



**Welcome.** Winter can be a tough time for your hair, skin and mood. Battling through miserable weather trying to do 100 things at once takes its toll.

So make sure that one of those things is a trip to our salon! Come in, wind down and enjoy some well deserved you time. Take advantage of our luxury head massage, or warm up with our brand new hot stone massage. Brighten your hair with balayage and pick up some pick-me ups from Youngblood, John Masters and Herbfarmacy

We aim to be your oasis of calm in this chilly season. ❤️



### Who needs microbeads?

This product is fast becoming our most popular one. It's such a simple idea, but it makes all the difference.

Herbfarmacy's Muslin Cloths are flying off the shelves. An inspired way to turn your regular cleanser into an exfoliator without hurting the environment!

### Luxury head massage

Our hair takes a hammering all year round. The weather, pollution and styling take their toll and winter can be unforgiving. Yet it also offers the chance to repair some of that damage before the sun comes out again.



We think you can't beat a head massage to rejuvenate lack-lustre locks. So we're offering a 10 minute luxury massage with any treatment that requires a shampoo for just £5.

We'll personally tailor your treatment from our amazing range of organic products. After application, your hair will be wrapped in a gorgeously warm towel and you can relax whilst the product activates and gets to work deep into the cuticles. The treatment is followed by a luxurious extended massage which not only revitalises your hair and scalp but also energises your soul. Who doesn't need a few minutes of bliss now and again?



### Pure Hair

This is a beautiful look by Iona that will take you from autumn through winter. The hair was pre-lightened with a ballayage technique and then a soft copper layered over the top.



### Hot Stone Massage

We're thrilled to now offer hot stone massages. It's an extremely effective massage, that not only relaxes and de-stresses but will leave you feeling wonderfully refreshed and rejuvenated.

#### What's all the fuss about?

A Hot Stone Massage is a warming and soothing therapy carried out using hot basalt stones. They are perfect for the job because not only have they been washed smooth by the forces of nature but they also absorb and retain heat really well. It's little wonder reference to their use dates back 2000 years!



The therapist uses the stones as an extension of their hands. The heat releases muscular tension allowing easier manipulation of your deep tissue. This offers greater relief than an ordinary Swedish massage or even a deep tissue massage, and is an excellent treatment for troublesome stiff joints or injuries. The stone's heat also opens blood vessels, improving circulation and easing aches and pains caused by lack of oxygen in the muscles.

Whether you have a specific problem area or just feel the need for a bit of R&R, this massage is worth every penny.

Visit our website for all our latest offers and deals.

## Tame your hair

We are loving John Master's Organics Rose & Apricot Hair Milk this winter. This leave-in conditioner can be used as a light-hold product or simply to moisturise, defrizz and add natural shine with the minimum of fuss! Apply to damp or dry hair as often as needed. It's perfect for protecting, revitalising and taming your hair whatever weather the winter months throw at us. And the best bit? A little goes a long way and you get a free mini Argon oil with every purchase. So it's a steal at £25.



## Winter makeup look



Deep, dark and dramatic hues are undeniably the biggest trend for lips this season. Team with a classic flick on the eyes and peachy tones on the cheeks to get this warm winter look from Chloe.

Prepare your skin with Youngblood *Primer*. This product is essential as it smooths out lines and pores, creating a uniform canvas for your foundation. Packed with antioxidants, minerals and vitamins it will also protect your skin. Perfect for winter.

Next apply foundation, we have four different types for you to try. Here, Chloe used the *liquid mineral foundation* which gives you a medium, dewy finish. It's a special blend of rare reduced salt, deep sea water, botanicals and more. Say goodbye to dry skin!

To create the perfect pout Chloe used Youngblood's *Plum* lip liner and *Rosewood* on the lips. A great shade for this time of year and it will stay fresh for hours. To achieve a classic flick use the *Eye-mazing liquid liner pen*. The rich, highly pigmented colours glide on smoothly and effortlessly. Chloe used the colour *Noir*.

Finish off the look by using *Blossom* on the cheek bones and try out the *brow artiste kit* to get that perfect arch.

## Beetroot-marinated salmon with radish salad



Look for winter recipes, and you'll be bombarded with 'comfort foods' fatty, meaty, sugary goodies. But if you fancy something a little lighter, check out this delicious Scandinavian salad from [www.greatbritishchefs.com](http://www.greatbritishchefs.com)

### Beetroot-marinated salmon

500g of salmon fillet, (in one piece) pin-boned, skin-on  
300ml of beetroot juice  
5g of fennel seeds  
5g of cracked black pepper  
5g of flaky sea salt

### Radish salad

12 French breakfast radishes  
1 mouli, small  
1 tsp chives, finely chopped  
50ml of rapeseed oil  
salt and ground white pepper

- ◇ Place the salmon into a suitable, sealable container, skin-side facing up
- ◇ Mix all other ingredients together and pour over the salmon. Seal the container and marinate for 24 hours
- ◇ Remove the salmon from the marinade and pat dry with kitchen paper. Slice with a sharp knife into 3mm width slices and set aside until ready to serve
- ◇ Remove the stalks from the breakfast radishes with a small sharp knife and wash under cold water
- ◇ Slice the radishes into strips and place in a mixing bowl. Peel the outer skin from the mouli with a peeler
- ◇ Still using the peeler, peel thin strips from the mouli and add to the bowl with the sliced breakfast radishes
- ◇ Add the chopped chives to the radishes and season with salt and ground white pepper. Finally, mix the rapeseed oil with the radishes
- ◇ To serve, place slices of the marinated salmon in the centre of each plate. Arrange the radish salad on top, drizzle with a little more rapeseed oil and serve.