

Reduce Stress with Aromatherapy

We live in a high stress world, and stress reduces our quality of living and makes us prone to disease. Simplify your life. You don't always need a complicated plan; instead, changing a few small things in your life can have the largest impact. When you choose to make small changes you are much more likely to be successful and stick to those resolutions. Every time we feel successful, we are empowered to make more changes in our life.

One small change you might consider making in your life is to add the benefit of aromatherapy to your relaxation regimen. Aromatherapy is the use of essential oils to affect and alter your mood. They have been used for centuries as a mechanism for healing and you can utilize some of the secrets yourself by making a couple of very simple changes in your lifestyle.

Using products that use essential oils as a fragrance is the simplest way to incorporate aromatherapy into your life. Ask your stylist which products contain essential oils and then purchase those that you like. When you use products that have pleasing scents you will use them more often, and each time you do, you will get a rush of endorphins, or a "happiness" hormone rush. Most products use artificial fragrance, which contain hundreds of chemicals, essential oils are a great alternative to fragrance oils as they are all natural.

Add a couple drops to your bath, or when you soak your feet after a long hard day, or you can make your own room freshener by adding 20 – 40 drops of essential oil to a carrier oil like sweet almond oil or grapeseed oil in a small container. Add 5 – 7 diffusing reeds or bamboo sticks. This will diffuse the scent into your room and you will experience the benefits of aromatherapy throughout the day.

Once a week (or once a month at least), indulge with a scalp massage at home using carrier oils and a blend of your favorite essential oils. **Or treat yourself to one of our exfoliating scalp massages and blow outs (ask one of our team members for more details).**

Studies have shown that NOT taking care of your scalp can leave your hair flat, dry, and limp. This is because your scalp is an extension of your skin and should get the same care and attention as the skin on the rest of your body receives. The hair products we use on a daily basis build up on our scalp creating an unhealthy foundation for your hair to grow in. By exfoliating your scalp you can energize the skin where your hair takes root to create a healthier environment that will grow healthier hair. Some studies have linked hair loss in women and men to an unhealthy scalp as well as slowed growth of hair. It is recommended once a week to remove that buildup of products and dead skin cells to clear the path for healthy hair growth.

You'll want to check if the product is biodegradable-in particular PVP/VA polymer free(plastic resin that gives hold). If it doesn't break down in the environment, then it's going to stay forever in one form or another on your scalp and hair, thus, plugging hair follicles and promoting hair loss.



Onaré Salon

Common hair myths exposed

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.

Onaré Salon

Promotions

Remove excess skin and debris this fall with one of our exfoliating scalp massages and blow out package.

Includes a 25 minute scalp massage and blow out for \$50 (a \$78 value)

Clients loved these promotions so much we've decided to make them on going at Onaré

Pre-book,

on the day of your service, for a return appointment within **six weeks** and receive a 10% discount when you return.

Policies: For the pre-booking discount the follow up appointment must be booked at checkout, it cannot be booked at any other time. The follow up appointment date and time must be honored to receive your discount or giftcard; and cannot be postponed.

Not able to return in six weeks?

Pre-book and Relax

Save time by pre-booking your next appointment today and be entered to win a \$100 Services Gift Card! Winner will be notified by phone.

Bring a friend-2 for 1

On Tuesdays, Wednesdays and Thursdays, bring a friend who has never been to **Onaré**, and get two cuts and/or colors for the price of one (11:30 am to 4:00 pm only please).

Policies: Please mention the offer when you make your appointment. To be eligible for the two-for-one promo, you must refer a person who is new to the salon. Both appointments must be booked on the same day with the same stylist. If you bring more than one friend, all appointments booked together and fulfilled on the same day will receive a 50% discount on the cost of their service.

Not able to come in during the applicable times?

Any time you refer a friend to **Onaré**, you'll get **\$20 off** your total purchases and so will the person you refer. Ask your stylist for details.