



# Salon News

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## Does Cutting Hair Make it Grow Faster or Longer?

Yes, this myth has been around for a very long time and the answer is, "No, cutting your hair does not make it grow faster or longer."

However, what it **does** do is it cuts off the dry, damaged, and split ends that make your hair appear thin and lifeless. Freshly cut hair will give the appearance of thicker and healthier hair. For some people, this is the only way to get their hair to grow longer because their hair may be especially prone to splitting and breakage.

If you routinely wear hair clips or pull your hair back into pony tails, you are damaging your hair, and the only way to eliminate this damage is to cut off the damaged portions and treat your hair more gently in the future.

## *Does coloring destroy my hair?*

Not necessarily. When your hair is colored properly by a trained stylist or colorist, your hair can give the appearance of greater health and shine than it did before you entered the salon. Coloring your hair can also give you an emotional and psychological boost that will help with your self-esteem and with how you are perceived in the workplace. However, many home coloring kits can do untold damage to your hair, especially if they are used incorrectly, used too frequently, or when trying to change the color of your hair by more than two shades. A skilled colorist can do a lot to rectify these mistakes, but even they have limits if you have over-dyed your hair with an at-home kit. When considering a color change, always seek the advice of a trained colorist. They will help you to match color to your skin tone, making your color choice look very natural and no one the wiser that you are coloring your hair.

## *Is Conditioner really necessary?*

Perhaps not necessary for everyone, but conditioner will help your hair by eliminating static electricity, strengthen it when styling, and keep it healthy and shiny. If you color your hair, or spend a lot of time in harsh environments (sun, wind, chlorine, etc.) you will want to condition your hair regularly.

**Refer a New Client to one of our stylist and  
receive \$20(Cash or use toward Service)**

*"One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important."*

~Bertrand Russel

### Eating for Healthy Teeth

A well balanced diet is essential for our overall health, but have you ever considered how your diet and eating pattern can affect the health and teeth of your gums? If not, take heed of the following advice:

- ✓ To reduce the length and frequency of acid attacks it is better to eat sweet foods all at once, rather than slowly over a period of time. If you do get hungry between meals, choose unsweetened snacks like cheese, fresh fruit and vegetables.
- ✓ Try to take your drinks unsweetened – it may be difficult at first but persevere.
- ✓ Don't be misled by the words "no artificial sweeteners" on the label of foods. Sugar is a "natural sweetener".
- ✓ Control the buildup of plaque by brushing regularly with a good quality soft toothbrush as recommended by your dentist and using dental floss to remove plaque from between the teeth.
- ✓ Visit your dentist regularly for a checkup. He will be able to give you advice and spot any potential problem areas.



### Time to Think

Everything moves so fast these days. Our expectations - and those of our customers - seem to follow suit. For instance, instead of days in the mail, or even minutes on the phone, a response to a customer can be emailed in a matter of seconds. The information flies around so quickly sometimes, you barely have time to think. Here is the point where some caution needs to be exercised.

Granted, we are all expected to be "quick on our feet" and people who are able to make fast, decisive judgments, under stressful conditions, become valuable assets to any company. But we can't allow technology to take over to a point where we can no longer take time to think - think critically, towards the future, about solutions, about our purpose.

Technology should enhance our thinking time, not eliminate it.

### March Events

March 2 – Dr. Seuss Birthday

March 8 – Mardi Gras

March 13 – Daylight Savings Time begins

March 17 – St. Patrick's Day

March 20 – First Day of Spring

March – National Nutrition Month



**Refer a second client and get a  
Free Haircut and Style!**

## Office Lingo

- **Cube Farm** - an office filled with cubicles
- **Prairie Dogging** - when someone yells or drops something loudly in a cube farm, and people's heads pop up over the walls to see what's going on
- **Blame storming** - sitting around in a group discussing why a deadline was missed or a project failed, plus who was responsible
- **Keyboard Plaque** - the disgusting build up of dust and crumbs found on and under computer keyboards
- **Mouse Potato** - the on-line, wired generation's answer to the couch potato
- **Tourists** - people permanently on "training courses", just to avoid having to do their actual jobs



*"A critic is someone who finds a little bad in the best of things."*

~Joseph P. Ritz

## Computer Keyboards

This is likely one of the dirtiest places in your home or office. Cultures take from computer keyboards indicate that there are more dangerous bacteria living and growing on a keyboard than on a toilet seat.

Trick, routinely clean your keyboard with a disinfectant wipe after powering down or prior to powering up your computer. You'll feel better. Trust me!



### *It's Just a Game!*

We've got to stop taking things so seriously! Researchers at USC did a study of death rates following the Superbowl games of the Rams in 1980 and 1984. When the hometown team lost, death rates skyrocketed by 15% in men and 27% in women and 22% overall in seniors. When the Rams won four years later, the death rates didn't change at all.

It would appear that people view "their team" as a family member, and watching a game becomes similar to watching them struggle to survive. This puts undue stress on pulse rate and blood pressure, possibly triggering a cardiac event.

**Visit Us on First Thursday from 5-9 pm & get  
40 % off Selected KMS Styling Products!**

# MARCH

## Improving Your Mental Ability

If you're over 50, you are probably trying to do everything you can think of to keep your mind sharp. You engage in conversation, do crossword puzzles, Sudoku, etc.

Did you know that one of the best things you can do is put aside that crossword puzzle and get out and take a walk? Scientists have discovered that you can improve your memory by reversing the gradual wasting away of a key part of your brain, something that begins around age 50, by taking a walk?

Aging is no longer that slippery slope, where once it begins there is little you can do to stop it. Walking 40 minutes, three times a week, getting your heart rate up above a sedentary level is enough to make a difference. This stimulates your hippocampus, the memory-making portion of your brain to grow by 2% within one year. Seniors who lifted weights and did stretching did not show a similar growth process in their brain.

Rather, they demonstrated up to 1.4% shrinkage of that portion of their brain! More studies are needed, but for now, taking a nice-paced walk a couple times a week seems to be the key.



**Spring is (almost) sprung!  
Time for planting that garden!**

