



Welcome, spring is officially here and we're finally looking forward to the year ahead. We have hit the ground running in 2017. We're introducing our new apprentice, Laura and proving that organic colour doesn't have to be natural with our gorgeous greys. See our alternative for eyebrow shaping, and read our expert advice on brightening winter skin for spring. Chloe opens up the makeup artist's biggest secret, contouring! Plus, do give our delicious spring superfood salad a try - feel free to bring it on your next visit...

Gorgeous Grey

Grey and silver hair is everywhere you look! We're delighted to share with you that, yes, organic colour can create these super trendy tones. Check out Eliza's (right) striking and beautiful silver-grey achieved by Yaz.



This style isn't just for long-haired trend followers! We often talk about how amazingly and gently our

organic hair colours cover grey, but with this latest trend looking to be here for a while, why not enhance your natural greys instead of covering them?



Biddi (left) has been doing this for a while, opting to embrace her natural greys and contrast with a plum colour underneath. The possibilities are endless and there's a shade to suit every age and cut!

Eyebrow shaping



Eyebrows are going au naturale. But even natural requires a little bit of TLC. Luckily we can help.

Pure Beauty at pHd offers a range of solutions for your brows. Waxing, tweezing or threading.

You probably know all about waxing and tweezing, but what about threading?

This ancient method of hair removal originated in Egypt and India and has become increasingly popular over here.

A thin twisted cotton thread catches hairs in a loop which is then pulled tight, removing the hairs. A whole line of hairs can be removed in one go producing extremely clean and precise results.

It's a very effective treatment, especially for people with sensitive skin or allergies as nothing touches the skin except the thread.

Threading is faster than waxing and plucking but doesn't hurt much more. The effects can last for up to six weeks and over time you may find the hairs stop growing back entirely. It's so gentle it can be used on all areas of the face!

Call up or pop in for a chat with Jadee for more info.

Introducing Laura

Laura James is a first year apprentice and keen to learn all aspects of organic hairdressing. She brings boundless enthusiasm and energy to the salon and is warm and friendly, which will come in handy in this industry!

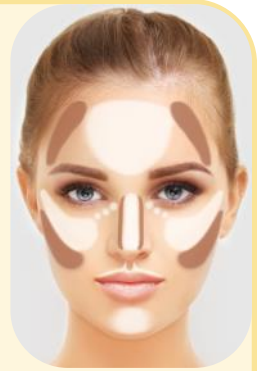


Her passion is for colouring and occasion hair. She would love to one day own her own salon. You'll be hearing more about Laura as her training progresses. We will also be asking for your support as she will need to practice her expanding skills. Right now, we're offering Blow Dries with Laura for just £5.00, a saving of £3!

Contouring - Spring makeup

Spring is all about fresh, new things. So why not try out a new makeup look? Chloe is going to introduce us to contouring with this extremely wearable look.

Not just for the Kardashians, contouring is the makeup artist's secret, now a world phenomenon. With well placed shading and lightening you can enhance and define your natural facial features without the need for a scalpel or expensive skin treatments! The image to the right is an example of where and how to shade.



To disguise dark circles and tighten the skin under the eyes Chloe pats on a little Youngblood Mineral Cosmetics *Eye Impact*, then covers any blemishes with *Ultimate Concealer*. Its thick, creamy consistency make it perfect for the job. Using their *Contour Palette* Chloe followed the contouring guide above to achieve her final look.

To really brighten the face for that spring feel, use *Envy Lipstick* on the lips and *Blossom Blush* on the cheekbones. They both give a warm, pink tone to the skin.

Freshen up

Spring is the perfect time to change up your beauty routine. Skin at this time of the year can be much lighter than dry winter skin so switching products or adding to your current routine will leave you feeling radiant and healthy.



Adding a toner or facial spritzer to your routine will refresh and hydrate your skin, so your makeup appears more luminous.

At Pure Beauty, we recommend Herb Farmacy's *Rose and Echinacea Toner*. A truly luxurious, pampering experience in a spritz. The damask rose fragrance smells incredible and leaves skin feeling beautiful.

We also advise our clients to treat their skin once or twice a week with a face mask. Masks help to soothe and clear skin whilst also deeply conditioning. The team just adore John Masters Organics *Calendula hydrating & toning mask*. A nutrient-rich super-hydrating mask containing 12 oils and extracts. It protects against free radical damage, balances sebum production, regenerates collagen and oxygenates skin all while smelling lovely!



Superfood bowl with mint pesto

Salad

- ½ cup quinoa, cooked
- 200g broad beans or peas
- 10 radishes, sliced
- ½ avocado, sliced
- ½ long cucumber, chopped
- 1 spring onion, sliced thinly
- 1 turnip, grated coarsely
- salt and pepper, to taste
- 2 handfuls of bean sprouts

Pesto

- leaves from 5 springs of mint, roughly chopped
- 1 small garlic clove
- 1 tbsp lime or lemon juice
- 10 almonds, roughly chopped
- coarse salt and pepper
- 4 tbsp extra virgin olive oil

Method

1. Cook quinoa according to the packet instructions.
2. Add the beans to a pot of boiling water for about 5 mins. Meanwhile, fill a bowl with cold water and ice cubes. When the beans are cooked, drain and plunge into the cold iced water. Remove outer skin from the beans.
3. Divide cooked quinoa, broad beans and the rest of salad ingredients between 2 bowls.
4. To make mint pesto, crush chopped almonds in a pestle and mortar. Add garlic and a pinch of salt and pound until the garlic turns into a paste.
5. Add chopped mint leaves in small batches and a bit of lemon juice to stop the mint from turning brown. Pound each batch until finely minced and finally drizzle in olive oil to emulsify the mixture. Season with lemon zest, pepper and salt to taste.



Full recipe - <http://www.lazycatkitchen.com/superfood-buddha-bowl-mint-pesto/>