



Welcome, summer is finally here, after what's seemed like an eternity, and we're jumping for joy at pHd Malvern. We have a lot to be excited about. Two new Senior Stylists, Iona Preston and Adrienne Ingleby have joined the team. Check out their hot tips for summer styling products and colour trends. Beauty Therapist and facial expert, Sarah Holehouse is back with us in Pure Beauty and extols the virtues of organic 'skin food' and our super luxury facial. Yaz Woodcock has taken on a new role as Salon Manager and advanced to Senior Designer, so how she found time to bring you a great new Summer look we'll never know! We've also managed to squeeze in a seasonal recipe and a perfect summer plait. Enjoy!



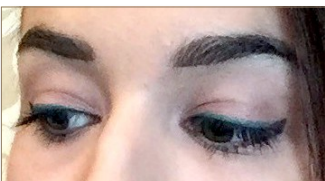
Yaz's Summer Look

Base - Apply *Eye Impact* around your cheek and brow bones. Follow with your favourite toning mist, moisturiser and lip balm. Finish by massaging *Mineral Primer* into your skin.



Skin - Apply your favourite Youngblood foundation. Blend concealer under your eyes and over blemishes and set with *Hi-Def Setting Powder*.

Use blush on the apples of your cheeks and contour around temples, hollows of cheeks, jaw line and either side of your nose. Finish off with a light dusting of the *Hi-Def Setting Powder* which will help to keep your make-up in place all day and blend out any harsh lines from blush and contour.



Eyes - Start with the matte side of the *Duo Eye Pencil* across your lids to act as a base for the eyeshadow and help the colour pop. Next sweep *Blush* from the *Vintage Eyeshadow Quad*

across eyelids. Then apply *Lagoon Gel Liner* along the upper lash line and *Galaxy* along the lower lash line starting heavier in the outer corner and fading it off toward the middle of the eye. Create a flick (optional) to connect the two colours. With what's left of the *Galaxy* on the brush, fade the two colours together lightly on the upper lash line in the outer corner. To finish off the eyes, apply a light layer of *Blackout* mascara.



Lips - Complete the look with *Coral Beach* lipstick topped with lip gloss in *Devotion*.

For a full list of the products I used to create this and other looks please visit our website at www.purehairdesignmalvern.co.uk.

Seasonal Must Haves!

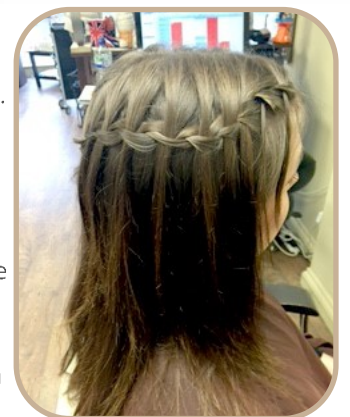


"Keep it in your handbag!" enthuses Senior stylist, Iona. This light wax is perfect for calming fly-aways and taming frizzy hair without making it greasy. It's ideal for the summer, home or away, as it can be used on wet or dry hair and protects from heat styling and the sun.

Hair pomade works with any style or length giving a sleek, textured look with a healthy shine and soft feel. It's not tested on animals and doesn't contain petroleum which is great as that can irritate the scalp. The organic bees wax and pure essential oils will keep your hair organically hydrated. A summer essential!

Pretty Perfect Plaits-Waterfall Braid

1. Smooth hair. Grab a piece from the front, bring it towards the back of your head and divide into 3 sections.
2. Bring the bottom piece over the middle piece then the top piece over the middle piece keeping it tight against the head.
3. Repeat step 2 but this time cross the top section over the middle. Drop the piece left in your pinkie finger and gather a new piece of hair from underneath to replace the section you just dropped. Continue the plait along the head.
4. Repeat this process until you reach the end and hold in place with either a hair slide or band.



Balayage Colour

Senior stylist, Adrienne, recommends trying one of this summer's hottest new colour trends, balayage. This blended effect offers a subtle alternative to dip-dyeing. With the right Fuente colour tones and a gentle back-combing technique or painting free-hand we can achieve a attractive natural sun-kissed look.



It grows out beautifully with no obvious regrowth lines meaning longer between appointments! If you fancy trying out this on-trend look, you can build up colour over time or go straight in with dramatic tones for that summer wow factor.

Why not arrange a consultation in the salon to talk through the options with one of our stylists?

Holistic Heaven

A different approach to beauty and skin care

We have created the ultimate holistic organic experience to pamper your skin and nurture the soul.

We call our organic products "skin food".

Where chemical products 'patch-up', organic ones nurture and sustain skin, helping it to repair and renew naturally.

Experience has shown us that to look and feel your best, you need to work with your body. To truly heal any skin concerns you need to use the most natural ingredients possible. Our luxury organic facial (1 hour 30 minutes) does just that. We're sure you won't have had an experience like it.



Enjoy a personal skin consultation with our facial expert, Sarah Holehouse. Relax whilst she applies tailored organic products to balance, soothe and remedy any problem areas. Breathe and feel at ease. Give yourself time to regroup and recharge.

This comprehensive treatment includes cleansing, exfoliating and hot steamed towels with essential oils to purify the skin. We use steam if necessary and treat the skin using a unique "rain drop" toning method.

A brush stroke and pressure point massage prepares the skin for a deeper, detoxifying neck, shoulder, face and scalp massage. A mask is then applied whilst you enjoy a hand and foot massage. The treatment is concluded using your personally tailored finishing products and an eye and temple pressure point massage.

All our products are available to purchase at the salon so why not make this a stepping stone for your new skin-care journey at home? We are just a phone call or e-mail away, should you need any help or advice!

Eat Seasonably- Mozzarella, Basil & Courgette Frittata

(from www.eatingwell.com)

Whisk up a quick & healthy lunch or mid-week meal in minutes.

Ingredients (serves 4)

- * 2 tbsps extra-virgin olive oil
- * 150g thinly sliced red onion
- * 265g chopped Courgette
- * 7 large eggs, beaten
- * 1/2 tsp salt
- * 1/4 tsp freshly ground pepper
- * 65g pearl-size fresh mozzarella balls
- * 3 tbsps chopped soft sun-dried tomatoes
- * Small handful thinly sliced fresh basil



Preparation

1. Preheat grill.
2. Heat oil in a large grill-safe skillet over medium-high heat. Add onion & courgette & cook, stirring frequently, until soft, 3-5 min.
3. Meanwhile, whisk eggs, salt & pepper in a bowl. Pour over the vegetables in the pan. Cook, lifting the edges to allow un-cooked egg from the middle to flow underneath, until nearly set, about 2 minutes.
4. Arrange mozzarella & sun-dried tomatoes on top and place the skillet under the grill until the eggs are slightly browned, 1 1/2 - 2 minutes. Let stand for 3 minutes. Top with basil.
5. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices & serve with a tossed salad & a crusty baguette.

Sweet Orange and Silk Protein Styling Gel



Achieve brilliant hold and definition with this amazing gel. The mandarin detoxifies the scalp and deals with any dry areas, adding shine and strength. The silk protein keeps hair manageable throughout washes.

Use three ways:

1. Apply to slightly curly hair to give curls definition with soft hold.
2. Create a gentle wave through the mid lengths and ends.
3. Use before blow drying for body and volume, a great beach look.

Like all our products, it's all organic so won't get dry or harden the ends of the hair and is kind to colour-treated locks.