



# Autumn 2019

# pHd

Pure Hair Design

## Head Over Healing

pHd's owner, Claire, is excited to introduce new business venture, *Head Over Healing*.

This is a natural expansion of Claire's expertise and passion,

that she hopes will allow her to support people experiencing medical hair loss. In a recent interview for the *Malvern Gazette*, Claire described how she wants to reassure and support her local community through their hair loss journey.

"During 35 years of hairdressing, I've met some amazing people and I've gained experience of medical hair loss through clients, friends and family. So I've already seen a tiny bit of the hair loss journey and I want to bridge the gap between hairdressing and trichology and support the whole community. I want to really help people.

I was inspired by celebrity hairdresser and founder of *My New Hair*, Trevor Sorbie MBE (right), who ran a course I recently attended which qualified me to fit, cut, style and personalise wigs.

"Clients can bring me photos and I can cut, soften or texture their wig hair to make it look more natural and style it so that when they're wearing it they feel more like themselves."



### Styling for hair loss

"Losing a lot of hair can be traumatic, everyone deals with it differently but I hope to help take away a little of the stress of I can. One way is through stage cutting so, from long hair we go to a medium look and then later perhaps a pixie cut, before the possibility of head shave. Not everyone wants to go through this process in a busy salon, which is why I'm offering to visit clients at their home, in hospital or by private appointment at the salon."

### Scalp care

"I am also trained in the use of a scope that enables me to examine the health of the scalp and hair. The hand-held wireless scope magnifies by 200x so I can see how many strands of hair are coming out of each follicle and if the follicles are closing. I can even look at blood supply. I am then able to advise clients on the best products and actions for scalp care."

### Head Over Healing

"This new service is not just for people experiencing radical hair loss through cancer, I am also able to support those with alopecia and other scalp conditions. I can help when you've hit a wall and nothing you are buying from the supermarket works so you don't really know what to do next. "

## Myth Busting

You should arrive with dirty hair for a colour or updo.

### False!

Just washed, shiny hair can be tricky to style without the help of a few products, but no hairdresser wants to work with a week's worth of dry-shampoo build up!

The same goes for applying colour, in fact, colour often goes on better to clean hair than hair that's in need of a good wash.

## Becky's Bathroom Besties



You'll find all of these products in senior stylist, Becky's bathroom, and she promises that she uses every single one of them. But perhaps not all at once! The secret to great hair, explains Becky, is responding to its unique and changing needs.

Becky chooses her products to suit her hair needs on a day by day basis. The seasons, weather, your age, whether your hair is coloured, how you want to style it and even your menstrual cycle can all impact on which products you will need to reach for. So let's have a look at some of her faves - plus a few pro tips along the way.

Let's start with cleansing. *Balancing.Wash*, is Becky's go-to shampoo. Its gentle formula is great for all hair types. But,

for coloured hair she recommends *Staying.Alive* to help it last longer. Depending on need, Becky will exfoliate her hair with *Maxi.Wash* once a week or once a fortnight.

After washing, spritz on *Body.Mass* and leave-in to prevent thinning and encourage hair growth or use *Shimmer.Me.Blonde* to repair, add shine and provide heat protection and if you're reaching for the hairdryer or straighteners, *Smooth.Again* will help to keep frizz at bay.

If it's a curls day, *Session.Spray* will keep them locked in while *Easy.Rider* smoothes and calms (whether curling or straightening). **Pro tip** - work it through curls with fingers to separate and control frizz.

Becky loves the whole *Repair* range, the wash and rinse are super light and perfect for dry ends. **Pro tip** - apply *Leave.In.Repair* to wet hair, then add a little extra once dry. For an extra boost for brittle ends try *Re.Store*.

If your hair is really dry then boost hydration with *Hydrate.Wash/Rinse/Masque*. Finally, *Young.Again* (oil) is great for boosting moisture and smoothing and it's so light it can be used on wet and dry hair.

This range is so lightweight that even using six products before styling won't weigh your hair down!

## Fuss free up-do

What if we told you that you could claim back an extra 15 minutes in the mornings? What would you do? Hit snooze a few more times? Fit in a HIIT session? Journal? Meditate? Make the best pack lunch ever? The possibilities are endless, so we have put together this super quick style, perfect for every-day wear, whether you're off to the office, spa or school! Minimum effort, maximum style.

**Step 1** - Tie hair up into a pony tail

**Step 2** - Pull through a styling donut

**Step 3** - Shape hair around the donut and secure with pins.

**Step 4** - Voila! Great hair, no fuss!



## Harvest Quinoa Salad

### Ingredients

180g tri-colour quinoa  
40g dried cranberries  
2 tbsp toasted almond slices  
2 tbsp pumpkin seeds  
1 gala apple (diced)  
1 spring onion (thinly sliced)  
200g baby kale or spinach (chopped)  
450g butternut squash (cubed and roasted)  
Cider vinaigrette for dressing



Full recipe at <https://reciperunner.com>

### Method

Cook quinoa according to packet instructions. Cool to room temperature before combining with butternut squash, apple, green onion, baby kale, dried cranberries. Add dressing to taste and season with salt and vinegar. Refrigerate until ready to serve. If making ahead, add almonds and pumpkin seeds just before serving to keep them crunchy.