



Perfect Pedicures



It's time to dig out your sandals and peep-toe shoes. No wonder the Pure Beauty team at pHd are going crazy for gel pedicures.

They're excellent value as they don't chip so will last all summer long (up to 8 weeks!). Which means you can walk along the beach, swim, run, walk barefoot in the grass all without worrying about damaging your colour. They also dry instantly so there's no sitting around waiting before you can slip your shoes back on after application.

Select from our beautiful summer colours, nail art can be added too. Claire (picture here) chose the new Jessica Gel Colour, *Pink Explosion* a wonderfully eye-catching colour. Just £29.50 for a gel pedicure and £36.50 for a luxury pedicure and gel application.

Summer 2015

Welcome,



Can it really be time for our second newsletter of 2015!? Where on earth is the year going? The good news is that the weather is finally warming up and many of us are turning our minds to beautiful garden borders, home-grown veg, weekend BBQ's, beach holidays, picnics and longer evenings.

We've packed this season's newsletter with some excellent hair and beauty tips perfect for the summer months, whether you're home or abroad. Achieve perfect beach waves your way, keep your toenails sandal ready and find the perfect lipstick shade for those long balmy evenings. We also have a deliciously summery salad recipe.

3 Ways to Beautiful Beach Waves



Beach waves are perfect for summer whether you're lounging by the pool, strolling on the beach or choosing dinner in the chilled aisle. It's so easy to achieve it!

First, wash your hair with John Masters *Lavender & Rosemary* shampoo followed by *Rosemary & Peppermint Detangler*.

1. **Diffuser**—Apply *Sea Mist* through your hair and then either leave to dry naturally or use a diffuser

attachment with your hair dryer to soften the air flow and create gorgeous natural waves.

2. **Straighteners**—Blow dry hair and divide into six sections and plait each one fairly tightly. Dry and slowly run over each plait with your straighteners 2 or 3 times. Spritz on some hair spray a few cms from your head, we love *Freezing Power Spray* by Fuente. Take the plaits out and run your fingers gently through your hair, leaving you with wonderful beach waves.

3. **Curling tongs**—Wrap your hair away from the face using the inside part of the iron for about 15 seconds, don't use the clamp. Do this all around your head in small sections. The spray with *Freezing Power Spray* and scrunch hair, raking fingers from roots to tips to loosen up the curls.



Pure Beauty-Super Natural

Youngblood Mineral Cosmetics have 3 gorgeous new summer perfect shades of lipstick, *Ooh la la* (pink), *Boudoir* (nude) and *Vanity* (peach). Something to suit everyone. Matte lips are big news this season, but if that's not your style then add subtle shine with a slick of lip gloss. We love *Coy*, it's very natural and can be worn over lipstick or on its own.

Nails are au-naturel in fresh nudes and pale pinks. We have a range of natural colours in both gel and nail polish. These colours also form a great base to add a little bit of pizzazz with some nail art!

To keep nails looking perfect long after your visit to the salon we recommend using Herbfarmacy's Nail and Cuticle oil daily. Apply at bedtime so that it has time to soak in overnight. We also love Citrus Hand Cream to boost hydration levels and keep your hands feeling silky soft even in the Summer sun!



Pure Hair-Colour



We always see a trend towards lighter colours during the summer months and warm coppers, golds and light blondes match delightfully with this season's must-have colour, coral. You can brighten up your hair with foils in or go for a full head of colour, monotonal colouring is also making a comeback.

Golden browns and blondes complement blue eyes and tanned skin, giving you a radiant glow and healthy looking hair. Whilst for those with brown eyes and pale skin, blonde colouring, can give a beach-perfect look.

Ombre colouring isn't going anywhere soon, but if you feel it's a little too dramatic, consider colouring just the front of your hair as a subtle, fashion-forward take on this perennial trend.



Eat Seasonably Strawberry Salad

Ingredients

- * A mug of strawberries
- * 4 slices prosciutto or parma ham
- * 1/2 mug crumbly goat's cheese
- * A few large handfuls of baby salad leaves
- * 1 lemon, juice and zest
- * A handful of fresh mint
- * Handful of fresh tarragon
- * 1/2 mug toasted almonds, roughly chopped
- * Olive oil
- * Balsamic vinegar
- * Sea salt and black pepper

Step by step

1. Trim the tops off the strawberries. Quarter. Dress leaves with a pinch of salt, pepper, splash of balsamic vinegar and a drizzle of olive oil. Add lemon juice. Toss. Arrange on plates or in a large salad bowl.
2. Tear the prosciutto or parma ham slices. Scatter over the leaves, slightly folding them in the mix. Crumble the goat's cheese over. Dot the strawberries on top.
3. Drizzle a bit more olive oil and balsamic over the top. Finish with a scattering of toasted almonds, herbs and lemon zest. Delicious!

Courtesy of www.abelandcole.co.uk

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