



Your Hair Salon

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Control Your Locks!

With all the tools out there promising to tame curly locks, add volume to limp tresses, and cure all your hair woes, it's hard to know which one is the right one for you. You need to find styling tools that work with your hair texture and not against it. Follow these guidelines for the tools that will ease your tress stress.

If you have curly hair, you're looking for styling tools that will help you make sense of the mass you were blessed with. First you'll need wide tooth comb to work through hair while it's wet with conditioner in the shower. Look for a plastic comb with flexibility and teeth at least $\frac{1}{4}$ " - $\frac{1}{2}$ " apart. This will detangle gently without causing breakage. Curly hair doesn't appreciate being combed once it's been towel dried; this will usually cause curls to rebel and frizz.

And your hair's best friend is a diffuser attachment on your blow dryer, which gently dries hair and lessens the frizz factor even more.

Use your fingers to softly separate curls and add volume without making them poof. It can also be a good idea to brush hair a few times a week with a natural bristle brush to distribute oils from the scalp that have a difficult time lubricating the entire hair shaft. This will help to alleviate those dreaded flyaways and strengthen the hair.

If you have fine hair, the tools you need will detangle without breakage and add tons of volume. A plastic wide tooth comb with $\frac{1}{4}$ " teeth is great for tackling tangles. Start by massaging conditioner into

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the ends of your hair to moisturize the flyaways without weighing down the roots, and then comb through starting at the ends and working up. When drying, use a round brush and dry hair in sections to add major volume. Some of the best brushes on the market now have a ceramic shaft that conducts heat like crazy without burning hair. This reduces drying time and also acts as a cuticle smoother to make hair super shiny. Lift hair up away from the roots and blast the brush as you slowly unwind the hair.



Roll it back up and do a shot of cold air to set the volume before you move on to the next section.

Another tool that you will find indispensable is a comb specifically made for teasing hair at the roots. This will add a bunch of volume and body to hair. These combs have very finely spaced teeth that are different lengths that grab hair while you backcomb. Look for a teasing comb that has a pick or lift on one end so that you can smooth hair over the tease, finishing the style so you don't look like you've time traveled from the 80's.

Many women struggle with their hair on a daily basis, fighting against crazy curls or lackluster limp locks not knowing how to work with their texture. But the right tools will help you take advantage of your hair type, adding volume and shine while protecting the shaft and keeping it healthy. Now you can love the hair you were born with!

Improve Your Hair with Tricks From the Kitchen

Why spend money on expensive designer hair care products when all you need for luscious hair can be found in your fridge? With the economy tightening up we all want to save money. But there's no need to put a crimp in your hair style to do it. Many ingredients that you use to feed your body can be used to feed your hair too, and with outstanding results. So save your extra coin for a new handbag and use these remedies instead.

Tired Tresses

If your tresses look like they need a little revival, try a mayo mask. Mayonnaise is magical because it has several ingredients that work together to create shiny, healthy hair. Each of the following could be used on its own to impart some benefit, but together they address a few issues. Be sure to use an all natural organic mayonnaise, however, to avoid any unwanted chemical compounds messing with your locks. Eggs do the trick by providing lecithin, a protein naturally found in hair, skin and nails, that helps flatten and strengthen the cuticle. Vinegar provides a tonic affect, removing residue from previously used products and making the hair shiny. And olive oil moisturizes and stimulates your scalp and prevents

flyaways. Just massage about ½ cup on damp hair and let it sit for 10 minutes wrapped in a warm towel. Lightly shampoo, rinse well and abracadabra!

Dandruff

Got dandruff? Get some apple cider vinegar on your locks. This mild astringent works wonders for both dry flaky dandruff and the oily, waxy kind. The acidic nature of vinegar balances the pH of your scalp and helps remove the residue and skin buildup that create the flurry of flakes. Use one part vinegar to two parts water, rinse your hair, massage your scalp and let it stand for 15 minutes before shampooing. Use every other day and your flakes will melt away.



Limp Locks

Need to revive your limp locks after a night of fun? Use flat beer left over from the party to impart a ton of volume. The hops in beer contain lots of protein, strengthening your scalp and hair. Beer also has B vitamins and minerals like potassium and magnesium that improve elasticity. And it acts as a tonic, removing impurities from hair that weigh it down. You need about 8 ounces to pour into hair after shampooing. Let it sit for 5 minutes, and then rinse well to get rid of the beer scent so you don't smell like a brewery. Or, warm the beer and mix in 2 tablespoons or so of honey for added moisturizing benefits. Party on!

Many items you'd put in your mouth you can put on your hair too, and get the same nourishing effects and even better results than overpriced salon products. So try hitting the kitchen instead of the salon to fatten up your locks and your wallet.

Nutrients That Add Life to Your Locks

You know that hitting that drive-thru isn't great for your insides, but have you ever wondered what a poor diet does to your hair? It's not pretty. Your skin and hair are direct reflections of the health of your body. It stands to reason that what goes in definitely comes out, and unhealthy eating can cause lackluster locks and even hair loss. But if you make a few changes and incorporate the following items into your diet, you'll start to see immediate results and set yourself up for a lifetime of great looking hair.

Omega fatty acids - Omega-3, -6, and -9 fatty acids have been getting a lot of attention lately, and for good reason. They are excellent for the growth and protection of virtually every system of your body, and that includes hair. These amazing oils nourish your scalp and provide essential nutrients to your

follicles, protecting and strengthening them to prevent hair loss and promote faster growth. You can find omegas in salmon, sardines, and tuna, but if you don't like fish look for high-quality supplements at the health food store.

Lecithin - This essential nutrient is found easily in the incredible edible egg, and getting one serving a day really will impart some incredible effects. Lecithin stimulates hair growth and provides B vitamins and other nutrients that your hair follicle needs to remain healthy.



Active cultures - These are bacteria that actually do your body lots of good. You can get active cultures from yogurt, and one serving a day should do the trick. These cultures promote digestion, and a major benefit of that for hair is the increased absorption of vitamins and minerals like Zinc and Iron which have been found important to hair health.

Antioxidants - Vitamins C and E are strong antioxidants that strengthen the hair follicle and promote circulation of the scalp. Oranges, blueberries, and acai berries provide high sources of Vitamin C, and almonds, pumpkin seeds, wheat germ and olive oil will give you the Vitamin E you need.

Zinc - This mineral adds life to your locks by promoting tissue repair and reproduction. It also regulates the oil glands attached to your hair follicle which moisturize the shaft and prevent breakage. Get your Zinc from beef or other dark meats, or veggie options like hummus, pecans and cashews.

Iron - Your mom was right; you do need to eat that spinach! Iron found in this leafy vegetable keeps hair follicles strong by assisting in overall circulation and oxygenation of the scalp. Iron deficiencies are a known contributor to hair loss, so if spinach is hard to stomach eat broccoli, beans, whole grains and lean meats.

Protein - High quality protein is key to a healthy body and healthy hair. Sorry, your Big Mac doesn't fit on this list. Look for organic beef to get the most nutritional bang for your buck, or pure soybean protein like edamame. Since hair is mostly protein, eating good quality sources will ensure locks stay luscious.

About "Your Salon"

Put some information here detailing the history of your salon, employee bios or even services that you offer. You can also include information about your hours or any upcoming specials that you may have. This is also a great place to put your contact information- make sure to include your website here as well.