



Fall 2012 hair colour trend: Go for gold(en)

Fall runway trends this year are featuring the return of Gold. Equally luxe strands glittered on the runways, taking their cues from the lush natural shades inherent to this time of year—we spotted rich ochre, deep burgundy and flaming red hair colour trends in our favourite runway shows.

Fall 2012 beauty trends trend with similarly, lush, golden locks illuminating the runways. “Warm chocolate browns, golden blondes and auburns are the top hair colours this fall,” says colour technician Joanna Croston. But how does one select from such a rich palette? “As a general rule for choosing the right hair colour for your skin tone, if you have warm eyes, hair and skin tone, choose a warm hair colour; and if you have cool tones, choose a cool hair colour.”



“I think we reflect nature as the leaves change in colour to reds, orange and yellows. It is a great change after the summer sun tends to fade most colours. The best way to maintain richer colours is to use a sulfate free shampoo and conditioner specifically for coloured hair. Wash less frequently, use a UV protectant or even better a hat if in the sun. Bumble and bumble has recently launched a new service in salons called “COLORMINDED”. “

Another trend that was also rampant on the fall 2012 runways was the “**Ombre**” tone hair colour. “The ombre can be done several ways which make it versatile enough that anyone can find the right look for them. Beginners should start by using a natural shade and start with only a few pieces of hair framing the face and defining layers to see how they feel about it.” says Croston.

Bright coloured highlights (reds, oranges, yellows, purples) and prominent streaks are also back this fall, The following hair colour pairings work best: Black or dark brown work well with purple, turquoise, blues and reds.

Blondes- cool blondes paired with warm yellows and orange for high contrast. Pinks as well as purples.

Onaré Salon

Weather has a huge impact on your skin, hair and lips. Fall brings changes, such as dry conditions that strip skin of its natural moisture. Heating will also dry out the skin. As your skin adapts to the change of season, it becomes sensitive to the changing elements. If the skin is not properly moisturized, the skin will become dry, itchy and irritated. As the season changes, so should your skin regime. Keep your skin healthy and moisturized through the fall months with the proper skin regime.

Fall skin care is different than that in the summer. Summer routines are focused on controlling oil and helping your skin resist the sun's heat. In the fall, skin care routines are designed to balance the moisture of your skin, so look for a thicker moisturizer than what you were using during the summer months. It is important that you continue to stay within your skin type when choosing moisturizers. If your skin is naturally oily, don't buy a moisturizer with oil. Non-oily products that are more substantial should be enough to find a natural balance. The whole body needs to stay moisturized through the cooler months, including the face, lips, and hands.

1. **Face care.** In the changing weather, it does not matter whether your skin is dry, combo or oily-prone. By switching to a milder, moisturizing face wash will help prevent moisture loss. Using soap or foaming cleansers can strip the skin of essential oils. Cooler temps take away moisture in all types of skin. Consider using a non-water-based cleanser. Use moisturizer with more hydration. Oily types may find that lotions are still superior, but dry complexions need to look for a cream. Ointments are oil-based moisturizers, which provide even more hydration than a cream. Moisture needs to only be applied to the dry areas on your face. Avoid the oily areas.
2. **Sunscreen.** Just because the weather cools down and the sun isn't as strong doesn't mean you should put away your sunscreen. Sun protection is a mainstay in your routine year-round.
3. **Body wash.** Look for creamier body wash.
4. **Lotion.** Your entire body needs hydrating. The drier, cooler weather takes the moisture from your entire body. To retain moisture, look for a luxurious, all-over body moisturizer. Always carry a small bottle of

Boost Energy

Summer is gone, and autumn is upon us. Days are getting shorter and darker earlier and earlier every day. As the amount of daylight decreases, so does our energy levels. Here are a few tips to boost your energy level.

1. Make breakfast a priority. Make healthy choices to keep your blood sugar stable longer. Aim for 15-20 grams of protein for breakfast.
2. Drink lots of water. One sign of dehydration is fatigue. Even mild dehydration can slow metabolism and zap your energy.
3. Move around. When you are feeling tired, you don't want to exercise. However, just by increasing your activity, will increase your energy level. Just having 20-30 minutes of walking, five days a week, will increase your energy level.

As energy levels change throughout the day, there are several foods that can increase energy levels:

1. Almonds. Protein enriched nuts can give you a boost. However, magnesium in almonds will give you an added boost. Magnesium plays a vital role sugar into energy. A deficiency in magnesium can leave you feeling sluggish.
2. Blueberries. Your blood sugar can drop during the afternoon. A cup of blueberries can nourish the pancreas and strengthen its ability to keep the blood sugar under control.
3. Banana with peanut butter. The natural sweetness in fruit takes longer to metabolize and protein in the peanut butter will provide longer lasting energy.
4. Whole grain, high protein bar. Choose bars will at least five grams of protein and fiber, but with less than 15 grams of sugar.

Onaré Salon

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.

Like us on Facebook to find out about last minute specials and quarterly contests. visit www.onaresalon.com follow the facebook link and click “like”