



Winter 2022



Welcome, the pHd team love this time of the year. After the intensity of Christmas the first few months of the year are like a soothing balm and time to reset. Speaking of resetting, this is also a popular time for clients to try out a new look. So, we thought we'd share some of our amazing recent transformations. What do you think, time for a change? But, don't forget that wellbeing means taking care of yourself inside and out and we have some tips for how we help you do that here at the salon. As we look forward to a positive 2022, we are also mindful that it's been a difficult few years for small business, so we're spreading the love a little and asking our wonderful clients to shop local, need some reasons? We have 9!

New Year, New Hair!

Pink pop

Jem wanted to lift her colour and brighten her look. So we went with a rose brown ballayage with pink feature in the front. It was done in two steps, first we lightened her hair and then we added the pink and rose brown.

We used Kevin Murphy *Smooth.Again.Wash* for frizz control and *Young.Again* to nourish and condition. We think it looks beautiful on this lovely long scattered layers look.



Splash of colour

Marion wanted to start colouring her hair again after a long break. We knew this would be amazing for her and that it would give both her confidence and hair a real boost!

When we're going to do a new look we always make time to discuss options during a free consultation. During Marion's consultation we agreed a deep red tone for the base and two warmer tones to add definition. We used John Masters shampoo and conditioning range.



Marion was very pleased with her new look. We're not surprised, the red crop really suits her.



Manageable style



Juggling a toddler in a pandemic Mandy wanted a new look that was manageable and stylish, so we went for a classic bob. The result is a fab new look for the new year!

To achieve this look we added moisture with John Masters organics *Evening Primrose Shampoo*

and *Citrus and Neroli Conditioner* to hydrate and protect. For styling we chose John Masters *Leave-in Conditioning Mist* with calendula followed by a volumising and thickening spray and *Mango Butter Pomade* to finish and add a little shine.



Total Restyle

Here we have an amazing cutting transformation. Lisa wanted to donate her long hair to the Little Princess Trust in Hereford. The charity creates wigs for children suffering with cancer. After consultation we settled on a style that we felt would work. However, with any major restyle, especially for a new client, you can never be sure how the hair will behave. Lisa's fine, straight hair, started curling as soon as it was cut, amazing! The result was a low maintenance style and she really suited the curls. She loved it!



We used Kevin Murphy's *Balancing Wash* and *Repair.Me rinse* and finished with curl activating conditioning lotion, *Motion.Lotion*.

Healthy slow cooker Tuscan bread soup



<https://www.taste.com.au/>

- 2 tsp olive oil
- 1 brown onion, finely chopped
- 2 carrots, peeled, chopped
- 2 celery sticks, trimmed, chopped
- 2 garlic cloves, crushed
- 1 tsp fennel seeds
- Pinch of dried chilli flakes
- 400g can crushed tomatoes
- 400g can Cannellini Beans, drained, rinsed
- 1L Vegetable stock
- Bouquet garni
- 200g cavalo nero, stem removed, leaves shredded
- 2 thick slices bread, lightly toasted, torn into chunks
- 40g (1/2cup) finely grated parmesan, (or vegetarian hard cheese) plus extra shaved, to serve
- 1 lemon, juiced, zested

Step 1

Set a 5l slow cooker to browning. Heat oil. Cook onion, carrot and celery for 5 minutes, until tender. Add garlic, fennel and chilli. Cook for 1 minute. Add tomatoes, beans, stock and bouquet garni. Season. Change cooker setting to High. Cover. Cook for 3-4 hours or until vegetables are almost tender.

Step 2

Stir in cavalo nero, bread and parmesan. Cover and cook on High for 30 minutes or until soup has thickened slightly. Stir in lemon juice, to taste. Serve topped with parsley, lemon zest and extra parmesan.

Healthy, inside & out

It's easy to focus on how we look rather than how we feel. We know this better than most, after all it's our job to help you look amazing! However, what we really want is for our clients to **feel** amazing. We do this in a few ways:

Relaxed space - Mental wellbeing is so important and we work hard to create an oasis of calm, so a visit to us is a chance to recharge.

Safe space - We have kept the salon safe and healthy during the pandemic and continue to follow covid-safe policies for the time being.

Eco space - Environmental consideration runs through the heart of the salon. Including the building materials, the way we clean and the drinks we offer our clients.

Caring space - The products we use are kind to your body and the planet as well as your hair. We know that what you put on your skin is as important for your wellbeing as what you eat. We also believe that great hair shouldn't cost the earth!

We want our clients to leave the salon loving their hair, looking amazing and above all, feeling brilliant.



9 reasons to shop local

1) **Community support** - shopping local creates jobs for the community. Thriving small businesses are also more likely to buy local themselves.

2) **Something special** - Whether local crafts or specialist products, small businesses are more able to supply unique items that you won't find elsewhere.

3) **Bag a bargain** - independent shops offer deals that others wouldn't even consider. Not to mention that cheap does not always mean good value.

4) **Ethical high ground** - Make better, more informed ethical buying choices by talking to people who know what they're selling and where it comes from.



8) **Tactile** - Some things just have to be held to be properly appreciated.

5) **Climate Care** - Locally sourced and produced products have a smaller carbon footprint.

6) **Expertise** - Small business owners know their stuff They're passionate about what they do and able to offer you tailored advice.

7) **Make connections** - Meet others who share your interests. At the hair salon, a wool shop 'how to' session or when popping into the farm shop.

9) **Step it out** - Did you know, sitting is almost as bad for us as smoking? A walk around your local shops is good for your health.