



Welcome, A lot's changed since we first opened our doors back in 2011. As organic hair and beauty gain in popularity we are proud of our role in leading that change.

If you've met our owner, Claire, you'll know how passionate she is about organic hairdressing. It's time to share some of her wisdom. Look out for her *unconventional hairdressing* know-how in this and future newsletters and on our website. The more you learn about organics, the more you'll love them!

Of course, we also have news on our seasons favourite hair products and styling and, we have a delicious recipe for you to try!

Quick Styling

Embracing natural hair is more popular than ever. A quick spritz with John Masters *Sea Mist* or Kevin.Murphy's *Hair Resort.Spray* before defuse drying or air drying your hair makes the most of your hair's natural texture.



Senior Stylist, Yaz (shown right) prepared her hair with John Masters *Dry Hair Collection*. (Turn over for our review of this amazing range). After she towel dried her hair and applied *Green Tea & Calendula Conditioning Mist* to boost moisture and protect from the heat of the hairdryer. She spritzed with *Sea Mist* before finally drying with a defuser.

Yaz's Top Tip

For extra volume while defuse drying, tip your head upside down so that your hair is falling away from your scalp. To avoid frizz, try not to touch your hair too much whilst drying, let the defuser do the work for you!

The Unconventional Hairdresser



Dry, flakey scalp? It probably isn't dandruff...

Less than 5% of us have been diagnosed with clinical dandruff. So why is *Head & Shoulders* the No.1 selling shampoo in the UK? - It just doesn't make sense!

Consider this, products that you use on your hair may be causing irritation which could lead to flaking or itching on the scalp. Most big brands contain Sulphate's, Silicone, Tpegs, Parabens.. to name but a few. Sulphates are a known irritant, they can cause itching on the scalp leading to redness or scabs around the ears and in the nape of the neck.

Non-soluble Silicone can build up in the hair and create a barrier to colour. Day-to-day dirt sticks to it and, over time it can cause dull and lifeless hair. Many people think that they need to change their shampoo when this happens but the result will be the same if you use a conventional chemical-laden brand.

These products are not only bad for your hair and scalp they have a negative effect on our environment too. We don't often think about what we are washing down the plug hole, but maybe we should.

An educated decision is always the best one. At pHd we stock products that are free from all the nasties and gently cleanse and exfoliate the scalp without harming the world around us.

We highly recommend Kevin.Murphy's *Balancing.Wash* to restore lustre and shine, bring balance and protect your hair. Or John Masters *Spearmint* and *Meadowseet* shampoo for stronger, more manageable hair and improved blood circulation.

Shine on

"It's impossible to make your eyes twinkle if you aren't feeling twinkly yourself."

Roald Dahl

We are falling head over heels for Kevin.Murphy's *Blonde.Angel* range. Guess what?...Despite what the name suggests, this range is great for **any** cool toned colour, from blondes to brunettes, **even** purple!

Keep your colour looking fresh, shiny and hydrated with this incredible range of products.

Blonde.Angel Wash

A colour-enhancing shampoo infused with lavender and optical brighteners to restore and refresh dulled, cool-toned hair. Massage into wet hair, rinse and repeat. For best results follow with Blonde.Angel.

Blonde.Angel

Moisturises and softens hair and refreshes and repairs brassy/yellow tones. Perfect for grey hair. Apply to freshly washed hair and leave to work for 1 minute, then rinse.

Shimmer.Me Blonde

Brand new repairing shine treatment. It protects, restores and refreshes dull hair. Leaving it stronger, more manageable and beautifully shiny. Apply to towel-dried hair or dry hair, do not rinse, style as usual.

Each product can be used alone or for **maximum** effect, use all three together.

Epic chocolate and beetroot cake

olive oil
plain flour , for dusting
300 g 70% dark chocolate
250 g raw beetroot
4 large free-range eggs
150 g golden caster sugar
120 g ground almonds
1 teaspoon baking powder
1 tablespoon cocoa powder
natural yoghurt , to serve



Full recipe at <http://www.jamieoliver.com>

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Lightly grease a 20cm springform cake tin with olive oil and line with greaseproof paper. Dust sides with flour.
3. Melt 200g of the chocolate and set aside.
4. Peel and coarsely grate beetroot and add to mixing bowl with egg yolks. Stir in sugar, almonds, baking powder, cocoa powder and melted chocolate and mix well.
5. Whisk the egg whites until you have stiff peaks. Fold a quarter of the egg whites into the beetroot mixture to loosen, then fold in the rest but try not to over mix. Pour into cake tin and spread evenly.
6. Bake for 50 minutes, or until risen and cooked through. Allow to cool before turning out onto a wire rack to cool fully.
7. Serve with yoghurt and a little drizzle of chocolate.

Dry hair? No problem!

Revitalise dry and faded hair with the *Dry Hair Collection* from John Masters Organics. It's a perfect travelling companion and will perk up summer damaged hair in a jiffy!

Evening Primrose Shampoo for Dry Hair

Adds moisture and strength to your hair while boosting hyaluronic acid, the same acid found abundantly in young hair.

Lavender & Avocado Intensive Conditioner

Its thick creamy consistency coats hair to restore and renew. Lavender oil will not only promote hair growth, but reduce hair loss, and leave your hair and scalp feeling moisturised.



Green Tea & Calendula Conditioning Mist

A leave-in conditioning mist that acts as sunscreen for your hair. It protects hair from sun damage as well as any other environmental damage and heat styling. It is great for protecting against chlorine and sea water. This product is a

must for anyone as it is incredibly light-weight, but still leaves your hair soft and shiny!