



Hot Waves Salon News

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Dry Shampoo vs. Texturizing Powder

Contrary to popular belief, the two products are NOT one and the same. Shampooing is designed to clean your hair of dirt, oil, and hair products. Dry shampoo is a temporary solution used to give the appearance of cleaner hair. It is typically alcohol or starch-based to soak up excess oil that tends to weigh your hair down.

You still need to shampoo and condition your hair on a regular basis to properly clean your hair and scalp, keeping it healthy.

Using dry shampoo is relatively easy, but it is recommended that you practice first before relying on it to save a “bad hair” day. It is possible to spray too much on. Keeping the dry shampoo about six inches from your scalp, spray in short bursts directly at the roots. Combing or brushing can help to spread the shampoo around. It is the perfect solution at the end of the day to refresh your hairstyle without having to wash, dry/style before going out.

Texturizing powder can sometimes refresh your hairdo, but it is not designed to absorb excess oil. It is created from silica particles that have the unique physical property of binding to the hair shaft, creating a bit of friction between separate strands of hair. This allows a more voluminous hair style for both men and women that lasts throughout the day.

Very little texturizing powder is necessary to instantly give a bit of volume to your hairstyle. Apply by sprinkling it mostly at the roots of your hair. Use your fingers to style your hair, scrunching it into place. Your hair will instantly feel thicker and have more volume than ever.

Always borrow money from a pessimist. He won't expect it back.

~Oscar Wilder

Chicken in White Wine Sauce

Ingredients:

3 pounds of chicken thighs or drumsticks, skinned
4 red skin potatoes, quartered
4 carrots cut into 1/2 inch pieces
2 stalks celery, cut into 1-inch pieces
1 small onion, sliced
1 Tablespoon fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon dried thyme, crushed
1/4 teaspoon black pepper
1 clove garlic, minced
1 cup chicken broth
1/2 cup dry white wine
3 Tablespoons butter
3 Tablespoons flour

In a 6-quart slow cooker, place potatoes, carrots, celery and onion. Place chicken on top of vegetables. Sprinkle with parsley, salt, rosemary, thyme, pepper and garlic. Add broth and wine.

Cover and cook on high heat for 4 to 4 1/2 hours or low heat setting for 8 to 9 hours. When done, remove the chicken and vegetables. Leave cooking juices.

In a sauce pan, melt butter. Stir in flour and cook for a minute. Add cooking juices. Cook and stir until thickened and bubbly. Serve sauce with chicken and vegetables.



February Events

February 2 – Groundhog Day
February 4 – Super Bowl
February 8 – Winter Olympics begins
February 13 – Mardi Gras
February 14 – Ash Wednesday
February 14 – Valentine's Day
February 19 – President's Day



FEBRUARY

ORIGIN

BY DAN BROWN

Robert Langdon, a Harvard professor of symbology and religious iconology, arrived at the Guggenheim Museum Bilbao to attend a major announcement, the unveiling of a discovery that “will change the face of science forever.” The evening’s host is Edmond Kirsch, a 40 year old billionaire and futurist whose dazzling high tech inventions and audacious predictions have made him a renowned global figure. Kirsch, who was one of Langdon’s first students at Harvard two decades ago, is about to reveal an astonishing breakthrough.

As the event begins, Langdon and several hundred guests find themselves captivated by an utterly original presentation, which Langdon realizes will be far more controversial than he ever imagined. But the meticulously orchestrated evening suddenly erupts into chaos, and Kirsch’s precious discovery teeters on the brink of being lost forever. Reeling and facing an imminent threat, Langdon is forced into a desperate bid to escape Bilbao. With him is Ambra Vidal, the elegant museum director who worked with Kirsch to stage the provocative event. They flee to Barcelona to locate a cryptic password that will unlock Kirsch’s secret.



Money Savings Tips While Grocery Shopping

Being prepared before heading to the store is always a good idea to make sure you stay within your grocery shopping budget. There are some strategies to keep in mind and ingredients to keep an eye out for at the store.

1. Use coupons to save money on food. You can still find paper coupons, but look at the website for the store for any digital coupon.
2. Shop at farmers’ markets. Produce can be cheaper than in the store.
3. Make a list of needed items and stick to it while shopping.
4. Eat root vegetables. They tend to be more inexpensive and filling.
5. Buy wholegrain products. They fill you up for a longer period of time.
6. Eat less meat. Buy meat when on sale and less than \$5.00 a pound.
7. Stay away from the inner aisles.
8. Buy store brands over brand names.
9. Buy in bulk.
10. Don’t go to the store hungry!



Cold & Flu Season

Although there is no sure-fire way to avoid catching a cold or the flu, there are many things you can do to reduce your risk of these illnesses. Here are a few remedies you can try to help you throughout the season:

1. Get an annual flu shot before the start of the flu season. It takes at least two weeks to build immunity.
2. Clean your hands often with an alcohol-based sanitizer or soap and water.
3. Drink lots of water. Water helps keep your sinuses moist and helps keep bacteria down. Gargling with water a few times a day can help.
4. Use probiotics. Studies have shown that probiotics can shorten the duration of a cold by a few days.
5. Take more Vitamin D. Studies have shown taking 800 to 1000 IU of Vitamin D a day can reduce the risk of catching a cold.
6. Take zinc in the first days of your cold or flu symptoms and it can reduce the severity and duration.
7. Relax more. Being stressed can suppress your immune system and make you more vulnerable to getting sick.
8. Get plenty of sleep. Sleep helps boost immune functions.



FOOD SAFETY

Did you know that your dishwasher is a great tool to keep your kitchen safe from contaminants? The dishwasher sanitizes everything that goes into it, if you use the dry cycle. During that cycle, the internal temperature of the dishwasher reaches 170°F, which is required for sanitizing. Sanitizing is the process of reducing harmful microbes to an acceptable level. Sterilizing is the process of removing all living organisms. Run anything through the dishwasher that can go in it, including plates, glassware, flatware, plastic cutting boards, and sponges. Anything that touches raw meat and fish, or their juices should be placed in the dishwasher immediately. If you use a sponge to wipe up the counter you should toss it right into the dishwasher and get out a clean one. Your sponges should go into the dishwasher every time you run it. Be sure to keep a backup supply of sponges on hand so you are not tempted to use a dirty one.

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EMPLOYEE OF THE MONTH **Maria**



Maria continues to strive to do better. After, 30 years of employment, she never stops succeeding. She is a wonderful teammate and friend to her staff members and clients. She always represents extraordinary performance. Congratulations Maria!!