



# Winter 2018

# pHd

Pure Hair Design



**Welcome,** We are looking forward to a busy few months as we help our clients look their best for the festive party season. We're also going to be attending a series of exciting Kevin Murphy training sessions. So you'll be seeing lots of new techniques at work in the salon in 2019. Our annual price increase also comes into play on 1st December, so please do check price lists carefully. For now, keep warm with our latest news. Discover out what Lilia loves, see what Chloe can't cope without, try our perfect party updo, find a guilt free gift and check out our delicious winter warmer soup with a spicy kick...

## Well done Lilia and Chloe

Owner, Claire Gilbraith, prides herself on supporting the next generation of hairdressers. We are very proud to announce that Lilia has recently completed her NVQ Level 2 basic hairdressing qualification and has been promoted from apprentice to Graduate Stylist. Chloe will shortly complete her NVQ level 3 advanced hairdressing qualification and be promoted to stylist.



**Congratulations to you both!**

## Christmas Gifts Sorted

Stuck for a meaningful gift? What could be more thoughtful than a personally tailored, organic, cruelty free, haircare gift pack from Kevin Murphy?

We know many of you are trying to shop more mindfully this Christmas, so we're excited to be able to offer these amazing festive gift packs. The ideal present for a special friend or family member (or even yourself).

We can help you choose the perfect match for the lucky recipient. Two of the packs come in their own Kevin Murphy make-up/travel accessory bag and most include a full-size product, completely free.

Kevin Murphy products are also environmentally friendly and by buying locally you're supporting the community. So, let us tick another task off your list.



## Lilia Loves...

Kevin Murphy *Killer.Waves* is a weightless curl enhancer designed to also add volume, texture and definition to curls and waves on fine hair. *Killer.Waves* will also fight frizz, adds strength and protection and includes eyelash thickening and lengthening technology adapted for your hair. It's (not so) secret

ingredient? Baobab seed extract which boosts your hair's moisture and elasticity.

John Masters Limited Edition *Pumpkin Spice Lip Calm* contains jojoba, olive and borage oil to soften, hydrate and protect against harsh winter weather. It also tastes deliciously of pumpkin, cinnamon and ginger.



## Thai winter warmer Tom Kha Gai



Recipe Source:  
[www.daringgourmet.com](http://www.daringgourmet.com)

### Ingredients

- 2 tsp oil
- 1 1/2 tbsp Thai red curry paste
- 700ml strong chicken/vegetable stock
- 700ml unsweetened coconut milk
- 1 large lemongrass stalk trimmed and cut into 2-inch pieces
- 6 thin slices fresh galangal or ginger
- 2 Thai chilies seeded cut in thin slices (adapt to taste)
- 3 tbsp fresh lime juice
- 2 tbsp Asian fish sauce (or vegan alternative)
- 1 lb chicken breast (or tofu) cut into thin strips
- 75g white button mushrooms sliced thinly
- 5g fresh Thai basil, thinly sliced
- Coriander or basil leaves for garnishing

### Instructions

Warm the oil in a pan over medium heat. Add the curry paste, stirring until fragrant. Add the stock, coconut milk, lemongrass, ginger, chilies, lime juice, and fish sauce and bring it to a simmer, about 5 minutes. Add the chicken/tofu strips and simmer for 15 minutes. Add the mushrooms and the basil and simmer for another 5 minutes. Add salt to taste if needed. Remove the lemongrass and ginger and serve immediately, garnished with fresh basil leaves or coriander.

## Your party look in 5 easy steps



**Step 1:** Prepare damp hair with *Anti.Gravity* spray and dry into the hair.

**Step 2:** Back comb the hair (for volume) and smooth the top layer so it looks neat. Gather all the hair to one side and plait it so it is going towards the other side of your head. (leave out two pieces of hair at the front on either side of the parting).

**Step 3:** Clip the plait on to your head, making two rows. Pull the plait out so it's looser and a bit messy. Make sure you can't see the clips.

**Step 4:** Fix everything in place. Curl the two pieces of hair that you left out at the front.



**Step 5:** Finish the look with session spray, you are now ready for your Christmas party!

**Top tip:** When plaiting the hair don't plait it too tight otherwise it will be harder to pull out at the end.

## Team favourites -Chloe

Last time we took a look in Becky's shower bag, this time Chloe tells us what she uses to take her hair from a day in the salon to a night out.

### Day to day

I always have two shampoos on the go to give my hair what it needs. My favourites are *Balancing.Wash* and *Stimulate.Me.Wash* as they leave my hair feeling squeaky clean. To condition I use *Blonde.Angel* rinse. It's perfect for maintaining a really cool blonde without scrimping on moisture.

### Repair and Protect

I am growing my hair out, so protecting from damage is very important, it needs to be in tip-top condition. I use four different products after washing my



hair. Not a problem with the KM range because all the products are weightless, so you can layer them without feeling like your hair is heavy or lank.

I use *Un.Tangled* to detangle my knots. Then *Body.Mass* which I love because

it's made my hair grow so fast and keeps it healthy and thick. Afterwards I add some *Leave.In.Repair* on the ends to heal any split ends. Finally, a couple of spritzes of *Shimmer.Me.Blonde* for heat protection before I style.

### Night out

For a night out I usually like my hair to look quite sleek. *Young.Again* oil leaves my hair super smooth and hydrated. Then I go over with straighteners.

### You can just keep one

That's easy. I would definitely keep *Un.Tangled*. It's my saving grace, I can't go anywhere without it. It detangles, protects from heat and is a leave-in conditioner all in one. It makes my life so much easier when it comes to brushing the knots out of my hair as it doesn't hurt at all. I absolutely love it!