



What does summer mean but sun, sand, and surf? It also could mean salt, chlorine, wind, heat, scalp sunburn, and other things that can cause damage to your scalp or to your hair.

We all love summer because it gives us the chance to get some of that wonderful vitamin D from the sun. But we still have to be really careful because too much of a good thing can be bad.

Here are a few tips to help you keep your hair beautiful, healthy, and shiny. As with your skin, protect your hair from both UV-A and UV-B rays of the sun. Use the proper products and you'll be sporting a very healthy head of hair all summer long!

## Chlorine and Salt

Poolside with the sunscreen and margaritas. Remember your hair. Too much chlorine for blondes leaves you with green hair. Ask your stylist for the best protective products to minimize chlorine damage to your hair, and for products that help to eliminate chlorine after you have been in the pool. Not all products are created equal. If your hair is wet and feels slimy, you have residual chlorine in your hair that needs to be removed. Here's an important and little known tip. Hair absorbs water. When you know you are going to go into a pool, get your hair wet with neutral water BEFORE entering a pool with chlorine or the ocean with salty water. By getting your hair wet ahead of time, you have saturated your hair, and it will have absorbed as much water as it is going to absorb. The chlorine or salt water will continue to keep your hair wet, and it needs to be rinsed, but it will not saturate the entire shaft of your hair strand. This simple trick can save your hair from incredible damage!!!

## Change Shampoo for the Summer

We need to shampoo our hair so that we get rid of excess oil, and remove hair products from our hair. During the summer you might want to consider switching to a more gentle cleanser that won't dry out your hair quite as much. Remember that you need to treat your hair very gently, and whenever your hair is wet, you must be especially careful. Try using a sulfate free shampoo like Saijojo "True" shampoo. Always rinse as cool as possible to have the cuticle of your hair lie flat and retain its shininess.

*Condition, Condition, Condition*

*During the summer, our focus needs to be on conditioning our hair. Be sure to get your stylist's advice on the very best rinse-out conditioner that is appropriate for your hair. In addition to that, make regular appointments to get deep conditioning treatments that will replenish the moisture in your hair. Have your stylist use a very good quality conditioner that soaks into your hair for an extended period of time. Not all products are created equal. Some will give you more shine, but not necessarily provide additional moisture. Have your stylist explain the product to you and if you intend to do additional conditioning at home, be sure you understand exactly how to use.*



# Onaré Salon

## Keep that Hair

This clinically tested, proven approach uses Low Level Laser Energy or "Cold" Laser Light to effectively treat and control problem hair loss. It's a breakthrough technology that has been featured on newscasts across the USA; physicians are praising it as an effective, affordable way for both men and women to combat hair loss.

Laser hair therapy is clinically proven to:

- Thicken existing hair, strengthening strands and roots
- Stop the progression of hair loss, encouraging re-growth
- Improve the condition of scalp disorders such as psoriasis
- Repair damaged hair and reduce split ends
- Help chemotherapy patients with hair loss, alopecia sufferers, men and women with pattern hair loss, loss due to stress, hormonal changes, medications or excessive chemical processing
- Improve hair quality of people with fine, limp or thinning hair

Each laser session lasts 15-20 minutes twice a week. The number of treatments you'll need depends on the extent of your hair loss and the condition of your hair.

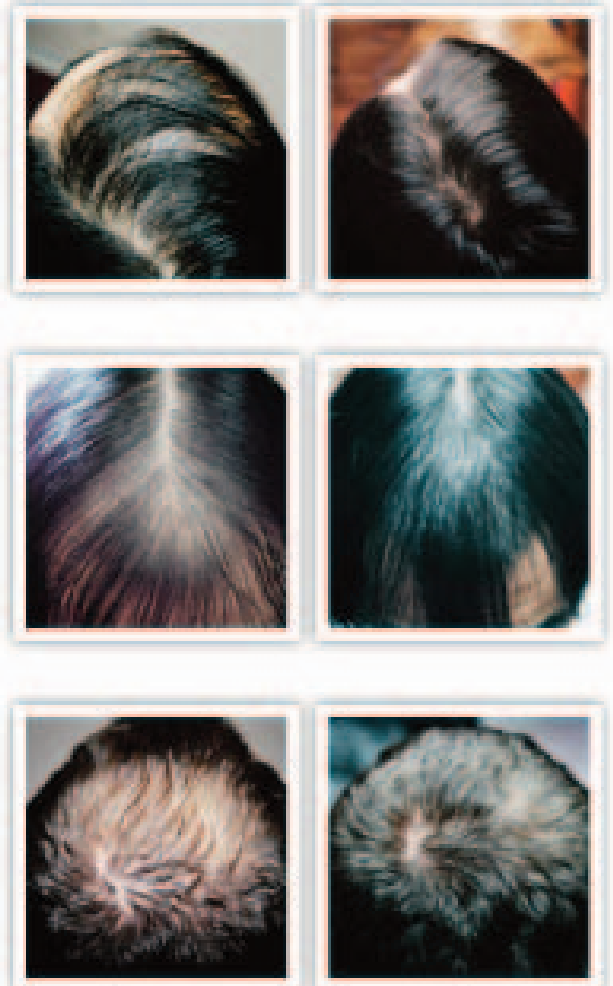


## About laser therapy

Laser hair therapy is a non-surgical treatment that uses a therapeutic low-level laser that was developed in Europe to treat hair loss and diseases of the scalp. It delivers light energy that increases blood flow to the scalp. Monochromatic light waves are applied to the scalp. The concentrated energy particles emitted by the laser (known as photons) trigger biological changes within our cells. This process, called bio stimulation, stimulates cellular function and encourages hair growth.

The influenced cell transmits the new energy to the cell walls by means of a protein and calcium transfer. The result is a restorative reaction that clears the debris from the hair shafts, swells the cortex, and closes the cuticles, leading to a healthier scalp. The cell walls transform themselves into healthy shapes, allowing the cell to function again at full capacity and begin to grow new strands of hair. The result is softer, thicker, shinier and more manageable hair.

The best candidates for treatment are men in the early stages of hair loss, and women who are experiencing general thinning. Menopausal women, chemotherapy patients, clients with thin, damaged hair, and people suffering sudden hair loss from stress use the treatment most often. The success rate of the treatment is 90%.



# Onaré Salon

## Summer recipe: Planked Salmon

While Dad might usually be king of the grill, kids and wives, this BBQ recipe is easy, delicious, and will put you in the running for BBQ royalty! Soak one or two cedar planks (found in the butcher section) for 1 hour in water. Light the grill and when it is hot, place the salmon on the planks, season lightly with salt, lemon slices, garlic, and dried dill. Place the salmon-loaded planks directly on the grill grates, and BBQ until the fish flakes easily with a fork.



## Folks, this is AMAZING...and healthy! Easy Mascarpone Recipe

Crostini - Mix half a cup of mascarpone cheese, half a cup of parmesan cheese, add a pinch of Marjoram, salt, and pepper, spread over sliced Italian bread, broil until golden, and you have yummy crostini! Perfect for serving with soup or just a glass of wine.

# Onaré Salon

## Summer Promotions 2011:

### hair smoothing treatment

- Purchase one of our new Formaldehyde Free, Fragrance Free and Paraben Free semi permanent smoothing systems and receive a complimentary “sulfate/paraben free” shampoos and complimentary petroleum/paraben free lip balm. (ask your stylist for more details)

Enjoy ultra smooth, shiny and easy care hair that takes half the time to style. Keep the look and feel of improved natural hair without compromise!

Zerran Reallisse™ is a patented, botanically based system offering semi-permanent smoothing MINUS the use of formaldehyde or other harsh chemicals. The 100% vegan formulation includes wheat, corn and oat proteins and no keratin or other animal products to relax curl and tame frizzy hair.

### 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; and cannot be postponed.