



Welcome, to our winter newsletter. Festive preparations, seasonal parties, managing the day to day in miserable weather, and coping with 3 extra layers of clothing can all take it's toll. Take

a minute to breath and enjoy our advice on winter wellbeing. Let us treat you to a relaxing Treat.Me experience, explore this season's top colour trends, read our advice on how to care for your hair during winter and find out how to battle hair loss organically. We're also looking forward to hearing how you enjoy the clementine in mulled wine recipe.

TLC with Treat.Me

During the cold winter months why not treat yourself to a Treat.Me conditioning treatment. These little pots of joy are a perfect dose of TLC for hair that's feeling dry, damaged or fine. Enjoy an indulgent 30 minute treatment with a relaxing head massage and a hot towel treatment to aid absorption into the hair.



The Unconventional Hairdresser

Do you know what DHT is?

Dihydrotestosterone, DHT, is a hormone that can cause hair loss. Testosterone converts to DHT with the aid of the type 11 5-alpha reductase, which is held in the hair follicle's oil glands.

Scientists now believe it's not the amount of circulating testosterone that causes hair loss, but levels of DHT binding to receptors in scalp follicles. DHT shrinks hair follicles making it impossible for healthy hair to survive.

There are all sorts of snake oils available to combat hair loss, but the potential negative side effects of using harsh chemicals far outweigh the rarely delivered results.

Both John Masters and Kevin.Murphy have products which slow down and suppress hair loss for men and women. The key ingredients are extracts of nettle, ginger root and hemsleya root, all long known to counteract DHT levels.

Nettle extract is high in iron and rich in vitamins A and C and contains a wide range of minerals including iodine, natural silicon and Sulphur. It's a powerful source of amino acids that hair follicles require for proper growth and is

also a stimulant so helps increase the micro circulation to the scalp.

Ginger root extract contains high levels of zinc which act as a growth accelerator also reducing hair loss.

Oleanolic acid from hemsleya root fights follicle ageing by fortifying the roots. Anti-inflammatory properties aid in reversing and preventing the damage caused by DHT.

Use Kevin.Murphy *Plumping wash*, *Plumping rinse* and *Body.Mass* treatment as a 3 step solution to help prevent any further hair loss. Or use John Masters' 4 step routine, *Spearmint and Meadowsweet Shampoo*, *Rosemary and Peppermint Detangler* followed by the *Purifying Scalp Serum* and finally the *Volumising and Thickening Scalp Spray*.



Winter Hair Care

Seasonal essentials -

- ☒ Hand Cream
- ☒ Lip Balm
- ☐ Hair Balm....Hair Balm?



Winter is here which means it's time to up the TLC and indulge in a little self-care. We need to protect our skin and hair from the cold winter weather. Time to re-stock products such as intensive moisturisers, body lotions, lip balm and, yes, hair balm.

Hair balms work just like lip balm, protecting and hydrating your hair against the wind and cold and the drying effects of central heating. John Masters *Hair Pomade*, for example, provides moisture, control, protection and shine for your hair. Olive oil moisturises and adds shine, beeswax gives hold and mango butter moisturises and protects from

environmental harm and heat damage from straighteners, curlers and crimpers (yes crimping is back in fashion).

How To Use the Balm

Just scoop a small amount of the balm into your hands and rub together. Gently rake your fingers through your dry hair to evenly distribute the balm then smooth over and you're good to go!

Did you know John Masters also do a range of body products and lip balms? Check them out in the salon. Perfect stocking fillers...



...add a little bit more self-care for your hair and pop Hair Balm on your Christmas list.



Seasonal Colours New take on ombre

Ombre is a technique that can be applied free hand or in

foils, it is typically done with blonde tips, however, the latest twist in favour with the stars is a new barely there look.

Naturally dark roots fade to a warm, chocolate brunette that richly invigorates the cooler season. Kevin.Murphy's colour range is rich in honey and shea butter leaving your hair healthy and nourished after every colour treatment.

Why use chemicals like ppd and ammonia when you can achieve high quality results like these from kind and caring products without the nasties? Try Kevin.Murphy *Colour.Me* and see the results for yourself!

Clementines poached in mulled wine with meringues & cream

Method

1. Tip wine and brandy into a large pan. Add sugar and spices and bring to a simmer, stirring well.
2. Place the clementines in a bowl of boiling water for about 30 seconds. Remove and scrape away most of the white pith with a small blunt knife.
3. Place the clementines into the wine and poach very gently for 25 minutes. Turn halfway through, as they will bob on the surface. Ideally, let them cool and store them in the wine overnight to soak up more flavour.
4. Remove the clementines and then boil the wine on a high heat until it reduces to a sweet syrup that easily coats the back of a spoon. Let the syrup cool.
5. Whip the cream into soft peaks. Serve the clementines with some smashed meringue, whipped cream and mulled wine syrup. You can warm the syrup and clementines slightly before serving if you like.



Recipe courtesy of Riverford.co.uk

Ingredients

- 1 bottle red wine
- Shot of brandy
- 100g sugar
- ½ cinnamon stick
- 1 bay leaf
- 1 vanilla pod, split
- 3 cloves
- 3 cardamom pods
- 1 star anise
- Pinch of nutmeg
- 8 peeled clementines
- 250ml double cream
- 4 small meringue nests