



Welcome, wherever your summer takes you, we have the organic hair and beauty tips to see you through the season.

Our Pure Hair and Beauty team introduce Repair.Me and Treat.Me from brand new supplier, Kevin.Murphy.

Yaz shows us the hit workout hair for 2017 and Jadee ensures we have a balmy summer with Herbfarmacy.

Also, find out why we think you should consider getting your brows or lashes tinted. We also have a delicious broad bean bruschetta chosen by Claire who has finally found a way to love broad beans!

Totally Balmy

It's no secret that we love Herbfarmacy at the Salon, but their beautiful balms are an essential addition to anyone's skin care routine.

You can use these award winning balms on your body and face and of course, they are 100% organic!

Mallow Beauty Balm - One of Jadee's personal favourites. For a start it smells good enough to eat and it's deeply nourishing, soothing and hydrating. Apply as a daily moisturiser or use as a mask and leave on overnight to reveal a radiant glowing skin.



Skin Rescue Balm - What can't this miracle balm do? It is excellent for the relief of symptoms of eczema and skin irritation. With the help of ingredients like calendula, comfrey and chickweed it can also soothe minor burns, cold sores, dry patches and redness on the skin. Apply a thin layer to your skin and let it work its magic.

Meadowsweet Muscle Balm - This is a wonderful, warming and soothing balm that helps relieve aching muscles and joints. Eucalyptus, pepper and ginger essential oils invigorate and revive. We use this balm following a back, neck and shoulder massage to help soothe muscles after they have been worked during the massage treatment. It's also great to apply after a long day sat in front of a computer or perfect relief after a day on your feet.

Repair.Me

We had to share these amazing products from Kevin.Murphy. They're stuffed full of gorgeous organic ingredients like bamboo extract, silk amino acids, shea butter and pea proteins. Used separately or together they repair your hair, leaving it looking and feeling fantastic.



For beautiful, healthy hair, follow our five step programme.

- ♥ **Step 1** - Shampoo with *Repair.Me Wash* and rinse.
- ♥ **Step 2** - Apply *Repair.Me Rinse* to ends, massage through before rinsing thoroughly.
- ♥ **Step 3** - Use *Re.Store*, a no foam cleanser with conditioner which gives your locks a strengthening protein boost.
- ♥ **Step 4** - Towel dry hair, apply a pump of *Leave In.Repair* to the ends, then the mid-lengths and then apply the remaining product through roots.
- ♥ **Step 5** - Dry and style your hair as usual and get on with your day, while the *Repair* continues to work in your hair until your next wash!

Workout Hair

Keeping hair off your face and out of your way during the summer when you're at the gym, by the pool, or just trying to keep cool. But, no matter your hair length, braiding can be the perfect solution!

The *Bang Braid* works for almost anyone, looks stylish and only takes minutes to achieve. Yaz used Kevin.Murphy *Un.Tangled* which makes for hassle-free braiding and *Easy.Rider* to smooth any fly-aways.



The *Dutch Braid* is also popular. It's similar to a French plait but the sections of hair are passed underneath the middle piece, rather than over.

The resulting braid can be left tight and neat or pulled and loosened to form a raised braid that's great for creating volume and texture.



There are also a few variations if you're feeling adventurous. 'Boxer Braids' - two Dutch braids on either side of the head and Reverse Dutch braid. For this, tip your head forwards and braid up from the base of the skull. The ends of the hair can then be worked into a simple pony tail or a bun.

Crushed broad bean bruschetta

Ingredients

600g young broad beans in pods
1 lemon
4 tbsp olive oil, plus a little for drizzling
2 tbsp grated parmesan
2 tbsp finely chopped mint leaves
Pinch of dried chilli flakes
Thin slices of sourdough or ciabatta
1 garlic clove



Recipe from
Riverford.co.uk

Boil the beans in salted water for 3 minutes until tender, double-pod, then mash roughly with a fork. Finely zest the lemon, then squeeze the juice of one half into the beans. Stir in the olive oil, lemon zest, Parmesan, mint and chilli. Season with salt and pepper and more lemon juice to taste.

Toast, grill or griddle the bread, then rub with a cut clove of garlic. Drizzle with some olive oil, then pile on the broad bean mixture and grate over a little more Parmesan to serve.

Eyebrow/Eyelash Tinting



Up to 4 weeks of flawless brows or lashes with no smudging and no hassle!

If you have sensitive eyes, your eyes water on contact with makeup or you suffer from hayfever, mascara can cause sore, panda eyes. An eyelash tint might be the solution.

An eyebrow tint defines shape and, when combined with a wax or threading, can make a dramatic difference, shown here with our before and after shots.

Tinting is ideal for hassle free summer eyes, in and out of the pool or sea, day or night. If you find your brows and lashes lighten in the sun (or are just naturally pale), tinting is a great way to maintain brow definition and lash colour.

Jadee will expertly match the right tint shade with your skin tone and the look you want to achieve. In just 15 minutes



for brows and 30 minutes for lashes, you could have a whole new look!

Skin care for your hair



Kevin.Murphy's Treat.Me is a luxury, deep-treatment for your hair, from our beauty therapist, Jadee. Choose the perfect hair treat; Anti-ageing; Moisture; Strength or Thickening, or combine two to cater to your unique hair requirements.

Relax at our basins while Jadee expertly applies the product in the form of a blissful Indian head massage. Your head will be wrapped in a relaxing, warm towel while the treatment works deep into the scalp and hair follicles. Then we'll rinse, dry and style your hair as normal.

This luxurious treatment will continue to work in your hair for up to six weeks, so you don't need to worry about treating your hair between appointments. Discover the benefits for both your hair and well-being on your next visit!