



Welcome, the team at pHd Malvern just love Spring, it's so full of promise. We are really excited about 2018, it's going to be full of fresh ideas and gorgeous organic products, just like this season's newsletter.

Organic hairdressing is taking hold in the mainstream and we are thrilled to have lead the way as Malvern's first organic salon. The Unconventional Hairdresser launched her blog in February and we are looking forward to sharing even more of our market-leading expertise and best practice with you over the year. This season we're focusing on how to dry your curls, keeping re-growth at bay, adding spring brights to your locks, protective layering and a delicious spring salad.

The Unconventional Hairdresser *Drying Curls*

Drying your curls can be tricky. The cuticle layer of curly hair does not sit flat and smooth like straight hair, so it is more prone to moisture loss and doesn't reflect the light as well. Lots of people like to leave their curls to dry naturally but that's not always practical for some lifestyles, jobs or weather conditions.

If you do use a hairdryer always use it on a low setting to protect your hair. Try using a defuser attachment on your dryer, it speeds up the natural drying process and stops the hair from being blasted and dried unevenly. For added volume tip your head over to the side or upside-down.

One of my hottest tips is never to grab and scrunch with your whole hand as this will just make it fluffy. Pinch the hair gently with the finger tips and lift a little to dry the hair next to the scalp as it takes longer to dry there. Finally, make sure you let the defuser do the work - over-drying the ends also causes frizz. Then, all you have to do is enjoy your gorgeous curls!

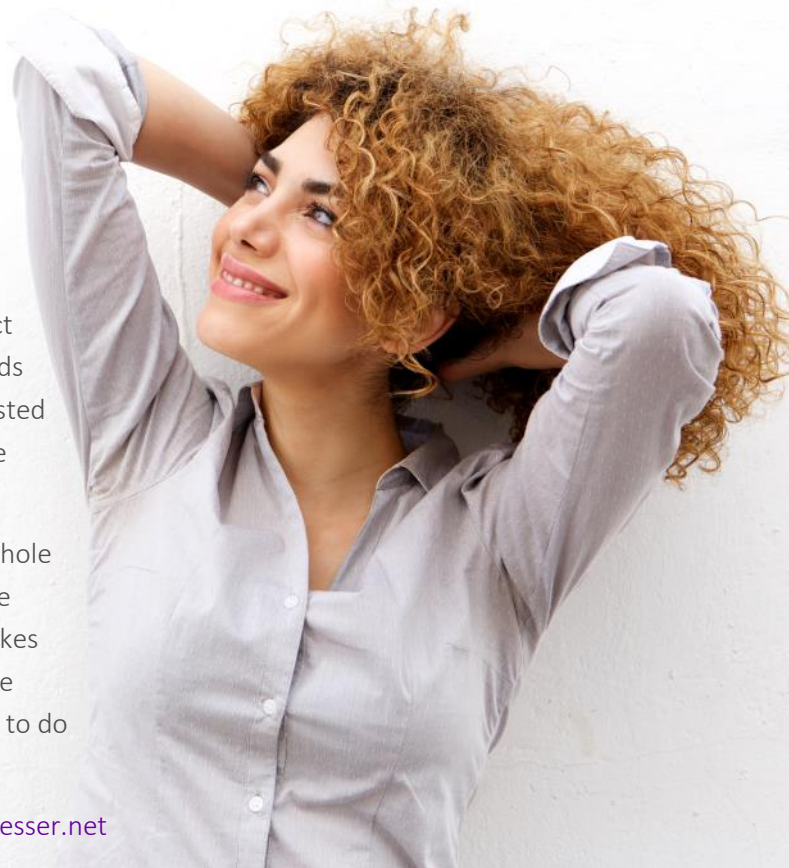
Read more about caring for curls at www.unconventionalhairdresser.net

Spritz away that re-growth!

Finally - A solution for everyone battling with dreaded regrowth between appointments. *Retouch.Me* from Kevin Murphy is a root touch-up spray that quickly and discretely colours hair between colour appointments. The dry, satin finish keeps colour salon fresh for longer.

What sets *Retouch.Me* apart? Graduate stylist, Chloe explains, "It does what it says on the tin (or spray bottle). The organic core ingredients ensure your colour lasts longer and the pigments stay true in and out of the bottle."

Orange and tangerine peel oil create natural shine and tonal concealing pigments ensure the colour lasts until your next wash. We think this is a hair-care must-have to help you to enjoy your colour for longer.



You still need those layers

Spring. The sun is beginning to shine and we can finally start to reduce those winter layers. But don't stop layering up our hair products to maintain healthy condition and keep colour vibrancy and shine.

Senior designer, Becky, shares some of her favourite products for protecting your hair come rain or shine. Excellent products for colour care from the Kevin Murphy haircare ranges:

Blonde Angel - Lavender-infused brighteners and mango butter and brazil nut oil cool down warmer blonde tones and intensify grey tones, protect colour from fading and add moisture and shine.

Angel - grapefruit, lavender and quinoa protein protect, moisturise, repair and strengthen.

Staying Alive - repairs hair and balances porosity to achieve an even colour tone and decrease the chance of colour fade with the help of Iceland moss, ivy and silk protein.

Included in our John Masters range are products perfect for use on coloured hair such as

Lavender and Rosemary shampoo, protects hair from the stress caused by pollution, colouring and styling. Perfect for all hair types,

Evening Primrose shampoo is tailored for dry hair, adding moisture and strength and regenerates and vitalises hair with geranium.

Lavender and Avocado Intensive conditioner, the avocado and shea butter create an intensive moisturiser perfect for stressed out, dry hair.

Warm Roasted Roots with Herby Lentil & Chickpea Salad



Ingredients

1 celeriac
1 carrot
200g Jerusalem artichokes
Sea salt
Freshly ground pepper
3 tbsp olive oil
1 red onion
1 garlic clove
2 tbsp red wine vinegar
400g tin of chickpeas
400g tin of green lentils
A handful of mint
50g rocket

1. Heat oven to 200°C/Fan 180°C/Gas 6. Slice roots off celeriac diagonally, to leave as much flesh behind as possible. Remove the skin and chop flesh into bite-size chunks. Chop the carrot and Jerusalem artichokes into pieces around the same size as the celeriac.
2. Tumble the chopped veg into a large roasting tin. Drizzle with 1 tbsp olive oil and add a good pinch of salt and pepper. Toss to coat evenly and roast for 30 mins, turning halfway, till golden and tender.
3. Thinly slice the onion. Peel and crush or finely chop the garlic. Pop both in a bowl with 2 tbsp red wine vinegar and season. Scrunch with your hands and set aside for 15–20 mins to lightly pickle.
4. Drain and rinse the chickpeas and lentils. Shake dry and tip into a large bowl. Pick the mint leaves and finely chop them.
5. Scoop the roast roots into the bowl with the chickpeas and lentils. Add the chopped mint and pickled onions with their vinegary liquid. Add the rocket and 2 tbsp oil and toss to combine. Have a taste and add more salt or pepper if needed, then pile onto a couple of warm plates and serve.

Colour.Bug

One of the joys of spring is those flashes of colour as bright flowers break up the sleeping winter landscape.

So, our apprentice, Lilia thought what more perfect season to introduce you to the *Colour.bug* from Kevin Murphy?

We love these little bugs. They're a wipe on, wipe off colour chalk. Great for parties, festivals, holidays and brighter, lighter days. Whenever you fancy a splash of colour in your life!

Before application, spritz hair with *Session.Spray* to create a barrier and protect your hair. Then apply where you like. When you're ready to remove your colour just apply *Maxi.wash*, Kevin Murphy's gentle hair exfoliating shampoo.

