



Winter 2019

pHd

Pure Hair Design

Festive Hair

Introducing Ryan. He is working in the salon as a graduate stylist while training at Worcester college to complete his NVQ level 3. To celebrate

joining the team, Ryan is offering a shampoo, and temporary colour, followed by a blow dry for just **£25!**

This is a perfect chance to get your festive hair on trend with our beautiful new product range, Davines. These pure pigmented conditioners last for 6-8 washes and come in: Lilac, Blue, Teal, Pink and Coral. They're also natural, cruelty free and vegan friendly.



Please note that the hair has to be already pre-lightened to achieve the results seen in the photo.

Treat yourself

KEVIN.MURPHY
Hydrate.Me Wash & Rinse



The harsh weather of winter and central heating wreaks havoc with our skin. Most of us are already reaching for hand creams and heavy moisturisers as our skin struggles to cope. Our hair is no different and we need to give it a little extra nourishment to battle the elements during these cold months.

Luckily, the pHd team have the solution to keep your hair looking fabulous all year round!

Hydrate.Me

At pHd we love the Hydrate.me range

from Kevin.Murphy. The wash, rinse and mask all contain Kakadu plum. This Australian fruit flourishes in harsh and hot weather conditions and so it's perfect for counteracting the damaging effects of winter conditions.

This excellent range will quench dry and dull hair leaving you with beautifully nourished and hydrated locks. It's smoothing technology leaves hair looking sleek and shiny. It's also perfect for straight, wavy or curly hair – so no excuse for hiding under that woolly hat!

Treat.Me

Fancy treating yourself? Look no further than the wonderful conditioning treatments in KM's Treat.Me range.

The treats contain ingredients such as essential oils, proteins and flower extracts to nourish your hair. There are four different treats to choose from,

depending on your hair needs. Strength, Anti-Ageing, Thickening or Moisturising.

We deliver this treatment in the salon, so you just have to lie back and relax. After spritzing on the perfect treatment chosen for your hair needs we give your scalp a luxurious massage and then engulf your hair in a wonderful hot towel wrap. The results will last up to six weeks!

A Treat.Me treatment can be added to any service, but you should book in advance to avoid disappointment.



Wigs in style

Claire has attended a second training course in London with Trevor Sorbie, celebrity hairdresser and founder of charity *My New Hair*.



She is now level one and two qualified in wig fitting, cutting and styling. She is literally buzzing with enthusiasm for this extension to her already vast hairdressing knowledge and experience. Claire will be attending one more course in the new year which will give her the skills to measure, template and order small hair pieces for specific hair loss, such as male pattern baldness, alopecia, scarring from radio therapy etc.

If you are concerned about scalp problems or hair loss, Claire could help you.



To arrange a consultation you can call the salon, contact Claire direct on 07970337377, search for 'head over healing' on Facebook or email headoverhealing@outlook.com.

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Gift Great Hair



Stuck for a Christmas gift? We might have just the answer! Introduce a loved one to cruelty free, vegan friendly and chemical free hair care with a **£40 pHd**

Christmas Gift voucher, better yet, in the spirit of giving, we'll top it up to £50!

The t's and c's: Vouchers must be bought before Christmas Eve and must be redeemed after the 1st January and before the end of February 2020.

Looking for something more hands-on? Why not check out the gorgeous Kevin.Murphy Christmas packs? They make excellent Christmas pressies whether you're new to KM or an ardent fan! Each gift contains two full-sized products and a third item comes free!

There's quite a range to choose from so pop into the salon or check out our Facebook page for the latest availability and get yours as soon as possible, when they're gone, they're gone!



Vegan Christmas Wreath

Ingredients

- 1 roll of puff pastry (JusRol Vegan)
- 1 tablespoon of olive oil
- 1 small white onion, diced
- 2 cloves of garlic
- 1 cup of roughly chopped chestnut mushrooms
- 1 tbsp of dried thyme
- 1 tbsp of dried sage
- 1/2 tsp of salt
- 1 pack of Gosh! Butternut, Tomato and Basil Sausages, broken up



Credit: <https://www.veganfoodandliving.com>

For the flax "egg": 1 tbsp of milled flaxseed + 3 tbsp of water
Approx. 2 tbsp of melted vegan butter to brush the pastry
Cranberry sauce to serve

Method

1. Mix flaxseeds and water. Leave for 5-10 minutes until gloopy.
2. In a large pan, sauté the onion, mushroom, and garlic in olive oil over a medium heat for 4-5 minutes.
3. Add thyme and sage and stir occasionally for another 3-4 minutes, until the mixture is slightly brown and has softened.
4. Add mixture, with the sausage and "egg". Process until fairly smooth, then cover and refrigerate for 30 mins for a more solid consistency.
5. Dust rolling surface with flour and roll out the pastry. Cut out a long rectangle, about 90cm x 20cm (it doesn't have to be precise).
6. Spread sausage mix all along the pastry strip and roll up. Shape into a circle, keep the seam at the bottom, gently lay on the baking sheet.
7. Use a little almond milk to stick the two ends together. With a very sharp knife cut about 12-13 sausage rolls, leaving the inner circle of pastry connected, creating a wreath shape.
8. Brush the whole wreath with butter. Cook at 180 °C for 25-30 min until golden brown and flaky.
9. Serve straight away while still warm with a pot of cranberry sauce for a show-stopping party centrepiece.

Hairball Woes?



We often find that when the seasons change we get lots of clients who worry about how much hair they're finding in the plug hole. So we thought we would reassure you a little!

Senior Stylist at pHd, Becky, explains, "On average 50-100 hairs drop out of our head every day, with a new one forming in its place. This happens naturally throughout the day, so we hardly even notice."

"But when people wear their hair curly or tied back the hair doesn't have the chance to fall out naturally. Instead

it will all come out next time you brush or comb through the hair. One of the common times we do this and notice the results is in the shower or bath. So this is completely natural and not something to worry about!"

However, sometimes it is a sign of something more serious. If you are worried you can book a consultation with your pHd stylist to chat about your concerns. We can offer a

wide range of advice on hair loss from plumping products to products that encourage regrowth or referral to Head Over Healing for a more detailed analysis.

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