

## HEALTHY HAIR HABBITS FOR WOMEN AND MEN

- Condition correctly — and with care.
- Take time for hair masks.
- Choose the right products for your hair.
- Eat a balanced diet.
- Turn down the temp of your shower.
- Shield from the sun.
- Don't skip your scalp.
- Get a trim.
- Minimize damage from heat styling, "invest in professional hot tool."

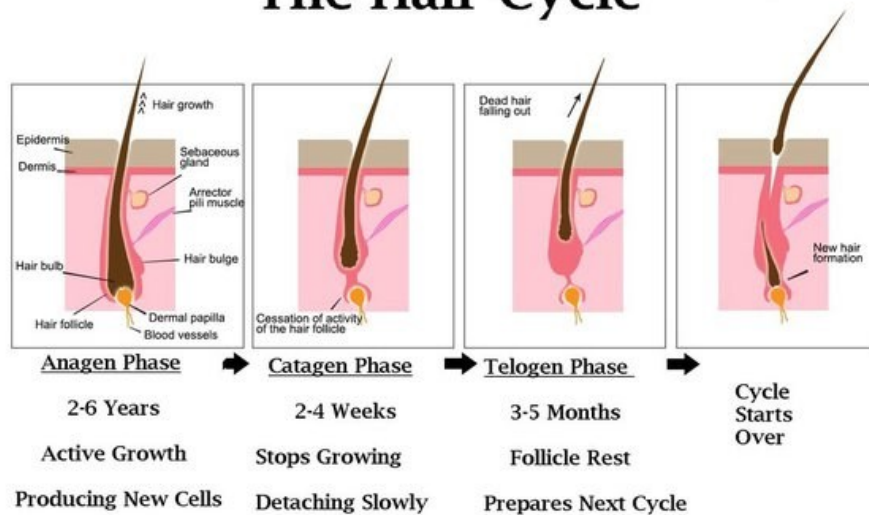
**Did you know**  
**We shed between 50 and 100 hairs a day!**

**At different times,**  
**90% of hair is growing, while the other 10% is resting.**

We have a more developed range to suit men as well!!!



## The Hair Cycle



*Ernie Clark*

*Creative Hair Design*

*&*

*Beauty Spa*



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*Google Street View*



GUINOT CROWN SALON

Spring has sprung, new beginnings, new life, lets get ready for the beautiful seasons and getting life back on track.

What has happened the last two years?

Thank you all for your care and well wishes, sorry I haven't been able to be with you whilst From June 2021 new hip to now April 2022 my shoulder think I have dropped to bits. You have all been so supportive.

The team importantly have been marvellous.

Well we are about to transfer ourselves from the chrysalis into the butterflies.

Take a look- what do you want- healthier. Beautiful skin, body and hair, we have the answers.

Thalgo complimentary health treatment - cleansing from inside with vitamins, minerals to boost our skin and body.

Refinement treatment for getting ready to bare ourselves.



Caci firming and toning, Cryo fat displacement , firming, toning and pain relief.



Lifts and tones. Redefines facial contours and targets lines and wrinkles.



Thalgo and Guinot facials and body treatments.

## Équilibre Pureté Treatment!

40 minute treatment that reduces excess sebum and rebalances the skin. The heated enzymatic double action exfoliator eliminates dead skin cells and refines and clears pores.



## Thalgo Hot Stone Treatment

Using volcanic stones, this unique technique treatment relaxes the body and mind. We can treat the face and the body also includes massage technique.



Kerastase treat for scalp and hair.

Little treat with gifts jewellery and handbags.

Are you ready for sandals and the beech look.

Waxing, pedicure and manicure.

How would you like to wear your hair , new total look or just pamper and shine.

What have you done about your makeup and creams, are they being used, we have new colours etc.

Eye lash lift and tint, enhance brows to define eyes.

Would you like us to email you about new products.

We have Thalgo treat days.

Guinot express facials to taste the experience and free consultations.

Ask about upcoming treat events.