

Hot Waves Salon News

Health and Beauty Benefits of a Scalp Massage



One of the best things about getting your hair done at a salon is the scalp massage. It is a simple technique where you knead soft tissues in the body, which can create a calming effect and remove tension. The scalp is filled with nerve endings and a majority of the nervous system is located inside the skull. A good scalp massage will stimulate your nervous system. A scalp massage is a way to reduce stress.

Additional Benefits to a scalp massage:

- A soothing scalp massage boosts your mood and sense of well-being by working on three hormones, serotonin, dopamine, both of which enhance those “feel good” emotions, and reducing cortisol, that stress-related hormone that makes us feel down, and adds to belly-fat weight gain. So, yes, a scalp massage can help manage your weight too.
- It stimulates blood flow to and from the skin, increasing the oxygen supply to your scalp and hair roots.
- It cleanses the hair and scalp of oils, dirt, and bacteria, while also lubricating the scalp, making it healthier and promoting hair growth.
- When rubbing the hair from roots to tip, it can stimulate growth and vitality.
- It soothes a dry, itchy scalp by conditioning it, preventing dry cells.
- It leaves your hair softer and more radiant by spreading natural oils, making it easier to style.
- It prevents hair follicle damage from the sun or chemical treatments by improving resiliency over time.
- It just feels good and relaxing.

Every time I find the meaning of life, they change it.

~Unknown

Broccoli Bacon Salad

Ingredients:

Salad:

5 cups broccoli florets, cut into small pieces
1/2 cup finely chopped red onion
1 cup shredded cheddar cheese
1/2 pound cooked, crumbled bacon
1/2 cup sunflower seeds
1 cup dried cranberries or raisins

Dressing:

1 cup mayonnaise
2 tablespoons sugar
2 tablespoons red wine vinegar
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions:

Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour.

Makes 8 servings



June Events

June 9 – Full Moon

June 14 – Flag Day

June 18 – Father's Day

June 21 – Summer Solstice



Did You Know Interesting Facts – Summer Solstice

Summer solstice occurs when the earth's semi-axis inclines more towards the sun.

Some people confuse the solstice with an equinox.

When summer solstice occurs in the northern hemisphere, it experiences its longest day and shortest night of the year.

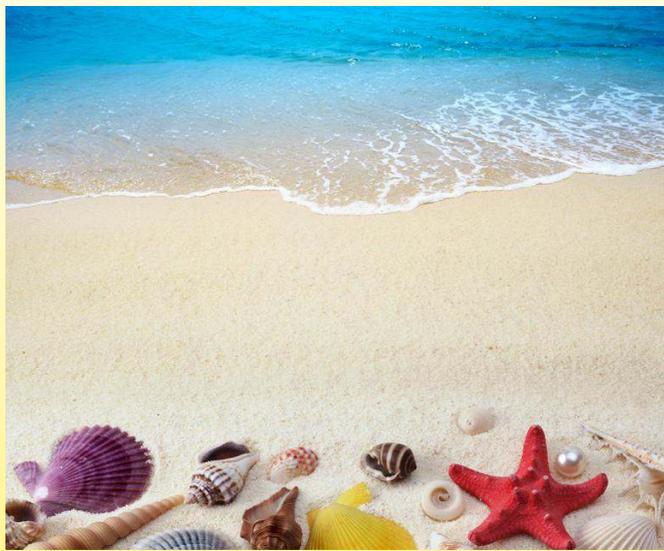
THE BLACK BOOK

BY JAMES PATTERSON

Being a cop runs in Billy Harney's family. Billy was born to be a cop. The son of Chicago's chief of detectives, whose twin sister is also on the force, Billy plays it by the book. Amy Lentini, a hard-charging assistant state's attorney hell-bent on making a name for herself—who suspects Billy isn't the cop he claims to be—is in his path. They are about to be linked by more than their careers.

A horrifying murder leads investigators to an unexpected address, an exclusive brothel that caters to Chicago's most powerful citizens. There's plenty of incriminating evidence at the scene, but what matters most is what's missing: the madam's black book. Now shock waves are rippling through the city's elite. For their own reasons, everyone is desperate to find it.

As everyone who's anyone in Chicago scrambles to get their hands on the elusive black book, no one's motives can be trusted. *The Black Book* is a thriller about control, corruption, and the power of secrets to scandalize a city . . . and possibly destroy a family.



Energy Boosting Ideas

One thing for certain about summer heat, it zaps your energy. Once the sun beats down on you, your energy level will likely take a nose dive. Here are some ways to boost your energy and feel better.

1. Make breakfast a priority. 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. Anytime you feel exhausted, try drinking water.
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. A mere 20-30 minutes of walking, five days a week, will increase your energy level.
4. Listening to music can amp up your sensory input, increasing your level of energy.
5. Stay away from sugary snacks. They will give you quick energy, but you will crash even faster.
6. As energy levels change throughout the day, here are several foods that can increase them:

A. Almonds. Protein enriched nuts can give you a boost. However, magnesium in almonds will give you an added boost. Magnesium plays a vital role in converting sugar into energy. A deficiency in magnesium can leave you feeling sluggish.

B. 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.

C. Banana with peanut butter. The natural sweetness in fruit takes longer to metabolize and protein in the peanut butter will extend that higher level of energy.

D. Whole grain, high protein bars. Choose bars with at least five grams of protein and fiber, but with fewer than 15 grams of sugar.

Burglary Prevention Checklist

Statistically, theft and burglary are the most common types of crime and they happen frequently. There are ways to improve the security of your home without spending too much. Many threats can be avoided with proactive safeguards in place.

Doors and Locks

- Are your doors solid core construction?
- Are the locks secure from being opened if a burglar breaks a glass or a panel?
- Do your exterior doors have deadbolt locks with at least a one-inch throw and beveled cylinder guards?
- Can all your doors be securely locked?
- Are all entry areas unobstructed by shrubbery and other decor to permit maximum visibility?
- Do sliding doors have an auxiliary lock that locks both the door panels together?
- Do your sliding glass doors lift out of the track?
- Is your garage secured with a lock other than just the door opener?
- Do you lock your car and remove the keys even while it is parked in the garage?

Burglary prevention checklist continued...

Windows and Patio Doors

- Are your window locks properly and securely mounted?
- Do you keep your windows locked when shut?
- Do you use locks that will allow you to lock a window when it is partially open?
- In high crime areas, do you use bars or ornamental grilles to block your windows?
- Are you as careful to secure your second floor windows, as you are to secure those on the first floor? According to reformed criminals, this is a huge no-no.

Safe Practices

- Do you have a list, pictures, or a video of all your valuable property?
- Do you have the serial numbers to all your valuables?
- Do you avoid unnecessarily displaying your valuables?
- Do you hide a key outside your home?
- Do you have lighting installed and in use around the outside of your home?
- Do you have a list of emergency numbers?
- Have you discussed with your family what to do if you find a burglar in your house?

Having a neighbor that you can trust is like being at home. Your neighbors can be your eyes when you

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**Employee of the Month
Maria**



Maria continues to go above and beyond the call of duty. She not only serves her clients but helps her co-workers anytime of the day to make sure that they are growing and moving along the path of success!

Congratulations Maria!