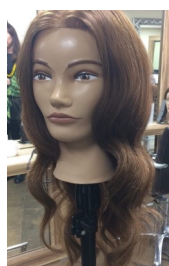




Welcome, to our Summer edition of our seasonal newsletter. This season the Unconventional Hairdresser is sharing her advice on what we need to eat to achieve gorgeously healthy hair. Chloe is advising us on how to embrace our curls (and help them along) with a great DIY styling trick. Becky has some great tips on the best Kevin.Murphy products to see you through the festival season (or the fete season if you're staying closer to home). Finally we have a great Summer salad that's delicious and good for your hair.



Embrace your curls

Whether you have natural ringlets or waves we are stepping away from the straighteners this summer.

We have the perfect look that's easy to achieve and bang on trend. All you need is *Anti-gravity* and *Session.Spray* from KM, curling tongs, flat pin clips and a brush.

- 1) Coat your hair with the *Anti.Gravity*, ensure it's saturated and let it dry naturally or with a hairdryer (to save time).
- 2) Divide hair into eight sections. Two at the front and two at the back and then divide those to make eight.
- 3) Wrap each section around the curling tong until the hair is very hot. Carefully take the curl off the tong, keeping its barrel shape and pin against the head, repeat on every section. Don't worry, the product protects from the heat.
- 4) Let the hair cool completely. Don't skip this, it can take up to an hour, but rush it and the wave won't hold.
- 5) Take each clip out and brush the hair through so the section moulds together. Apply *Session.Spray* and place clips on waves to give them some extra hold. Leave for a couple of mins.
- 6) Remove the clips and brush through hair. Finish the look with *Session.Spray* and shape waves into place with fingers.



We can show you how next time you're in the salon.

The Unconventional Hairdresser

We are what we eat

I talk a lot about the products we use on our hair and skin, but what about what we eat?

The way the food industry is changing means that we really need to be on the ball when it comes to what, exactly, we're consuming.

The World Cancer Research Fund (WCRF) has warned that even small amounts of processed foods and alcohol can increase the risk of cancer by up to 40%. So it's no surprise that a poor diet will affect your hair health.

The metabolic requirements of follicle cells (minerals and vitamins) must be satisfied for optimum hair growth. Poor diets, high in fat, processed meats, sugary drinks and snacks can cause hair to be dry, stringy and dull. In some cases it can result in hair loss. Combine with stress and you have a recipe for very unhappy hair.

But the solution is simple, and it doesn't involve expensive products. Beautiful hair starts with a balanced diet. Also seek out B vitamins, they're great for hair health, especially Biotin.

Here are my favourite top ten foods for gorgeously healthy hair.

- Salmon and Mackerel (oily fish)
- Whole grains (rich in biotin)
- Dark green vegetables
- Beans and legumes
- Nuts and seeds
- Poultry
- Eggs
- Oysters
- Dairy products
- Carrots



The Summer Salmon Salad over the page hits the spot.

Ref The Trichological Society



It's Festival Season!

Off to one of the Summer's hottest festivals, a weekend camping, or the village fete? The last thing you need to be thinking about is your hair. So check out Becky's favourite Kevin.Murphy products for fuss free, festival ready hair.

Fresh.Hair

A dry cleaning hairspray which will remove excess oil from the scalp and texturise the hair. Just spray *Fresh.Hair* in at your roots and use a towel to massage the scalp to remove the excess dirt and oil.

Powder.Puff

This starts out as a powder then, when massaged into the hair, turns into a product that holds. Great for creating the bedroom look on any hair length. Shake the cute bottle and sprinkle onto the roots of damp or dry hair for intense volume and texture.



Doo.Over

A lightweight dry powder hairspray which gives a gentle hold. Great for prepping fine hair before styling to hold your

look in place. *Doo.Over* is the perfect combination of *Fresh.hair* and *Powder.Puff* in one product.

Bedroom.Hair

Achieve gentle hold and create texture in finer hair. This light, flexible hairspray adds shine and hold for a natural, 'lived-in' look. Hair is left touchable and moveable but keeps its shape for longer lasting waves and curls.



Session.Spray

Looking for something a bit stronger? *Session.Spray* is perfect. A strong-hold hairspray that leaves your hair shiny and where you put it even during humid weather.

Summer salmon salad

Jaime Oliver

Ingredients

800 g Jersey Royals
sea salt
freshly ground black pepper
200 ml natural yoghurt
1 lemon, zest and juice
extra virgin olive oil
½ cucumber, peeled
1 small bunch fennel tops
1 small bunch fresh basil, leaves picked
400 g hot smoked salmon, from sustainable sources



Method

1. Scrub the potatoes and halve any large ones and add to a pan of boiling salted water. Bring back to the boil and simmer for 15 minutes until nicely cooked.

Meanwhile, make your dressing, mix the yoghurt, lemon zest and juice, a pinch of salt and pepper and lug of extra virgin olive oil. Drain the potatoes, tip into a mixing bowl and season with salt and pepper. Drizzle with a little olive oil and, after 5 minutes, stir in most of the dressing. Leave to cool.

2. Halve the cucumber lengthways, remove seeds and cut into ½cm slices. Roughly chop the fennel. Add the cucumber, fennel and basil to the potatoes and mix well. Divide evenly between four plates and flake over the salmon. Drizzle with a little olive oil.

<https://www.jamieoliver.com/recipes/fish-recipes/summer-salmon-salad/>