



Welcome, As the weather gets colder we're looking at how you can protect your skin and hair from the elements without damaging the environment.

We also have some great hints and tips for using our mineral cosmetic range, Youngblood and a scrummy recipe alternative to mince pies for you to try!

Aging Fearlessly with Fuente

Just like our skin, hair ages and its needs change as the years pass. Luckily, Fuente have an anti-aging range that works to slow down the effects of aging and put the spring back into lack-lustre hair.

Fuente's *Anti Aging Wellness Shampoo* is perfect for mature hair. The nourishing formula contains vitamins C and E which help to stimulate cell renewal and the UV filter offers protection for coloured hair. Which leaves you with gorgeously soft, shiny hair that is both healthy and manageable.

Follow up with the *Anti Aging Wellness Mask*, a perfect companion to the shampoo. An intensive treatment that will help you to shake off that dull lankness, so common during these colder months. The mask's deep moisturising effect is also great for long, dry or damaged hair that's prone to tangling. Use once a week to rejuvenate hair and scalp or as a daily treatment for problem hair.

Finish with the *Anti Aging Wellness Oil*. It can be applied to wet or dry hair. The ultra-caring serum will promote elasticity and volume, whilst crystals in the oil will help to brighten hair and bring back shine and gloss over time.



Protect your skin

Nothing warms you up on a chilly winter morning than a long hot shower. But after just 15 minutes the heat starts to break down your skin's lipid layer, a complex of fatty acids that hold in precious moisture.

Protect your skin by turning down the heat or taking shorter showers and always use a super nourishing body wash to lock in moisture. We love John

Masters' body washes in *blood orange and vanilla*, *rosemary and arnica* or *geranium and grapefruit*. All smell divine!

There's a full range of matching Body Milks, which, when applied after your shower, will absorb quickly, leaving your skin residue free and hydrated. So you can get on with your day fuss-free.

For an extra skin treat, you can't beat a body scrub. Exfoliating in the shower helps to remove the build-up of dead cells that make skin appear flaky and dry.

Choose from one of three sugar body scrubs in *Fresh Lemon and Lime*, relaxing *Lavender and Palma-rose* or sweet *Raspberry and Orange*.

Apply to dry skin in circular movements whilst standing in the shower to avoid sprinkling sugar all over the bathroom floor! Then simply wash away. The organic oils in the scrubs will leave your skin feeling super soft.



Fantastic offer



Treat a friend, relative or yourself
to £60.00 worth of treatments for just £40.00!

Buy a £40.00 voucher and we'll gift you another £20.00 credit
to spend on any hair or beauty treatment!
Vouchers available from the salon until Christmas.

Redeemable against any hair or beauty treatments, but not retail products,
between 24th December 2015 and 28th February 2016.

Makes a change from Mince Pies

Compote - Bring 473ml red wine, 64g sugar and 85g honey to simmer in a heavy bottomed saucepan over a medium heat. Cook until the sugar has dissolved, add 2 cinnamon sticks and 340g Medjool Dates. Reduce heat to low and cook gently for 30 minutes, stirring occasionally. Let cool, then remove the cinnamon sticks.

Strain and transfer dates to a food processor. Process to desired consistency, fine or coarse.

Ravioli - Preheat oven to 200°C Wrap 350g butter in foil and freeze for 30 minutes. Stir together 213g flour and a pinch of salt in a large bowl. Coarsely grate frozen butter over flour. Using a pastry blender or 2 knives, mix until it becomes the size of peas. Slowly add 2-3tbsp ice water and continue mixing to form a soft dough. Bring pastry together with your hands. It should leave the bowl clean. Wrap in plastic and chill for 30 minutes.



Cut pastry into 2 pieces, one slightly larger than the other. Roll out the smaller piece to about 10x12-inches on a lightly floured board; brush with 1 beaten egg. Starting 1-inch from a corner, place 1 tsp date mixture every 2 inches (you should have 30).

Roll larger piece of pastry to 11x13-inches and carefully place over first sheet and dates. Gently press the pastry to seal the pockets. Cut into 2-inch squares with a pastry cutter and seal edges with a fork or a ravioli mould. Make a small cut in the top of each ravioli.

Bake in oven on a parchment-lined baking sheet for 15 minutes or until ravioli are golden brown. Place on a rack and dust with powdered sugar. Serve warm.

Recipe Source—<http://www.naturaldelights.com/recipes/sweet-medjool-date-ravioli>

Winter Hair



Reds are popular for winter 2015/2016, particularly brighter reds and violets from the gel-based *Tierra Color* by Fuente used to achieve this look. The vibrancy of the plummy, deep-red tones are bold, eye-catching and flattering. This organic colour leaves hair with a glossy finish and it's infused with mint and eucalyptus which help to create a beautiful, healthy look.

Our favourite up-do for the season is half-up, half-down. Wash and dry the hair (ideally a few days before styling) then curl all your hair with either straighteners or curling tongs, set with Fuente's *Natural power spray*.

Pin half of the hair up by twisting it in place at the back of the head and hold with hair grips. Once completed use *Freezing power spray* and Fuente wax to finish and hold the style securely.



Expert Make-up Tips

Senior Stylist, Yaz created this gorgeous autumn/winter look using our mineral cosmetic brand, Youngblood. Read her step-by-step guide on our website.

Beauty Therapist, Jadee, gives us some expert tips for how to get the most from some of the products used here.

Pressed Mineral Rice Setting Powder

If you've applied too much blusher don't panic (we've all done it!). Simply brush over with the setting powder using the super powder brush. This will soften the blusher, creating a much more subtle look.

Long-term Lipstick As well as using the *Pressed mineral rice setting powder* as a primer and setting powder, it can also lock in lipstick. Apply lipstick as normal then sweep over with setting powder using the super powder brush, repeat a few times and your lipstick will last much longer. Always finish with the lipstick as your last coat so it still has a nice glossy appearance.

Gel Liner Using the applicator brush, take a small amount of the product and work it into the lid. This warms and loosens the gel, making it much easier to apply. You only need a small amount though, as a little goes a long way!

Minerals in the Mist This beautifully scented mist is perfect for hydrating the skin even after make-up has been applied. It locks in moisture and sets the foundation. Keep it handy and refresh skin with a few spritz throughout the day.

