



# Hot Waves Salon News

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HAPPY NEW YEAR

January 2018



## The Basic Steps of a Facial

People get facials for different reasons. A facial is essentially a multi-step skin treatment that is one of the best ways to nourish and pamper your skin. A facial is the second most popular spa treatment after a massage. Here are the basic steps to a facial:

**Consultation.** A facial should begin with a consultation. You may fill out a form with questions about the drugs and supplements you take, skin concerns, your diet, how much water you drink, and products you are currently using.

**Cleansing.** Usually the esthetician starts by wrapping your hair to keep product off of it. The first step is thorough cleansing using cotton pads.

**Skin Analysis.** Depending on whether you have make-up on, the esthetician might look at your skin under a bright lamp first, or covers your eyes and looks at your skin through a brightly lit magnifying lamp. She is determining your basic skin type (dry, oily, combination, sensitive or normal) and skin conditions (acne, blackheads, whiteheads, aging, sun-damage, dehydration, etc.) The esthetician then chooses the appropriate products and treatments.

**Steam.** Most facials use a machine that directs a thin vapor of warm steam to your face. This is relaxing and helps soften up any blackheads and whiteheads to be extracted. If you have very sensitive skin, the esthetician may not use steam. The sweat it produces will clear your pores.

**Exfoliation** using a mechanical or chemical exfoliant. Mechanical exfoliants have a gritty texture that rubs away the surface dead skin cells. This type of exfoliation usually happens during the steam treatment step. Chemical exfoliation uses enzymes and acids to loosen the bond between skin cells. A gentle enzyme treatment can be done during the steam.

**Extraction.** This is the removal of blackheads or whiteheads. People have different pain tolerance for extractions.

**Facial massage** using classic strokes like effleurage to both relax you and stimulate your skin and facial muscles.

**Facial Mask** is targeted to your skin type (dry, oily, combination, sensitive, mature) and condition. During the facial, the esthetician will likely stay in the room and give you a scalp massage or some other service.

**Final application** of toner, serums, moisturizer, and sunscreen.

**Advice.** Talk to your esthetician about how to take better care of your skin.

*Enjoy Life. There is plenty of time to be dead.*

*~Unknown*

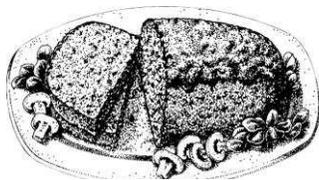
## **TURKEY MEAT LOAF**

### **Ingredients**

- 1 pound sliced button mushrooms
- 2 cups finely chopped onion
- 1 cup grated Parmesan cheese
- 3/4 cup Italian breadcrumbs
- 1 tablespoon minced fresh garlic
- 2 large eggs, lightly beaten
- 1 (7-oz.) container refrigerated basil pesto
- 2 tablespoons tomato paste
- 1 1/2 teaspoons table salt
- 1 teaspoon freshly ground black pepper
- 2 (8-oz.) cans tomato sauce
- 2 (20-oz.) packages lean ground turkey

### **Preparation**

1. Preheat oven to 400°. Process mushrooms in a food processor until finely ground. Stir together onion, next 5 ingredients, and mushrooms in a large bowl. Combine tomato paste, salt, pepper, and 1 (8-oz.) can tomato sauce; stir into mushroom mixture.
2. Add turkey to mushroom mixture, and combine, using hands, until well blended. Line 2 (9- x 5-inch) loaf pans with heavy-duty aluminum foil; coat lightly with cooking spray. Divide turkey mixture between prepared pans. Place pans on a foil-lined baking sheet.
3. Bake at 400° for 30 minutes. Spread remaining 8-oz. can tomato sauce over meatloaves. Bake 30 more minutes or until a thermometer inserted in center of meatloaf registers 165°.
4. Let meatloaves stand 10 minutes. Slice and serve.



## **January Events**

*January 1 – New Year's Day*  
*January 15 – Martin Luther King Day*



**TWO BY TWO**  
**NICHOLAS SPARKS**

Russell Green has it all: a beautiful wife, an adorable six year-old daughter, a successful career as an advertising executive and a big home in Charlotte. He is living the dream, and his marriage to the bewitching Vivian is the center of that. But underneath the shiny surface of this perfect existence, fault lines are beginning to appear...and no one is more surprised than Russ when he finds every aspect of the life he took for granted turned upside down. In a matter of months, Russ finds himself without a job or wife, caring for his young daughter while struggling to adapt to a new and baffling reality. Throwing himself into the wilderness of single parenting, Russ embarks on a journey at once terrifying and rewarding; one that will test his abilities and his emotional resources beyond anything he ever imagined.



## Time Management

These days we all feel like we could use an extra hour in our day. Since 25 hours a day isn't coming any time soon, here are a few strategies for the over-scheduled person:

1. Do one thing at a time. Doing too many things at once is actually less productive. Set aside time to focus on one project at a time. Multi-tasking is a myth.
2. Delegate. Do not hesitate to get people to help you get projects done.
3. The easiest way to keep things off your "to do" list is not put it there in the first place. Learn to say no.
4. Block websites for a few hours. If you are working on the Internet, it is easy to go to social media websites, such as Facebook or Instagram. Use an app that will block websites for a certain period of time. Check out: [selfcontrolapp.com](http://selfcontrolapp.com).
5. Review how you do things. Are you doing them an old-fashioned way or is there a faster and better way to handle paying bills, etc.?
6. Make a list at the end of the day so you are ready to dive in first thing in the next morning.



## TEXT MESSAGE SCAM PHISHING



Text message are increasingly being used to scam cellphone users out of their money. Criminals are using short message service “SMS” commonly known as text messaging, to send texts that appear to come from a trusted source. These tactics are called “SMiShing” because it is a form of phishing when a criminal uses electronic means to obtain a person’s financial information through links, false websites or phone numbers.

The messages come in with a sense of urgency to make you think you need to respond quickly without much thought. It may have an offer for a free product or big discount or indicate your credit card will be canceled unless your account is verified by clicking on a link. Once you click on the link, it may prompt you to input personal identifying information, credit card number, user name, password, etc. A criminal can then have full access to your financial information and can commit identify theft.

SMiShing is increasing because so many people are using their cell phones all the time for text messaging.

## Continued...

Criminals will go where the opportunity is best. Stay safe by following a few tips:

1. Do not click on any links sent to you in texts.
2. Do not respond to messages asking for private or financial information.
3. If you receive a message from your bank contact the business to verify if the message came from them.
4. Do not reply to a message without verifying the source.

Many of these messages do not come from a cell number. Scammers will mask the identify by using email to text service to avoid revealing a phone number.



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**EMPLOYEE OF THE MONTH**

**Linda**



for always having an upbeat attitude, supporting her team members in every way, and provides outstanding customer service to all of our guests. Stop by for a complimentary consultation with Linda!