

Hot Waves Salon News

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Salon Shampoos – Are They REALLY Better?



It's a question hair stylists are often asked, and when they recommend their salon brand, or other professional brand, they often face skeptical eyes in the mirror. It's shampoo, it cleans hair, right? How can a professional brand be any different than what you can buy at your neighborhood drugstore?

One way to look at it is this; wine is made from grapes. Some bottles of wine are only a few dollars, while others go for hundreds of dollars. Anyone who has trained their palate can usually tell the difference. So can a professional hairdresser.

Basically shampoo is intended to clean your hair and scalp. They contain some of the same essential ingredients. But if you really pay attention to how your hair feels after using certain shampoos, there is still a significant difference. Recently I stayed with my mother and forgot to pack my usual salon shampoo. I used the bottle she had in her shower. My mother is very frugal, but I didn't realize just how frugal until I dried and styled my hair.

I looked in the mirror and felt shocked. Despite being freshly washed, gone was the sheen and healthy look I'd come to expect. Instead, my hair looked and felt dry and brittle.

Looking further into this issue, it soon became clear a shampoo that costs far less than the salon products often uses fillers like water and sulfates and little to no vitamins, minerals, or oils designed to keep your hair shiny and healthy. Even brand name shampoos sold at discount stores might not be exactly the same as what you purchase at the salon.

In addition, shampoos are formulated for a variety of hair and scalp conditions. When you discuss your specific needs with your stylist, they can recommend and actually use a selected shampoo at each visit to see which one best suits your needs. This eliminates the need to purchase full bottles of a product you may only use once.

Sure, your friend or neighbor might swear by a certain shampoo, but that doesn't guarantee that it will do the same for your hair. Your professional hairdresser spends hours a week dealing with hair and scalp issues. I recommend using their expertise to your advantage.

Do not take life too seriously – you will never get out of it alive.

~Elbert Hubbard

Strawberry Spinach Salad

2 tablespoons sesame seeds

1 tablespoon poppy seeds

½ cup white sugar

½ cup olive oil

¼ cup distilled white vinegar

¼ teaspoon paprika

¼ teaspoon Worcestershire sauce

1 tablespoon minced onion

10 ounces fresh spinach. Rinse and dry.

1 quarter strawberries, sliced

¼ cup almonds, slivered

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving



April Events

April 1 – April Fool's Day

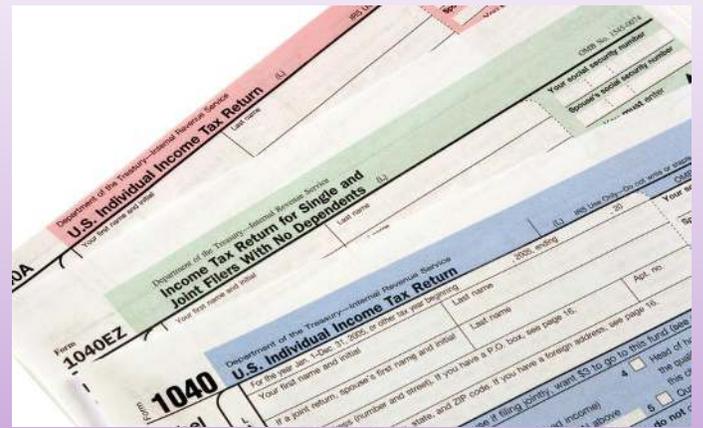
April 1 – Easter

April 17 – Tax Day

April 22 – Earth Day

April 25 – Administrative Assistant Day

April 27 – Arbor Day



APRIL

THE WIFE BETWEEN US

BY GREER HENDRICKS & SARAH PEKKANEN

The Wife Between Us is a novel of suspense that explores the complexities of marriage and the dangerous truths we ignore in the name of love. This is a tale of two women. There is Vanessa, the ex-wife, and there is the new woman in her ex-husband's life. You assume that you know how this story is going to go, but you would be wrong.

Vanessa seems to be unhinged and is destroyed by the thought of her ex-husband getting remarried. She drinks too much, misses work, and gets fired. She is desperate to stop Richard from marrying again and starts to take all sorts of steps to prevent the wedding from happening. Like sending letters, texts, and showing up where she shouldn't be. All to stop Richard from marrying her replacement.

Will she be successful in her endeavors or will this be the thing that finally destroys her?



Walking

Walking may be one of the easiest ways to work out. You can do it almost anywhere, and it is easy to get started... Just put one foot in front of the other. There are many reasons to walk. Your heart will get stronger and lower your blood pressure. Walking can also ease stress and help you sleep better. Walk at a brisk pace for 30 minutes or more most days. Do it alone or with a friend. All you need is a pair of walking shoes. It can help you to walk with a proper technique:

1. First thing to do is to stretch. .
2. Stand as tall as possible and keep your chin up and shoulders back.
3. Stand with your feet exactly hipbone width apart.
4. When you take a step forward, make sure your foot lands with your heel first.
5. After your heel hits the ground, roll onto the ball of your foot all the way to your toes.
6. Keep your abdomen flat.
7. Take long strides.
8. Swing arms and pump as you go.
9. Keep your posture straight as you walk up or down hill. If you lean forward or backwards you can strain and/or hurt your back.
10. Pay attention how you are walking. Improving your gait will pay off.

Happy walking!



Eating Right

To stay at a healthy weight and keep the balance between the calories in what you eat and drink, and calories you burn when moving, it is important to eat right. Here are a few tips to help:

1. Choose foods that are lower in fat and fewer calories.
2. Always start your day with breakfast.
3. Snack throughout the day. Snacks help you refuel your body. Choose healthy snacks: low-fat milk and a few graham crackers, an apple with peanut butter or a hand full of almonds.
4. Eat more fruits, vegetables and grains. These foods give you more vitamins, minerals; and fiber will give your body more energy.



6. Make balanced choices. Healthy eating can be difficult. Some foods have more sugar and fat in them, while others have more fiber and vitamins in them.
7. Make better choices when eating out.
8. Eat everything in moderation. Stop eating when you are full.
9. Make sure you are getting good fats by eating more fish, nuts and seeds.
10. Check labels on food products.
11. Avoid frying. Instead, steam, bake, poach, or grill.
12. Eat smaller portions.

Don't give up. If you fail at one meal, take advantage of eating right at the next meal.

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Deep Conditioning
Treatment
for only \$5
(Normally \$15)

100% of the
proceeds
will go to the
Crohn's & Colitis
Foundation



**CROHN'S
& COLITIS
FOUNDATION**

The Crohn's and Colitis Foundation is a volunteer-driven non-profit organization dedicated to finding cures for Crohn's disease and ulcerative colitis and improving the quality of life of children and adults affected by these digestive diseases.

EMPLOYEE OF THE MONTH



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Kelsey continues to be selfless here at Hot Waves; she is always looking out for her teammates so that our busy days run smooth. Her natural born talent is shining like a diamond for all the world to see. Come and visit this young talented woman and enjoy a complementary consultation. She has current fresh ideas.