



## Spring 2015

Welcome,



Spring is a great time of the year in the hair and beauty business as it's all about fresh, new, beautiful skin, hair and makeup.

The pHd team also love this time of the year because it's when people start thinking about their wedding hair and makeup and we love that! Which is why we're showcasing Jordan's favourite wedding up-do and Jadee and Yaz's wedding take on this season's freshest makeup trends.

We've also got a breakdown of what you can expect when you book one of our amazing John Master's facials and why you should be doing that right away!

And more....

## Pure Wedding - Hair



Senior Stylist, Jordan, shares one of her favourite bridal hair looks for this spring.

This style takes its lead from the fresh, clean promise that we associate so closely with this season, but would definitely work at any time of the year.

Jordan suggests a classic up-do with little or no hair around the face that will appear neutral and crisp from the front, with detail and interest at the back or side.

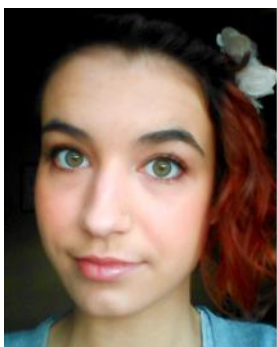
Scattering the up-do with little flower gems, in white or a colour to suit the wedding theme, reflects spring blossom and offers a wonderful finish to the look.

Good preparation is key to achieving the perfect occasion up-do. Jordan recommends shampooing the hair one or two days before and definitely not on the day as clean hair is much harder to style.

At the salon Jordan will curl the hair to make it easier to work with and the added benefit that you can simply run your fingers or a brush through your hair later or the next day to create a whole new and equally stunning look.



## Pure Wedding - Makeup



Wedding makeup is all about enhancing your natural beauty and this season's gold and beige colours are perfect for the job!

A gentle sweep of lunar dust over the cheekbones and décolleté creates a subtle glimmer as light-reflecting minerals give a beautifully sun-kissed, healthy glow.

Youngblood's Espresso gel liner over the eyelid draws attention to the eyes. We also love Marron Eye-mazing eyeliner as an alternative. Blend and combine eyeshadow quad Gemstones to create a lovely golden colour (you can also try Timeless).

We've kept the lips simple with a slick of Devotion (or Poetic) lip-gloss to create a natural dewy look and give a slight tint that can be topped up throughout the day.

## Pure Beauty

Thinking of treating yourself to a facial? We think you should add them into your regular routine!

As well as your daily cleanse, tone and moisturise, facials are essential for protecting and refreshing the skin especially as the seasons change. Take a peek at what 's included in our one hour, twenty minute Luxury Organic Facial...

Beauty Therapist, Jadee, perfectly tailors your treatment to your skin type, all you have to do is lie back on our heated beauty bed and relax in the candlelit treatment room.

We begin with a double cleanse followed by a refreshing spritz of toner to remove make-up and prepare your skin. A hot towel is then placed over the décolleté and face to open pores in preparation for exfoliation. Applied in gentle circular motions, the exfoliator removes dead skin cells, revealing younger, brighter skin.

At each stage warm mittens scented with essential oils of lavender or damask rose are used to remove the products.

Jadee then performs a beautiful ritual massage 'Angel Touch'. Soft, gentle brushes are swept across the face in symmetrical movements relaxing the muscles and adding to your sense of calm. Finishing with a scalp massage to help clear your head.

A facial mask is then applied whilst you relax and enjoy a wonderful hand and arm massage using gorgeous John Masters *Blood Orange and Vanilla Body Milk*. Moving onto the lower legs and feet warm mitts cleanse over the feet before they are massaged with Herbfarmacy's luxury foot cream. During this facial you are treated from head to toe!

Once the mask has been removed and toner spritzed onto the skin, serum is gently applied to the eyes, neck and face and the treatment is completed with a moisturiser and Herbfarmacy's calming chamomile, lavender and ylang temple balm.



## Smoothie Does it

At the Malvern Salon we're a little obsessed with smoothies. One of our current favourites is the *Spring Green*.

Simply blitz together the following ingredients for a fabulously green blast of energy and goodies!

- 3 pieces of kale
- 3 handfuls of spinach
- 1 cucumber
- 1 green apple
- 1.2 lemon
- 1.2 lime
- ½ inch of ginger



## Pure Hair - Styling

It's all about going 'au naturel' this spring, so put away your hair dryer and straighteners, at least for a few months...

To achieve the perfect spring look, we recommend John Masters *Lavender and Rosemary Shampoo for normal hair* followed by *Rosemary and Peppermint Detangler* then a spritz of John Masters *Sea Mist* before air drying (or drying lightly with a diffuser) to give your hair extra body, texture and movement. We love *Sea Mist* because it leaves hair feeling soft and manageable, unlike most chemical-based texturizing sprays.



## Pure Hair - Colouring

Natural soft blondes, caramels and soft light browns are the colours of choice this season. They work beautifully together so are ideal for achieving the popular ombre effect. Choose the typical dark through to light or reverse it and try light through to dark as we showcased on our Beauty Therapist, Jadee's hair in our winter 2014 newsletter. You could also try soft brown with two different blondes for a subtly natural look.

Our range of Fuente hair colours are perfect for achieving these looks as they create super natural, tonal changes which means that even with one colour you don't get that false, solid blanket coverage that chemical colours give!