「能吃苦就可以堅持下去，而且這條巷子兩邊通風，有時還挺涼爽的。」



▲ 麗如理髮價格實惠，所以很多街坊都來找林小姐理髮。
With its affordable prices, Li Yu Barbershop continues to attract regulars from the neighborhood.

Like any open-air shop, Li Yu Barbershop faces heat, cold, wind, and rain. Ms. Lin chuckled, "Of course, having air-conditioning would be more comfortable, but the rent would be much higher. It's a bit hotter like this, but manageable." Now nearing sixty, she continues to show up every day, tools in hand. "As long as you can endure the hardship, you can carry on. The alley is open on both sides; sometimes there's even a breeze."

講究的上海理髮 The Finesse of Shanghai Barbering

採訪當日，我們還遇到了曾經經營上海理髮舖的毛錦明先生，究竟曾風靡一時的上海理髮有何特色呢？毛生於1955年入行，在上海理髮舖當學徒，「有人建議我學理髮，說有前途，於是我就在官涌的國際理髮公司工作，那裏的師傅多來自上海、浙江、山東。」

During our visit, we met Mr. Mao Kam Ming, a former Shanghai barbershop owner. What made this once-popular style of grooming so distinctive? Mr. Mao entered the industry in 1955, working as an apprentice at a Shanghai barbershop. "Someone told me barbering had a future, so I joined International Barber Company in Kwun Chung. Most of the barbers there came from Shanghai, Zhejiang, or Shandong."



▲ 毛生今年八十多歲，十六歲開始接觸上海理髮，輾轉已是大半生。
Now in his eighties, Mr. Mao began learning Shanghai barbering at sixteen and has been doing it for most of his life.

毛先生從打雜掃地做起，慢慢學習洗頭吹髮，到後來負責電髮、染髮。「當時老闆還想讓我學剪髮，但我不想學太多。」他說上海理髮舖的服務非常講究，「客人一進門，首先會有人幫忙擦鞋，然後師傅會幫客人剃鬚、修眉、修甲、剪髮。以前還會幫人採耳，但太花時間，後來就取消了。」剪髮後，還有洗頭和吹髮的步驟。而吹髮不僅是把頭髮吹乾，更要塑造「靚髮型」，「要把頭髮吹到有波浪形，還要分好界，塗上髮蠟或定型水，造型才完整。」



▲ 這種金屬外殼的風筒，上世紀七十年代在上海理髮舖很常見。
Metal-cased hairdryers like this were commonly used in Shanghai barbershops during the 1970s.

He started out sweeping floors, then gradually learned to wash and blow-dry hair, eventually taking on perming and dyeing. "The boss wanted me to learn cutting too, but I didn't want to take on too much." Shanghai barbershops, he recalled, prided themselves on meticulous service. "When a customer walked in, someone would shine their shoes. Then came a shave, eyebrow and nail trimming, and a haircut. We even used to clean ears, but it took too long and was canceled later." After the haircut, there was still washing and blow-drying. But blow-drying was not just about drying; it was about styling. "The hair had to be shaped into soft waves, neatly parted, then finished with wax or setting lotion to complete the look."



高尚理髮服務 整齊服飾要求 Refined Service, Strict Dress Code

這種「全套」服務當時在國際理髮是三元五毫，在尖沙咀的上海理髮舖則要四元以上。五十年代一個工人月薪僅一百五十元左右，毛生笑言：「飲茶都只是一毫子，會來上海理髮舖的，大多是有錢人。客人都有司機開車接送，剪完髮還會給師傅一元五毫『貼士』。」

除了服務講究，上海理髮舖對員工同樣要求高。「所有人都要打領帶，穿白色有領外套，下身配黑褲皮鞋。每天早上回到店舖，師傅都會先磨刀，然後才吃早餐，上海人早上習慣食粥。」當時國際理髮由早上八時營業到晚上九時。

自己開店 興極而衰 From Success to Decline

1964年，毛生與人合資在大埔道一百號華仁大廈接手經營一間上海理髮舖，店名為新皇宮理髮公司（下稱新皇宮）。店舖有兩層，男女賓部分開，共有三十名員工，「有九位剪髮師傅；另外有三人洗頭、四人吹頭髮，還有人專門洗毛巾、擦鞋。」

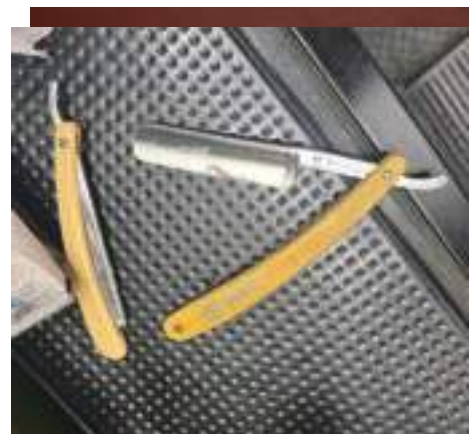
新皇宮開業時全套理髮服務收費兩元五毫，客人絡繹不絕，「過年時雖然收雙倍，但一天都接待到二百個客人。」後每年加價一毫，到九十年代，全套服務要七十五元，生意照有，但師傅漸少，「很多師傅都過世了，剩下一兩人，員工不夠就很辛苦。」最後，新皇宮在1996年結業。

At the time, a “full-service” at International Barber cost \$3.5, and over \$4 at shops in Tsim Sha Tsui. In the 1950s, a worker’s monthly wage was only around \$150. Mr. Mao laughed, “Yum cha was only 10 cents. Most of the customers at Shanghai barbershops were wealthy. Many even had chauffeurs to drive them there, and after a haircut they would tip the barber \$1.5.”

It was not just the service that was refined; staff were held to high standards too. “Everyone had to wear a tie, a white collared jacket, black trousers, and leather shoes. Back then, International Barber was open from 8 AM to 9 PM. Every morning, the barbers would sharpen their razors first, then have breakfast. Shanghai people liked to start the day with congee,” Mr. Mao added.

In 1964, Mr. Mao partnered with others to take over a Shanghai barbershop at Wah Yan Mansion, 100 Tai Po Road. Named New Palace Barber Company, the shop had two floors with separate areas for men and women and employed 30 staff. “There were nine barbers, along with three for washing hair, four for blow-drying, and others responsible for washing towels and shoe shining,” Mr. Mao explained.

When New Palace opened, a full-service cost \$2.5, and customers came non-stop. “Even though we charged double during Lunar New Year, we served up to 200 customers a day.” Prices rose by a dime annually, reaching \$75 by the 1990s. Business remained steady, but barbers gradually passed away. “Only one or two were left. With fewer staff, it got tough.” New Palace finally closed in 1996.



▲ 孖人牌剃刀是上海理髮師傅常用工具之一。
The Zwilling straight razor was a common tool used by Shanghai barbers.

隨着生活節奏變快，如今更流行的是快速剪髮，曾經上海理髮的輝煌歲月，在千禧年慢慢「飄落」，「特別是沙士期間，有十多間上海理髮店結業，加上很少人入行，所以愈來愈少。」談到這裏，毛生一陣唏噓，只感時光不再。

昔日香港，很多家庭收入有限，上海理髮舖自然不是普羅大眾的首選，那麼當時他們又會去哪裏剪髮？而社會風氣的轉變，又如何影響着人們的理髮習慣和選擇呢？

As daily life sped up, quick-cut salons became the norm. The golden era of Shanghai barbering slowly faded by the early 2000s. “Especially around the time of SARS, over ten Shanghai barbershops went out of business, and with hardly anyone entering the profession, they have become increasingly rare.” At this, Mr. Mao exhaled deeply, lamenting how times have changed.

In the past, many Hong Kong families had limited incomes, and Shanghai barbershops were not the first choice for the general public. Where did they go to get their haircut? How did changes in social trends shape people’s grooming habits and choices?



▲ 毛生感嘆，因為無人再入行，昔日常見的上海理髮舖，如今在香港已買少見少。
Mr. Mao sighed over the dwindling presence of Shanghai-style barbershops in Hong Kong, noting that the trade sees few newcomers today.

巷仔理髮從前事

Memories from the Past of Alleyway Barbershops

過去，不少街坊，不論大人還是小孩，都會光顧巷仔理髮檔。「我小時候經常去位於石硤尾徙置區第七座（現在石硤尾街市和聖公會聖多馬堂一帶）附近的巷仔理髮檔剪髮，那裏價格便宜又方便。」生於六十年代中的袁惠安（下稱 Raymond），曾和家人住在大坑東徙置大廈。後來中三時全家搬到石硤尾邨美彩樓，直到 2000 年左右才搬離。

Raymond 回憶七十年代常去的那家巷仔理髮檔，比起早期簡陋的露天理髮檔，環境大有改善，「有獨立的檔位，大約有七十平方呎，屋頂用鋅鐵皮覆蓋。店內擺放着一張軟墊椅子，正對着一面鏡子。牆上貼滿了明星海報，客人想要甚麼髮型，只需伸手指向海報即可。店裏有一個洗臉盆，旁邊放了幾張凳子，方便顧客排隊等候。」當時，理髮檔的師傅是「一腳踢」，一人包辦剪髮、洗髮、吹髮、電髮和剃鬚，滿足不同顧客的需求。「我通常只剪頭髮，回家再洗，因為家就在附近，而且洗頭費用較高。」

In the past, many locals, both adults and children, relied on alleyway barbershops. "When I was a child, I often had my hair cut at a small alley shop near Block 7 of the Shek Kip Mei Resettlement Estate, close to what is now the Shek Kip Mei Market and HKSKH St. Thomas' Church. It was cheap and convenient," recalled Yuen Wai On, Raymond, who was born in the mid-1960s. He and his family first lived in the Tai Hang Tung Resettlement Estate before moving to Mei Choy House in the Shek Kip Mei Estate when he was in Secondary Three, where they stayed until around 2000.

Raymond remembered the alley barbershop he frequented in the 1970s as a significant improvement over earlier makeshift stalls. "It had a dedicated space of about 70 square feet with a corrugated iron roof. Inside was a cushioned chair facing a mirror. Celebrity posters covered the walls, so customers could just point to the style they wanted. A washbasin sat nearby, accompanied by a few stools for those waiting their turn." The barber operated the shop single-handedly, taking care of all services. "I usually just got my hair cut there and washed it at home since we lived nearby, and washing was more expensive."



▲ Raymond 指舊時屋邨每座大廈地下都有一家理髮店，因為理髮是日常生活的基本需求。
Raymond pointed out that in the old days, every building in the housing estate had a barbershop on the ground floor because haircuts were a necessity of daily life.



▲ 六十年代，徙置大廈地下常見街邊理髮檔。（照片由香港歷史博物館提供）
In the 1960s, street-side barbers were a common sight beneath resettlement blocks.
(Photo courtesy of the Hong Kong Museum of History)



▲ 六十年代的街邊檔，小童剪髮只要九毛，全套理髮一元五毫。照片中的價錢牌使用了當時流行的「蘇州花碼」標示價格。
(照片由香港歷史博物館提供)
In the 1960s, a child's haircut at a street barbershop cost just \$0.9, while a full haircut service was \$1.5. The prices in the photo are shown using the "Suzhou numeral" system, which was popular at the time. (Photo courtesy of the Hong Kong Museum of History)



◀ 七十年代的巷仔理髮檔常用電動理髮器（俗稱電剪），男生剪髮只需幾分鐘便可完成。（照片由香港文化博物館提供）
In the 1970s, barbershops in alleys often used electric hair clippers, and it only took a few minutes to complete a boy's haircut. (Photo courtesy of the Hong Kong Heritage Museum)

排排坐看公仔書 Sitting Side by Side, Lost in Comics

那時，孩子們排隊等候理髮時，會坐在矮凳上低頭翻看「公仔書」，也稱連環圖、小人書或漫畫。Raymond 憶述：「理髮檔內有兩三個紙箱，裝滿了各式各樣的公仔書，從過往期數到最新一期也有，大家都會在凌亂的書堆中尋找自己喜歡的。我一般可以在三到五分鐘看完一本，但排隊剪髮通常要十五分鐘以上，有時甚至超過半小時，所以看了不少書，比如《老夫子》、《龍虎門》（舊名《小流氓》）、《李小龍》、《兒童樂園》和《牛仔》。其中，我最喜歡講恐怖故事的《怪異集》。」

While waiting for their turn, children would sit quietly on low stools, heads bent over stacks of comic books, also called picture books. Raymond recalled, "There were two or three cardboard boxes packed with them, from old issues to the latest releases. We would dig through the messy piles to find what we liked. I could finish one in three to five minutes. Waiting for a haircut usually took at least fifteen minutes, sometimes even over half an hour, so I read a lot, such as *Old Master Q*, *Oriental Heroes* (previously titled *Little Rogues*), *Bruce Lee*, *The Children's Paradise*, and *My Boy*. My favorite was *Incredible Story*, which featured horror tales."



▲ 圖中是七十年代復刻版的《龍虎門》和《李小龍》。當時大部分公仔書為橫向設計，大小約手掌般大，內頁黑白印刷。（照片由袁惠安先生提供）
A 1970s reprint of *Oriental Heroes* and *Bruce Lee*. Most comics were horizontal in layout, palm-sized, and printed in black and white. (Photo courtesy of Mr. Yuen Wai On, Raymond)

除了看理髮檔裏的公仔書，Raymond 也會翻看兄長用打工錢買回來的《龍虎門》：「那時我沒零錢買書，兄長買的就一起看。七、八十年代，《龍虎門》每本賣五毫，後來漲到一元。」相較於購買公仔書，在理髮檔不僅可以免費看，還有不同故事和期數選擇，因此經常看到一羣小朋友排排坐，一邊等剪髮，一邊沉醉在公仔書世界。

Besides reading at the barbershop, Raymond also went through the *Oriental Heroes* that his older brother bought with his own wages. "I didn't have spare change to buy my own, so I read whatever he brought home. In the 1970s and 1980s, *Oriental Heroes* sold for fifty cents per copy, later going up to a dollar." Compared to buying comics, reading them at the barbershop was free and offered more variety. Therefore, it was common to see a row of children seated quietly, waiting for their haircut while fully absorbed in their comic books.



▲ 一羣小朋友在徙置大廈的理髮檔排隊剪髮，同時專心看着手中的「公仔書」。(照片由香港歷史博物館提供)
Children waited in line for a haircut at the barbershop in the resettlement block, many focused on a comic book in hand.
(Photo courtesy of the Hong Kong Museum of History)

新潮的理髮店 Trendy Hair Salons

到了八十年代，Raymond 升讀中學後，就不再光顧巷仔理髮檔，而是轉到大坑東徙置大廈地下的理髮店剪髮。一方面是受朋輩影響，另一方面也想嘗試洗剪吹服務，因為他以前到理髮檔都是只剪頭髮。他回憶說：「那時洗剪連吹大約要十二至十三元。」店內還提供各類雜誌供顧客閱讀，如《明報週刊》等。

這類新潮理髮店，自然與傳統上海理髮舖或舊式巷仔理髮檔不同——不設剃鬚服務，後期更有女髮型師操刀。雖然屋邨內也有上海理髮舖，但那裏的髮型款式與剪髮技巧較為穩重，例如提供剃鬚服務，較貼合中青年和年長顧客的需要和喜好。相比之下，Raymond 更偏好徙置大廈內這些新式理髮店。「那裏的髮型師年輕，而且打扮時髦，髮型也好看，令我覺得他們剪出來的效果會不錯。而且他們會用剪刀慢慢修剪，不像巷仔理髮檔那樣多數用電剪快速剪完。他們還會根據客人的形象，提供髮型建議。」



By the 1980s, Raymond was in secondary school and no longer visited alleyway barbershops. Instead, he began going to a ground-floor salon in the Tai Hang Tung resettlement estate. Part of the reason was peer influence, but he also wanted to try a full "wash, cut, and blow-dry," since he had only ever had quick trims before. "Back then, that kind of service cost about \$12 to \$13," he recalled. The salon also offered magazines for customers to browse, such as *Ming Pao Weekly*.

These modern salons differed from both traditional Shanghai barbershops and the old alleyway barbershops. They no longer offered shaving and later even had female hairstylists. While Shanghai barbershops still operated in housing estates, their hairstyle options and techniques tended to be more conservative, with services such as shaving that catered mainly to middle-aged and older customers. In contrast, Raymond preferred the newer barbershops inside the resettlement blocks. "The barbers there were young and fashionable, with stylish looks that gave me confidence in their work. They used scissors to carefully trim the hair, unlike the alley barbers who mostly relied on electric clippers for a quick cut. They also offered hairstyle suggestions based on each customer's appearance."

◀ 當時，Raymond 大姐已開始工作，不再到巷仔理髮檔，而是光顧屋邨內較高級的麗宮髮型屋。照片中的麗宮仍保留着五十年代開業時的裝潢，店外張貼了明星海報，如今已隨大坑西邨重建而結業。(照片由香港老舖記錄冊提供)
By then, Raymond's eldest sister had started working and no longer visited the alleyway barbershops, opting instead for the more upscale Li Gong Barbershop within the estate. The shop still retained its 1950s décor, with movie star posters covering the façade. It has since closed following the redevelopment of Tai Hang Sai Estate. (Photo courtesy of Hong Kong Historical Shops)

時尚大爆「髮」 Hairstyles Go Pop

七、八十年代，隨着娛樂文化盛行，不少人開始模仿明星的髮型。Raymond 說：「小朋友大多剪陸軍裝，這樣省錢，不用經常修剪。不過，我更喜歡到臉頰位置的中短髮。」當時男生流行稍長髮型，譚詠麟等明星都是代表。女生則會仿效陳寶珠、蕭芳芳等當紅影星，把頭髮留得長而飄逸。

歐美影星同樣帶動髮型潮流。「電影《油脂》（Grease）是七十年代經典青春歌舞片，我姐姐曾經燙過女主角奧莉花紐頓莊（Olivia Newton-John）的大波浪捲髮，不過沒那麼捲。」男生則熱衷模仿男主角尊特拉華達（John Travolta）的飛機頭：頭髮向後梳，用啫喱或慕絲定型。

In the 1970s and 1980s, the rise of entertainment culture led many people to imitate celebrity hairstyles. Raymond said, "Most children got military-style cuts because they were cheap and required less frequent trimming. I preferred a medium-short style that reached the cheeks." At the time, boys favored slightly longer hairstyles, with stars like Alan Tam Wing Lun as examples. Girls, meanwhile, emulated popular actresses such as Connie Chan Po Chu and Josephine Siao Fong Fong, keeping their hair long and flowing.

Western movie stars also left their mark. "The movie *Grease* was a classic youth musical in the 1970s. My sister once got a perm like Olivia Newton-John's, though not as curly," Raymond remembered. Boys, meanwhile, tried to mimic John Travolta's slicked-back pompadour, using gel or mousse to set it in place.

剪頭髮是一個循環 Haircuts in Cycles

千禧年後，Raymond 習慣到將軍澳的一家理髮店剪髮，後來因店舖租約期滿搬到藍田，新地點不方便，他便轉而光顧單剪店。那裏環境不錯，理髮師用電剪修短頭髮，十五分鐘就剪好，然後回家洗頭髮，節省很多時間。他笑言：「以前在巷子裏剪髮後也是回家洗頭，現在又重複經歷同樣的事情，就好像是一個循環。」

在六、七十年代，藏身於街頭巷尾的巷仔理髮檔只需一張椅子、一把電剪和一塊鐵皮屋頂，便可開業，平價快捷，是街坊的日常選擇；而排隊剪髮的小朋友低頭看公仔書，成了街頭獨特一景。當年的年輕人亦深受明星髮型影響，追逐潮流。今天，時代變了，上海理髮舖也漸少，但快捷實用的理髮方式依然存在，兜兜轉轉，如今人們又回到了單剪的「懷抱」。

Since the 2000s, Raymond has been cutting hair at a barbershop in Tseung Kwan O. When the lease ended and the shop moved to Lam Tin, the location was less convenient, so he switched to a quick-cut salon. The place had a pleasant atmosphere, and the barber trimmed his hair short with electric clippers. In just fifteen minutes he was done and then went home to wash his hair, saving time. He chuckled, "Back in the day, after a haircut at an alley barbershop, I would also go home to wash my hair. Now I am doing it again. It feels like coming full circle."

In the 1960s and 1970s, small alley barbershops could operate with just a chair, an electric clipper, and a corrugated iron roof. Affordable and fast, they were part of daily life for locals. Children waiting would bury themselves in comic books, creating a familiar street scene. Young people were influenced by celebrity hairstyles and eager to follow trends. Today, Shanghai barbershops are rare, but the quick, practical haircut endures, letting people return to the simplicity of a straightforward trim.



難以尋回的昔日理髮 Fading Traces of Barbering Past



懷舊裝潢的理髮舖和露天巷仔理髮檔，這些曾遍佈街頭的日常風景，早已隨着時光悄然褪色。若想再窺見昔日理髮文化的模樣，不妨走進美荷樓生活館，試着拾回那些年的日常記憶。

展覽透過場景還原，重現兩種截然不同的理髮模式。講究排場的上海理髮舖，自然少不了那張功能齊備的理髮椅，還有舊式電風筒、俗稱「田雞」的手動推剪與電髮芯等工具。牆上貼滿明星髮型的參考海報，供客人挑選喜歡的款式；而門外旋轉的三色柱，更是昔日理髮舖的經典標誌。

相比之下，巷仔理髮檔則樸實親民。展區內展示了不少舊照片，捕捉孩童坐在木椅上等候剪髮、低頭翻看公仔書的片刻；亦有街坊憶述，理髮師傅會揸着工具箱穿梭徙置區，上門為人「飛髮」，靈活又貼地。

如今，這些理髮場景已被快速的生活節奏取代，漸漸成為歷史的片段。然而，那一剪一剃之間留下的痕跡，仍靜靜存在，等待被看見、被記住。

Barbershops with vintage décor and open-air alleyway barber stalls once lined Hong Kong's streets. These familiar sights have quietly faded over time. To revisit the city's past grooming culture, step into the Heritage of Mei Ho House.

The exhibition brings back two distinct barbering traditions through the recreation of scenes. In the refined Shanghai barbershop, a fully equipped chair takes pride of place, accompanied by old-style hairdryers, hand-operated clippers, and traditional perming rods. The walls are covered with posters of popular celebrity hairstyles, which customers once used to select their preferred look, while the red, white, and blue spinning pole outside remains an enduring emblem of the trade.

In contrast, alleyway barber stalls were simple and approachable. Historical photos capture children waiting on wooden stools, flipping through comic books. Former residents recall how barbers would carry their toolboxes through resettlement areas, offering mobile haircuts that were flexible and practical.

Today, these barbering scenes have been overtaken by the city's fast pace, turning into fragments of history. Yet the traces left by each cut and shave remain, quietly waiting to be seen and remembered.

尋寶・深水埗

Treasure Hunt • Sham Shui Po

近年，上海理髮舖的身影不時出現在銀幕上，像是榮獲香港電影金像獎最佳電影的《九龍城寨之圍城》裏，也有那張熟悉的理髮椅與三色柱。隨着網絡影片與訪談帶起一股懷舊風，不少人開始對這些老派理髮店產生興趣，回頭認識那些曾經伴隨着香港成長的日常風景。

只是，上海理髮舖終究難敵時代的腳步，要讓它們真正留下來，並不容易。與其懷舊，不如趁它們還存在，親身感受一次，坐上那張厚重的皮椅，聽着剪刀與電推剪的聲音，感受那種慢工細活的節奏。今期，我們整理了一些關於上海理髮的流程和常用工具，讓你在推開那道門之前，先對這段舊時光有多一點了解，然後，發掘一些意想不到的樂趣。

In recent years, Shanghai-style barbershops have made frequent appearances on screen, including in *Twilight of the Warriors: Walled In*, the Hong Kong Film Awards Best Film winner, where the iconic barber chair and striped pole appear. Fuelled by nostalgic online videos and interviews, interest in these old-school barbershops has been rekindled.

Still, these barbershops face the inevitable passage of time. Rather than simply feeling nostalgic, why not experience them while they are still here? Take a seat in one of those chunky leather chairs, listen to the snip of scissors and the buzz of clippers, and settle into their slow, deliberate rhythm. In this issue, we introduce the basic steps and tools of a traditional Shanghai-style haircut, offering a glimpse into this fading craft before you step through the door and perhaps discover something unexpectedly delightful.

就座

Being seated

上海理髮舖一般分為男、女賓區，客人會按性別被安排在不同座位。理髮椅講究質感，配有真皮頭枕和座墊，椅背可調校角度，並設有腳踏讓客人墊腳，十分舒適。安頓好後，員工會送上茶水，有時甚至會遞上香煙。每位理髮師都有專屬的號碼，熟客會點名指定。

Shanghai barbershops are typically divided into men's and women's sections, with customers seated according to their gender. The barber chairs emphasize quality, featuring genuine leather headrests and seat cushions. The chair is adjustable in angle and comes with footrests for added comfort. Once settled, staff will serve tea and even cigarettes. Each barber has a unique number for customers to nominate.



理髮

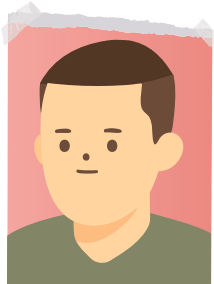
Haircut

正式開始前，師傅會先為客人繞頸圍上綑紙或乾毛巾，然後套上理髮圍裙，再在頸項和耳背撲上爽身粉，防止剪下的碎髮黏附於皮膚，使整個過程更加舒適。剪髮時，師傅會靈活運用多種工具，包括手推剪（俗稱「田雞」）、牙剪及剪刀，根據不同髮型和層次，慢工細剪。

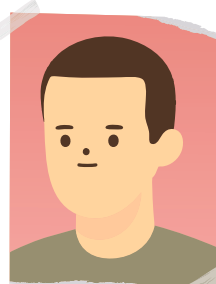
The process begins with the barber wrapping a neck strip or dry towel around the customer's neck, followed by the haircutting cape. Talcum powder is then applied to the neck and behind the ears to prevent loose hair from sticking, making the process more comfortable. During the haircut, the barber carefully uses tools like hand clippers, thinning shears, and scissors to shape the hair according to different styles and layers.

最為常見的男士髮型有：

Common classic men's hairstyles include:



陸軍裝 Buzz Cut



紅毛裝 Crew Cut



西裝頭 Side Parting

剃鬚

Shaving

剃鬚前，師傅會先調整椅背角度，讓客人半躺，然後用熱毛巾覆蓋嘴部和下巴，幫助打開毛孔、軟化鬍鬚，減少剃刮時的不適與受傷機會。接着，再用剃鬚刷在面部打圈塗上泡沫，使剃刀在面上滑動時更加順滑。為保持刀鋒鋒利，理髮椅常備一條磨刀皮，讓師傅隨時研磨剃刀。

Before shaving, the barber reclines the chair slightly to let the customer lie back comfortably. A hot towel is placed over the mouth and chin to open the pores and soften the beard, reducing discomfort and the chance of cuts. Shaving foam is then applied in circular motions with a brush to help the razor glide smoothly. A leather strop is kept on the chair so the barber can sharpen the razor when needed.



洗髮

Hair Washing

修剪完畢後，客人被帶到洗髮盤前，身體前傾、面朝下，由師傅從後方為其洗頭。過程中有水濺到衣服或面上亦是在所難免。

After the haircut, the customer is guided to a basin. Leaning forward with their face down, the barber washes their hair from behind. Some water may splash onto their clothes or face during the process.

造型

Styling

最後，客人回到理髮椅上，師傅使用金屬風筒吹乾頭髮並進行造型。這種風筒風力集中、溫度高，便於造型。然而，金屬外殼導熱能力高，稍不注意就可能燙傷。熱風搭配髮蠟，加上師傅的巧手，把頭髮整理得貼貼服服，完成造型，也為整個理髮過程畫上句號。

Back at the barber chair, the barber uses a metal-cased hairdryer with strong airflow and high heat to dry and style the hair. The metal casing heats up easily, so care is needed to avoid burns. With heat and hair wax, the barber skilfully shapes the hair into place, completing the look and the entire grooming experience.



美荷樓舊居民網絡活動

Mei Ho House Alumni Network Activities

康樂棋與劍球體驗活動

Hong Lok Kei and Kendama Experiential Activity



暑假期間，YHA 美荷樓青年旅舍舉辦了「康樂棋與劍球體驗活動」，讓參加者感受昔日與現代玩意的樂趣。活動先由導賞員帶領，參觀美荷樓生活館，認識香港娛樂方式與玩具的演變。劍球體驗環節邀得香港花式劍球協會教練，介紹這項結合運動與技巧的潮流玩意，並即場示範和指導基本技巧，參加者很快掌握入門動作，玩得不亦樂乎。康樂棋環節則由香港康樂棋協會教練講解這項曾經風靡一時的經典遊戲，不少家長更帶同子女一同參與，重拾童年回憶。活動最後以比賽作結，大小朋友齊齊落場，現場氣氛熱烈歡樂。

During the summer holidays, YHA Mei Ho House Youth Hostel held a "Hong Lok Kei and Kendama Experiential Activity," blending nostalgic and modern games. The event began with a guided tour of the Heritage of Mei Ho House, introducing participants to Hong Kong's past leisure culture and the evolution of toys. A coach from the Hong Kong Freestyle Kendama Association introduced the sport and demonstrated basic tricks, which participants quickly picked up and enjoyed. The Hong Lok Kei session, led by a coach from the Hong Kong Hong Lok Kei Association, revisited this once-popular board game, attracting many parents and children to join in and relive childhood memories. The event concluded with a friendly competition, bringing together participants of all ages in a fun and lively atmosphere.

第一屆深水埗康樂棋大賽

1st Sham Shui Po Hong Lok Kei Competition

首屆「深水埗康樂棋大賽」於 YHA 美荷樓青年旅舍順利舉行，近百名參賽者展開四小時激烈競賽，分出勝負。比賽設新星組與公開組，初賽採單循環賽制，晉級選手再進入緊張刺激的淘汰賽，爭奪四強席位。

決賽氣氛緊張，大家屏息圍觀，只聽棋子清脆碰撞聲。最終冠軍選手連勝兩局奪冠，現場響起熱烈掌聲，讚賞精彩表現，也體驗競技棋局的變幻與魅力。感謝香港康樂棋協會及所有參賽者，帶來一場充滿緊張與樂趣的比賽！

The first "Sham Shui Po Hong Lok Kei Competition" took place at YHA Mei Ho House Youth Hostel, attracting nearly 100 participants for four hours of intense competition. The event featured a New Stars group and an Open group, with preliminary round-robin matches leading to knockout rounds for the semifinals.

The finals were tense, with everyone holding their breath as the only sound was the crisp clatter of the pieces. The champion won two consecutive games to claim the title, earning enthusiastic applause from the crowd. Thanks to the Hong Kong Hong Lok Kei Association and all participants for making the competition an exciting and memorable event!



美荷樓舊居民網絡及義工團隊

Mei Ho House Alumni Network & Volunteer Group

導賞活動 | 口述歷史 | 資料搜集 | 故事分享 | 文化活動
Guided Tours | Oral History | Research | Story Sharing | Cultural Activities

* 活動以廣東話為主 Activities are mainly conducted in Cantonese

歡迎加入我們！ You are welcome to join us!



詳情及登記
Details & Registration

教學影片
Learning Videos

「香港賽馬會社區資助計劃：美荷樓香港精神學習計劃」於本年度推出三段教學影片，透過美荷樓為切入點，介紹昔日香港市民的生活環境及家庭相處模式、公屋政策的發展歷程，以及歷史建築的活化保育。影片旨在為學生提供課外知識補充，提升綜合學習體驗與理解。

“The Hong Kong Jockey Club Community Project Grant: Mei Ho House Hong Kong Spirit Learning Project” launched three learning videos this year, using Mei Ho House as an entry point to explore key historical and social themes such as individual, family, and community relationships; the development of public housing policies; and the conservation and revitalisation of historical buildings in Hong Kong. These videos provide students with supplementary knowledge beyond the curriculum to enhance their overall learning experience and understanding.



影片一 Video 1 | 講者 Speakers

林桂芬女士
Ms. Lam Kwai Fun

范建明先生
Mr. Fan Kin Ming

袁惠安先生
Mr. Yuen Wai On



影片二 Video 2 | 講者 Speakers

衛翠芷博士 Dr. Rosman Wai Chui Chi
香港大學建築學院客席副教授、註冊建築師
Adjunct Associate Professor, Department of Architecture,
The University of Hong Kong; Registered Architect

高添強先生 Mr. Ko Tim Keung
香港歷史及歷史照片研究者
Researcher of Hong Kong history and historical photographs



影片三 Video 3 | 講者 Speakers

丁新豹博士 Dr. Joseph Ting Sun Pao
中國及香港歷史學者 Historian of China and Hong Kong history

劉智鵬教授 Prof. Lau Chi Pang
嶺南大學協理副校長（大學拓展及對外事務）、歷史系教授
Associate Vice-President (Institutional Advancement and External Affairs),
Lingnan University; Professor of History



觀看影片
Watch the video

(上述排名不分先後)
(Speakers listed in no particular order)

導賞團
Guided Tour

YHA 美荷樓青年旅舍作為「活化歷史建築伙伴計劃」之一，致力保育及傳承這座二級歷史建築所承載的歷史、建築、文化與社會意義。透過導賞，參加者可了解美荷樓所見證的香港公共房屋發展史、早期徙置大廈居民的生活面貌、舊居民的人生經歷，以及美荷樓的建築特色等。導賞員亦會介紹香港青年旅舍協會在活化計劃中的角色，並詳述活化工程如何在保育與改建之間取得平衡。

As one of the projects under the “Revitalising Historic Buildings Through Partnership Scheme,” YHA Mei Ho House Youth Hostel is dedicated to conserving and passing on the historical, architectural, cultural, and social significance of this Grade 2 historic building. Through our guided tours, participants will learn about how Mei Ho House contributed to the development of Hong Kong’s public housing, the daily lives and personal stories of early resettlement block residents, and the building’s distinctive architectural features. Docents will also introduce the Hong Kong Youth Hostels Association’s role in the revitalisation project and explain how the scheme has carefully balanced conservation with adaptive redevelopment.

公眾導賞團 Public Guided Tour

廣東話 Cantonese
逢星期二至日，以及公眾假期
Tuesdays to Sundays, and public holidays
15:00 – 16:00

英文 / 普通話 English / Mandarin
隔週星期日
Alternate Sundays
11:00 – 12:00

名額 Quota
15 人 15 People

費用 Charge
全免 Free



詳情
Details

團體導賞團服務 Group Guided Tour Service

人數 No. of Visitors
10 至 30 人
Group with 10 to 30 Visitors

導賞服務 Guided Tour Service
1 小時導賞服務
1-hour Guided Tour

導賞時段 Sessions
星期一（公眾假期除外） 10:30 - 11:30 / 12:00 - 13:00 / 14:30 - 15:30 / 16:00 - 17:00
Mondays (except public holidays)

星期二至五 10:30 - 11:30 / 16:30 - 17:30
Tuesdays to Fridays

導賞語言 Language Available
廣東話 / 英文 / 普通話
Cantonese / English / Mandarin

費用 Charge
每團港幣 1,000 元正
HKD\$1,000 for each tour

* 所有收費將用作美荷樓生活館之日常營運及展品保養維修等。
* All the revenue will be used for daily operations, repair and maintenance of the museum and artefacts.



詳情及申請
Details & Application

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毛錦明 Mao Kam Ming (前上海理髮舖店主 Former Owner of a Shanghai Barbershop)
袁惠安 Yuen Wai On (舊街坊 Former Resident)

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📘 美荷樓生活館 **Heritage of Mei Ho House**

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HERITAGE OF MEI HO HOUSE
美荷樓
生活館

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香港青年旅舍協會
YHA Youth Hostels Association

