



Summer Hair Care Tips

Summer's here and while that wonderful sun might bring about wonderful natural highlights in your hair, summer heat, wind, and water can damage your hair's cuticle and leave your hair looking drab and lifeless. Even worse, you'll suffer from split ends, frizzy hair, and a look that just isn't as stylin' as you usually sport!

Did you know that sun exposure can be as damaging to your hair as using a super hot blow dryer on unprotected hair? It doesn't matter what type of hair you have, dark or light, long or short, fine or coarse; all hair will suffer from too much sun, wind, and water if you don't take the time to protect your hair from dryness and 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. 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

TIPS TO A GOOD NIGHT'S SLEEP

Now that summer is here, it is lighter longer and more hot and humid. We tend to toss and turn more and this can affect how quickly we age. Here are ways to get to sleep at night.

1. Eat a breakfast high in fiber. It will cut blood sugar fluxes.
2. Take your multi-vitamin in the morning. B Vitamins can sabotage sleep for four hours.
3. Time your caffeine. Finish drinking your last cup of coffee by 11 a.m. It can take your liver up to 12 hours to break down caffeine.



4. Journal your concerns. Those who write down their concerns before going to bed, drift off 30% faster. Venting on paper prevents sleep disturbances.
5. A high carb snack can trigger drowsiness within 20 minutes. Remember, though, a snack is fewer than 150 calories.
6. Go for a walk after dinner. Gentle nightly workouts can increase the production of serotonin, which can prevent early morning surges in alertness.
7. Take a shower before bed. A cool shower can improve sleep quality. Cool water triggers a sleep-induced dip in temperatures.
8. Hold your breath when crawling into bed. Inhale deeply and hold for five seconds, release slowly and repeat 10 times. This can lower your heart rate, relaxing muscles and induce sleep.
9. Dream of happy times. People who visualize happy images, blocking out negative images can drift off to sleep faster.
10. Turn on your side. By sleeping on your side, you can avoid snoring and breathing issues during the night. It can cut waking up during the night by 50%.

Better sleep shows up in your looks and in your attitude. Here's to your ZZZZ's!!

Summer Broccoli Salad

- 2 heads of fresh broccoli cut in small pieces
- 1 medium red onion, finely chopped
- ½ lb. cooked bacon, cooled and crumbled
- 1 cup mayonnaise
- ½ cup white sugar
- 2 tablespoons white wine vinegar
- 1 cup cashews

Mix the cut up broccoli, finely chopped onions and bacon in a bowl. In a separate bowl, mix the sugar with the white wine vinegar. Mix well. Stir into the broccoli and mix well. Chill. Add cashews just before serving the salad.

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On going Promotions at Onaré

Pre-book your next appointment within **six weeks** (on the day of your service), and you will receive a 10% discount when you return.

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.

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 gift card; and cannot be postponed.

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

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.

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