



Spring Fashion 2012

Nothing pumps up a woman's mood more than visiting a hair salon and getting a new haircut. Especially after the cold winter, a new Spring hairstyle helps to add life back into a woman's fashion style.

Long Hair

As many women feel more comfortable in their professional careers, they are returning to a feminine look with long hair. This spring, the biggest look is long hair that looks natural, but has some styling to it. One look is to place your hair up in a bun. The bun is then teased slightly for a natural look. Another popular look often featured is a half updo. This style consists of part of the hair being down and flowing naturally. The other portion of the hair is styled and pinned near the top of the head.



Medium Length Hair

One popular look is the bob. This hairstyle has persevered over many decades, making it a great style that has stood the test of time. A modern adjustment to the bob is making it a wavy bob. The older style of bobs feature straight hair, making the wavy look a nice alternative.



Short Hair

Pixie crop cuts are hot this spring. The traditional look that features short sides and a longer fringe. However, make this look more modern by cutting the hair short all the way around. Short hairstyles in 2012 will give women a sporty look without any worry of maintenance and styling. If you are an active woman who has a busy routine and do not have time to style your hair then you are an ideal candidate for getting a short hairstyle.

Onaré Salon

Formal events Spring Summer 2012

Not sure what to do to make yourself stand out for the big night? The right hairdo can make you look and feel like you can take on the world. The perfect cut and color, can add style to you. Prior to the big special occasion or big event, a visit to the salon is a required event for most people. However, getting a new hairdo just before a special event, might be a major mistake.

You will want to plan ahead if you are considering any radical changes, like a major cut, hair extensions, perm, straightening, or any chemical treatments. You should considering doing this weeks before the special event. There is no one hairstyle or color what will work for every person, but there is a look that is right for you. Your goal is to feel beautiful and confident.

Bangs: Adding bangs to your hair can change your hairstyle without a drastic change.

Shorter hair: Wear soft curls.

Naturally curly: Take advantage of it and wear your hair down. A long, curly style would be perfect for your night out.



SHINY AND HEALTHY HAIR

Follow these steps for the best head of hair you can have. Brush your hair before washing. This will help water to penetrate the shaft of the hair and it will get rid of some of the product residue applied while styling since your last shampoo. Never wash your hair with an inadequate amount of water. Your entire head should be evenly wet prior to applying shampoo. Try not to use too much shampoo, start with a grape-sized dollop of shampoo and work the shampoo from the roots down to the ends. Massage your scalp while shampooing, using only your fingertips. Massaging your scalp is important to stimulate blood flow to the hair follicle, which promotes a healthy environment for hair to grow in. If you haven't tried one of the new hair smoothing systems, the spring and summer are a perfect time to show up at your office party or family gathering with your hair bright, shiny, and healthy-looking, despite the effects of heat and humidity. Ask your stylist to show you some of the more special products that bring out the best in your hair. We often tell ourselves, "I'll treat myself to something special... later." Rather than waiting until later, treat yourself now. If you aren't sure how to use a product, ask your stylist to demonstrate it when your hair is styled. Once you see how it is done and how much it improves how your hair looks, you'll be happy you decided to treat yourself now.

Good Nutrition Equals Good Health

From babies in the womb to the most elderly among us, we need proper nutrition. That means a balanced diet of protein, fruits, vegetables, good fats, whole grains, nuts, seeds, legumes and dairy products that we should eat daily.

Meat, fish, eggs, quinoa, legumes and nuts provide quality protein. Low-fat milk, yogurt, cottage cheese and cream cheese are good sources of protein and vitamin D, as is 10 minutes of daily sun.

Poor nutrition choices definitely contribute to heart disease, cancer and stroke, the leading causes of deaths in the world. **It is also reflected in the health of your hair.**

Remember, just small changes make a **big** difference.

SPRING CLEANING

It is that time of the year... spring is on the way!!! The flowers are blooming, the birds are singing, and the house still feels like it is cold outside... spring cleaning is an annual event that brings us to freshen up and clean out our house. Doing this in the spring, gives us a head start for a very busy spring and summer.

Outside

- Schedule a family garage clean out day. Create storage for sports equipment, camping equipment, gardening tools, power tools.
- Inspect and repair outdoor furniture.
- Check the outside of your home, including the roof, and see if there is any seasonal maintenance that needs to be done.
- Clean up dead leaves and foliage from yard and flower beds.
- Plant new shrubs and flowers.

Inside

- Change out seasonal clothing. Sort winter clothing and discard what you don't wear.
- Wash windows inside and out.
- Vacuum dust drapes and windows.
- Move all furniture and vacuum beneath.
- Arrange an inspection of your cooling system.

Make it a party and get the whole family involved! Many hands make the task seem more manageable!

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SPRING PROMOTIONS

ARE YOU FRUSTRATED WITH YOUR HAIR EVERY TIME THE HUMIDITY IS IN THE AIR?

Get ready for spring and the warm summer months ahead with smooth and silky hair. Choose from one of the following smoothing systems: Bumble and bumble's NEW **CONCEN-STRAIGHT** or a **100% natural** vegan friendly version by Zerran ReallisseTM.

Benefits of Smoothing System:

Softer and silkier hair

Eliminates up to 95% of frizz

Straighter and shinier hair

Faster and easier to blow-dry

Reduces daily styling time

From **April 10th until May 30th 2010**, receive 10% off the price of either system and a bottle of our sulfate/paraben free "True" shampoo and Smoothing serum (a \$53 value) .

May 1st - 13th

Mother's Day Promo

Onaré Salon has something for that special woman in your life. We have made it simple to get MOM something she will love!

Buy a \$50 gift card and get a gift basket of two Saijojo hair products of your choice for \$60! Buy a \$100 gift card and get a gift basket of two Saijojo hair products completely free!

or

Your favorite Stylist blow out Package: talk to your stylist or ask reception for details