



# Salon News

Volume 4, Issue 5

May 2011



## What's My Perfect Hairstyle?

Just ask any stylist, this is one of the most common questions they get. While your stylist is skilled and talented, some of the information about your perfect hairstyle is going to have to come from you. Bring in as many ideas as you can, and be as specific as possible. Bring in pictures of what you're looking for. If you want bangs that you find in one picture, but the length of the hair is better represented in another picture, bring them both in.

At one time or another we doubt that we are truly wearing our hair in a style that is the most flattering to us. Then we begin to wonder what our "look" really should be. Remember, no matter what you do with your hair, it will grow out, so going short isn't terminal!

## *Can't I just wear the same style I've always worn?*

Not necessarily. As time passes, our hair changes, the color and texture. And as nature takes its course, our face changes too. By changing your style and length, you can make the best of your look today, not the one that was so flattering years ago. The real secret to hair-style success, however, is recognizing that some of the classic hairstyles we see over and over again are the result of what our hair does naturally.

You may have a particular style in mind, but if your stylist tries to talk you out of it, listen carefully. It could be that the style may not suit you, or your hair. Everyone has a natural hair type and getting a cut that is shaped and styled specifically for that will end up with a better look because it will bring out the natural beauty of the hair. Take time to evaluate your hair. Ask your stylist to help you identify the good qualities and characteristics of your hair, then together, you can design your style as one that best suits your face and your hair.

By taking time to get a really good style, you'll be able to wash, comb and go, OR you can primp and prep to your heart's content. A good hairstyle will allow you to do either one, saving you time when you most need it, but ensuring that you will still have a cut that can be jazzed up for a night on the town.

You can do a few things to change the characteristics of your hair, including coloring it, curling, getting a perm or a straightening treatment. Remember, none of these are permanent. If you find that the style does not work the way you had hoped, then after a little time has passed, you can change it!

**Refer a Friend or Family Member and Receive a Deep Condition Treatment or \$20 off your next Service**

“My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.”

~George Washington

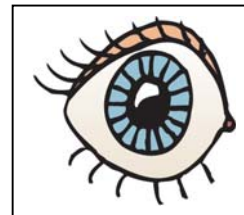
## Healthy Snacks

How many of you made the New Year's resolution to get healthier and/or lose weight? We're coming up on summer and bathing suit season...let's get back on track by having some healthy snacks always in the fridge for those "snack attack" moments:

- **Tahini** – This is a paste made from ground sesame seeds. It gives things like hummus and baba ganoush their creaminess and depth of flavor. It is high in iron and has a lot of minerals. Spread it on toast or mix it with herbs and lime or lemon juice as a salad dressing.
- **Hummus** – High in protein, low in saturated fat, cholesterol-free and an excellent source of iron. Made from ground chickpeas (also known as garbanzo beans) hummus is easier to digest than whole beans and is a great source of both fiber and folate. Have hummus with pita bread or with vegetables. Liven things up by adding roasted red pepper to your hummus, or cilantro and jalapeno for a little southwestern spice. This is also excellent on roasted veggies or as a spread on sandwiches or with grilled burgers or chicken.
- **Baba Ganoush** – A dip based on eggplants, made by scooping out the pulp of a roasted eggplant and mixing it with tahini, lemon juice and garlic.
- **Tzatziki** – Made from plain yogurt and cucumbers, this dip is most commonly associated with gyros. It is a very healthy dip to use with raw or grilled veggies, on crackers, pita chips or as a condiment for meat, fish or chicken. Use the rich and creamy Greek yogurt for the highest level of live cultures.



## Eye Twitch



You think that you're the only one, but an eye twitch can happen to just about anyone without any warning at all. It can be just the tiniest of vibrations or it can seem to be really jumping.

There are a few reasons your eye can seem like it has developed a life of its own. It could possibly be allergies, stress, fatigue, and even taking certain medication. All of these can affect or irritate the nerve endings in the eye causing muscles in the eyelid to twitch. This can last for a couple of minutes or a couple of days. Rarely, it can last for a month. You can minimize the twitching by holding down your eyelid with your fingers for a couple minutes. For more stubborn twitches, apply a warm compress for five minutes three times a day. Any twitches that persist should probably be evaluated by your physician.

## May Events

May 1 – May Day

May 3 – National Teacher Day

May 5 – Cinco de Mayo

May 8 – Mother's Day

May 12 – Nurse's Day

May 30 – Memorial Day

March – National Bike Month, Arthritis Awareness Month



**15% off Selected KMS products with this coupon**

## Stress and Aging

When we carry around stress, we are prematurely aging ourselves. Stress is unhealthy. It raises our blood pressure, puts us at risk for cardiac disease and diabetes due to the constant production of cortisol. Even worse is the fact that constant stress ages us. Look at pictures of past U.S. Presidents. Compare a photo of them when they first take office, and then look at one at the end of four years. Most of them look as though they have aged ten years or more.

Reducing stress levels will help tremendously. Remember to get enough sleep, improve your eating habits by remembering "you are what you eat", and find ways to reduce stress through relaxation, meditation, exercise, or even hypnosis. Whatever works for you, be sure to do it! Live it up!



"To the world you might be one person, but to one person you might be the world."

~Anonymous

## Strawberry & Spinach Salad

It's coming up on strawberry season and spinach is an excellent addition to any diet. Clean a good bunch of spinach well and spin dry. Top with sliced fresh strawberries, crumbled feta cheese, and toasted pinion nuts. Use a bit of blush vinaigrette dressing to complete the flavors.

For a change consider using blue cheese crumbles instead of feta cheese, and use either sunflower seeds or toasted pecans instead of toasted pinion nuts.



## The Most Dangerous Activity of All

When you go to work, you know that getting some exercise is a good idea, but there's plenty of time after work for that, isn't there? Don't be so quick to make that assumption!



Recent studies have proven that people who work at jobs that require that they sit are significantly more likely to die of a cardiac event.

People who work on their feet all day may be plenty tired when they get home, but the chances are that they will live a great deal longer.

If you can, try to establish a standing workstation at your workplace. If that is not an option, get out of our seat and walk around at least twice an hour.

**Refer a Second Friend or Family Member  
& Receive a Free Haircut !**

# MAY

## Mother's Day

Need some ideas on how to celebrate Mother's Day? Here are a couple ideas that might make her day a little bit more special:

- Create a memory jar by writing a special memory about your mother, making it as specific as possible. She will really enjoy reading these in your presence.
- Help a mother in need by donating something to an organization that helps mothers and children. There are a number that need money, clothing or household items.
- Get a fabric tablecloth and fabric pens. Ask each family member to write a message to your mom. Young children can make their handprints with their age and date recorded. This will become a very precious Mother's Day keepsake.
- Throw a Mother's Day Tea. Invite all the mothers that you know, but most especially consider inviting those who live far from their children, or who no longer have children. Make it a very special day by celebrating mothers of all sorts. Some are mothers by nature, others mothers by heart, and still are mothers by circumstance. They could be friends or relatives, but they are mothers all the same.



There is nothing as delightful as the sound of children laughing.

