

# Hot Waves Salon News

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## BEAUTY AND MAKE UP APPS

We likely spend more time looking at our phones than we do looking in the mirror. Fortunately, we can now look to our phones as a beauty aid. Beauty apps are popping up all the time. From virtually trying on make-up to checking out a hairstyle, there are many apps that can assist you with many of your beauty questions. Here are a few apps to check out:

1. **GlamScout**. Use this app when you see an ad for lipstick, eye shadow, etc. Take a photo and upload it to Glamscout. It quickly identifies the makeup shades on the eyes, skin, and face with product matches from many brands across various price points.
2. **Spruce**. This app takes skin care to a new level. It offers dermatologist appointments through your phone. You can choose a certified dermatologist through the app and then share skin issues, information, photos, etc. Within 24 hours you can receive a personalized skin care plan. This service will cost \$40.
3. **Visada**. You upload a selfie and the Visada app will analyze your photo to develop a personalized comprehensive beauty profile. It will make an assessment of your skin, eye care, etc. and offer suggestions to your beauty regimen.
4. **Keep Shopping**. This app allows you to shop universally. You can purchase beauty products from all different places and they can all be purchased at one time making the process easy.
5. **MatchCo**. This app helps find the right base shade for you. You scan a few images of your skin and MatchCo creates a blend and will send it right to your door.
6. **Beautylish**. This app has all kinds of features, including product reviews, trend recaps, and tips for hair, nails, skincare, and makeup.

*Deep summer is when laziness finds respectability.*

~Sam Keen

## Wedge Salad

### Ingredients

- 1 head iceberg lettuce, cut into discs or wedges
- $\frac{1}{3}$  cup mayonnaise
- $\frac{1}{3}$  cup sour cream
- $\frac{3}{4}$  cup blue cheese crumbles, divided
- 1 Tablespoon white wine vinegar
- 3 – 4 slices cooked bacon, chopped
- cherry tomatoes
- croutons
- chives, chopped

### Directions

1. Remove the outer leaves from the head of lettuce and cut it into disc-shaped slices or wedges.
2. Rinse each slice gently under cold water and place them on a sheet pan lined with paper towels. Allow any excess water to drain, then place the lettuce slices in the freezer to get them extra cold and crispy while you prepare the dressing, but do NOT allow to freeze.
3. In a small bowl, combine the mayonnaise, sour cream, blue cheese crumbles, white wine vinegar, and whisk until they're well combined.
4. Place a lettuce slice or wedge on a plate and spoon the dressing over the top. Top it with crumbled bacon, grape tomatoes, croutons, and the remaining blue cheese. Garnish the wedge salad with chopped chives.



### August Events

*August 4 – International Beer Day*

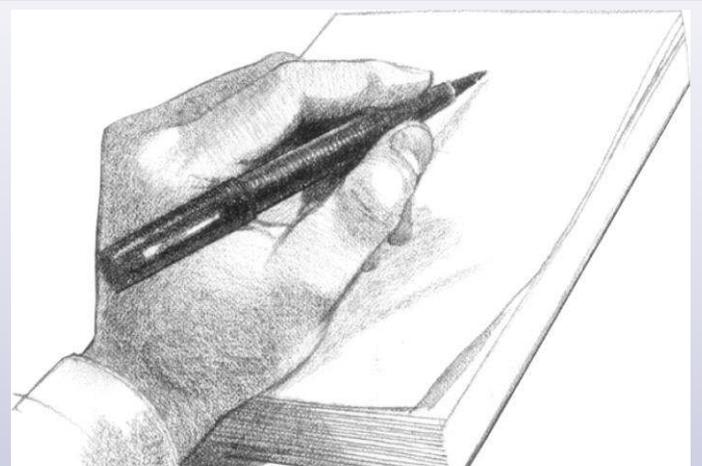
*August 6 – National Sister Day*

*August 12 – International Youth Day*

*August 13 – International Left Handers' Day*

*August 19 – National Aviation Day*

*August 26 – National Dog Day*



### Did You Know Interesting Facts – Lefties

Left-handedness is twice as common in twins than in the general population. Between 10-12% of people on earth are "lefties".

Sinistrophobia is the fear of left-handedness or things on the left side.

Famous left-handed intellectuals include Albert Einstein, Isaac Newton, Charles Darwin, and Benjamin Franklin.

# **INTO THE WATER**

**BY PAULA HAWKINS**

A single mother turns up dead at the bottom of the river that runs through town. Earlier in the summer, a vulnerable teenage girl met the same fate. They are not the first women lost to these dark waters, but their deaths disturb the river and its history, dredging up secrets long submerged.

Left behind is a lonely fifteen-year-old girl. Parentless and friendless, she now finds herself in the care of her mother's sister, a fearful stranger who has been dragged back to the place she deliberately ran from, a place to which she vowed she'd never return.

Paula Hawkins delivers an urgent, twisting, deeply satisfying read that hinges on the deceptiveness of emotion and memory, as well as the devastating ways that the past can reach a long arm into the present.



## **ENERGY SAVING TIPS**

Everyone wants to save money. When warmer weather comes you will see increased use of your air conditioners, pool pumps, and more. This will lead to using more electricity and higher bills. Knowledge is power. Here are a few ways to take more control over your energy use and monthly bills:

1. Check with your utility company and see if they offer rebates on new energy efficient air conditioning units, evaporative coolers, smart thermostats, etc. Check on any incentive programs as well.
2. Call your utility company to see if they utilize a Time-of-Use rate plan. This type of plan can reward customers for reducing energy use during peak days and times. With a Time-of-Use type of plan, customers can benefit from lower-energy prices by shifting more of their energy usages during off-peak hours. For example, running your dishwasher or washing machine at 2:00 a.m. instead of 2:00 p.m. can make a difference in your energy costs.
3. By consistently doing simple tasks it can help reduce your energy expenses. For example, closing your blinds to keep out the afternoon heat or using a microwave or outdoor grill to keep your house cooler. That can make a difference in your monthly energy bill.
4. Track your energy usage. Measuring your home's energy consumption is the first step to finding ways to decrease it. Check with your utility company to see if they have a way that you can track your monthly usage. If so, it can help eliminate surprises. Set a monthly spending goal and set an alert when your energy usage approaches that goal.



## Personal Finances

We are always looking for ways to help with our personal finances. Here are a few tips to consider:

1. Be sure to have an emergency fund, also known as a “rainy day fund.” Without an emergency fund, you don’t have a backup plan if you run into an unexpected bill or lose your job. As a guide, your emergency fund should hold enough money to pay for six months of living expenses, including mortgage/rent, food, and all other bills.
2. Once you have a savings or emergency account, make investments work as a second source of income for you. There are many apps that will help you invest. One such app is called Stash. You can set it up by investing \$5 a week and forget about it.
3. Live within your means. The urge to keep up with your friends and co-workers may lead to you spend money you don’t have. The more you stress over your bills, the more difficult it will be for you to focus on your personal financial goals. You will have more options if you can live within your means.



4. Look into refinancing your loans or consolidating your debt. By refinancing, you are taking out a new loan, hopefully with a lower interest rate. By consolidating, you are putting your debt in one sum with one interest rate. It will be easier to keep track of and you could save some of money.
5. The earlier you begin saving for retirement, the more that compound interest works in your favor. A company 401(k) is an excellent way to get started and, in cases where the employer offers a match, can actually give you access to free money for retirement.
6. Carrying a balance on a credit card means you are paying a sizeable amount of interest for the privilege of using someone else’s money. If you miss a payment, you could be hit with high late fees. Do not use credit cards as a long-term financing solution. There is no benefit. Try to pay your credit cards off every month.

**This month, Tuesday  
is your day to SAVE!**

**\$25 Haircuts  
\$25 Highlighted Accents  
\$25 Color Glaze**

**Everyday Miracle  
Treatment  
Flawless  
Buy 2 - Save \$5**



### **Kathleen**

**Employee of the Month**

**Kathleen demonstrates outstanding customer care, great team effort, along with her amazing ability to be the most precise hair designer in the land.**