

Welcome

It might not have been much of a Winter for most of us, but we're certainly looking forward to some longer days and a little bit of sunshine. Which is just what we're hoping this newsletter will bring to you!

Lift your mood with highlights and refresh your hair and skin with John Masters. Read our expert tips for a smooth start and our seasonally tasty chickpea, spinach and chorizo recipe.

If you've not already subscribed to our quarterly newsletter, sign up via our website, and be in with a chance to win a £20 voucher to use on hair and beauty services! (see website for Terms and Conditions)



Smoothly Does It

This Spring is all about smooth and sleek hair. Luckily, at pHd we have a huge range of styling products to achieve this.

One of our favourites, *Chi silk infusion oil*, is amazing. It will leave your hair feeling super soft whilst also acting as a heat protector, if you're using straighteners to achieve your look.

Apply to towel-dried hair from mid lengths through to the ends. Then blow dry using a flat brush, this will smooth the hair from roots to tips, before using straighteners to give that perfect sleek finish.

Refresh winter worn hair

Is your hair feeling dry and lank after the cold period? Well, it doesn't need to, and you don't need to use harsh chemicals to improve things! Our excellent organic supplier, John Masters, have a whole range of products specifically designed to manage dry hair.



Evening primrose shampoo for dry hair will cleanse and replenish dry hair from roots to tips. Its also excellent for colour treated hair as it is wonderfully nourishing. The primrose acts to strengthen whilst hydrating those dry and damaged ends.

After cleansing, we recommend applying *Lavender and Avocado intensive conditioner*. Massage into hair for 3-4 minutes for best results then rinse. We adore this conditioner because it is so good at renewing and revitalizing your hair, leaving it shiny and luxurious. The avocado acts as a wonderful moisturiser,



enhancing the conditioning process. Lavender oil soothes the scalp and slows down any hair loss. It can also help treat eczema and dermatitis around the scalp area.

Finally you can complete the treatment with a styling product. The team at pHd love *Green tea and Calendula leave-in conditioning mist*. Spritz this on to add shine and volume with a sleekly smooth finish. The great thing about this product is that it locks in moisture keeping your hair looking replenished and healthy right up until you next wash it.

As you are no doubt aware, Green tea is a great antioxidant and this works on our hair too, stimulating hair growth. Meanwhile the Calendula will smooth and protect. Once dried your hair will feel healthy and manageable.



Eat Seasonably

Chickpea, chorizo & spinach stew

www.bbcgoodfood.co.uk

- 3 tbsp extra-virgin olive oil
- 1 onion, chopped
- 1 carrot, finely diced
- 1 celery stick, finely diced
- few thyme sprigs
- 2 bay leaves
- 2 garlic clove, finely chopped
- 200g chorizo, diced
- 1 tsp cinnamon
- 1 tsp hot smoked paprika
- 2 x 410g/14oz cans chickpeas, rinsed and drained
- 1-2 tbsp sherry vinegar
- 400g bag spinach leaves, washed and drained



Instructions

Heat oil in a large pan and gently fry the onion for 3-4 mins until it begins to soften. Stir in the carrot, celery, thyme and bay leaves. Season, cook for 2-3 mins, stirring occasionally.

Add garlic, chorizo, cinnamon and smoked paprika. Gently fry until the vegetables soften and the chorizo starts to release its oils and crisp up.

Stir in chickpeas, vinegar and 150ml water, bring to a simmer for 1-2 mins until the chickpeas have heated up. Add spinach, stir through the chickpeas until it wilts a little. Remove from the heat, season and serve warm with crusty bread.



Pure Beauty

Fed up with dry skin? Here's your answer. You've heard it before, but it's all true. The key to great skin is a great routine and youthful, supple, glowing

skin needs great moisturisers.

You're (almost) never too young to start using anti-aging products, the current advice is to change your routine from 25 to help protect and care for your skin for life.

Lighten up!

The most common complaint we hear in the salon at this time of the year? Dull, lifeless hair, that's lost its zing during winter.

Why not brighten your hair, and boost your mood, with highlights?

This Spring the most prominent colours are light and golden blondes. They'll lift the look of your hair and complement skin, giving it a radiant shine.

The great thing about highlights is you can go as subtle or intense as you like. Anything from top foils to full head foils, depending on how much light you want back in your life!



Save over 30% with Pure Beauty!

Treat yourself or a friend to a back, neck and shoulder massage or an express facial at our amazing offer price of just £20.00!

Book with Sarah or Katie Tuesday - Saturday

Offer valid until 31st May 2016

We have some great products for you from John Masters. We love *Vitamin c anti-aging face serum*. It sinks deep into the skin to help reduce the appearance of wrinkles and crow's feet. It also promotes the production of pro-collagen, an amazing weapon in the anti-aging arsenal.

Use before applying moisturiser in the morning or just before bed to allow plenty of time for it to work its magic.

We also adore *Mandarin Maximum Moisture*. It promises, and delivers, instant revitalisation whilst promoting long-term reversal of skin damage like sun spots and dark skin patches. 71% of people using the product reported a significant reduction of age spots after just 6 weeks!