



Secrets to Great Looking Hair

Have you noticed your hair isn't quite as shiny and full of body as it seems to be in the summer?

It's not really a surprise. During the winter our hair really suffers. We crush it with hats, and then we heat it, and sometimes even dampen it with perspiration, leaving a residue of salt on it. Or, we dispense with the hat and just head out into the cold and wind that batters our hair, causing it to rub strand against strand. This doesn't even begin to cover the temperature extremes of going from the bitter cold outside, to the dry and heated air inside.

And what's even worse, one of our favorite activities in the winter, that long, hot shower is about the worst thing we can do to our hair cuticles. It's not good for our skin, and it is not good for our hair. Hot water raises microscopic layers on each strand of hair, making our hair dull looking and frizzy.

1. After you've showered, turn the water to as cool as setting as you can stand, and give your hair one final rinse with this cool water. This forces the layers of hair to lie back down, giving you a much shinier appearance.

2. Use a boar bristle brush when you brush your hair. This distributes the natural oils of your hair from root to top, giving you a nicely polished look. Additionally, it is more difficult to build up static electricity with natural fibers, so you will have fewer fly-aways.

3. As with your hot shower, when you are blow-drying your hair, finish each section with a burst of cool air. Again, this forces the cuticle layers of your hair to lie flatter, creating a larger reflective surface, which translates to shiny hair.

4. Deep conditioning. Our hair is constantly exposed to the elements, whether it is summer or winter, but dry winter air and temperature extremes are especially damaging to our hair. A once-a-week deep conditioning therapy will give your hair the pampering it really needs.

5. To quote Oscar de la Renta, "Silk does for the body what diamonds do for the hand." Silk is natural wrinkle-resistant and is considered to be hypoallergenic because of its protein structure. It wears well, resisting soiling and odors. Wrap a silk scarf around your head at night when you go to sleep. Wrapping hair at night not only maintains your style, helps curls last longer and prevents matting, but the silk or satin also protects hair from the friction and breakage that can result from sleeping on a cotton pillowcase. This also keeps the natural oils in your hair and not on the pillowcase.

6. Some 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.



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Some Quick Facts

- Sulfate free Shampoos are best as they are less aggressive. They cleanse without stripping too much of the natural oils
- Exfoliation promotes circulation and hair growth
- Exfoliating removes debris and dead skin as well as unclogs follicles
You'll want to check if the product is biodegradable. 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.

Ask your stylist for recommendations for any of the above suggestions. Your stylist knows your hair better than anyone!

"The best and most beautiful things in the world cannot be seen, nor touched, but are felt in the heart."

~Helen Keller



HOW TO – style watch-

LIGHTEN UP this spring and let your curls and waves spring into action. An exciting time for hair-styles this season as we are seeing inspiring styles from the 1950's and 60's, as well as new and improved versions of the 1980's.

Here are some ideas on how to lighten up this spring and get over the winter blues.

1. LIGHTEN up with a few highlights to add dimension to your cut. Highlights not only complement the skin tone and enhance the shape of any hair-style, they also help with adding texture to limp hair to help you get the volume you need for those bigger, fuller hairstyles we are seeing. The trick this season is keep those highlights "natural" looking and fine.

2. If you have medium to thick hair, its time to shed some weight by removing panels of hair to create space and allow the hair style to move naturally and also allow the natural waves to spring to life. Styling Foam is a great product to enhance your waves. Add 3-4 pumps of foam if your hair is fine and wavy to define them and add shine, Add 4-6 pumps of foam if your hair is thick and coarse to control the wave or curl and add a lot of shine.

3. As we are seeing Bigger, Fuller, wavier/curlier styles reminiscent of the 1960's and 80's, asymmetrical styles also make a comeback.

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Want to Live Longer? SMILE!

Researchers at Michigan's Wayne State University found that people who smile and laugh with their entire face – and don't worry about the crows' feet that appear around their eyes – live an average of seven years longer than people who just smile with their mouths.

What kind of smiler are you? Find some pictures where you're enjoying yourself. Are your eyes smiling? A "whole face" smile uses all the muscles of the face, especially those around the eyes. I have friends who say that they limit the muscles they use when they smile because they don't want wrinkles. I say, bring on the wrinkles – and those extra seven years!

Want to learn to smile with your whole face? Think of something that makes you happy, then practice smiling in front of the mirror. Don't stop until your eyes reflect your happiness, not just your mouth. And here's another benefit to smiling more: people who smile are more successful!



Organic Foods Worth the \$

Some organic foods seem hideously expensive, causing the consumer to wonder if any of them are really worth the premium price. Here are a few that really are worth it:

- Apples – non-organic are subjected to over 36 pesticides, this is an excellent organic choice.
- Baby food – your child's immune system is just developing and great care should be taken when subjecting him/her to chemicals.
- Cantaloupe – still shows traces of carcinogen Dieldrin, an insecticide banned in 1974. It's roots still pull it out of soil treated with the insecticide.
- Cucumbers are ranked as the 12th most contaminated food and suspected for cancer risk.

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Promotions from April to June 2011:

April 1st- May 15th 2011: 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. Polices: 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 Gift Card; and cannot be postponed.

The Month of May 2011

Back by popular demand-Bring a friend two-for-one 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).

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 salon. If you have never been to Onaré yourself, you're welcome to bring another "new to the salon" friend to use this offer. 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 15% off your total purchases and so will the person you refer. Ask your stylist for details.

May 1st –June 1st 2011

20% off of our new Hair Therapy treatments
Treat female and male pattern hairloss with cold laser therapy
visit <http://www.bareitbeauty.com/> for more info

Mothers Day Promotion (April 1st to May 8th)

1. Colour Care Package

- Colour and partial foil with Senior technician (a \$143 value)
 - 1 True shampoo (colour safe, sulfate/paraben free) (a \$27.50 value)
- a total value of \$170.50 for only \$130.00**

2. Blow Out and Scalp Care Package

- 5 blow outs (a \$175 value)
 - 1 25 min. exfoliating scalp massage (\$30 value)
- a total value of \$205 for only \$165.00**

Father's Day Promotions (May 8th to June 19th)

Package includes:

1. Exfoliating Scalp Treatment
2. 1 Daily Goodness Shampoo (8.5oz)
3. Hair Cut with an intermediate Stylist

A total value of \$95 for only \$75