

ExSalonce Ltd.

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Autumn 2008

www.exsalonceltd.com

Christmas Open House

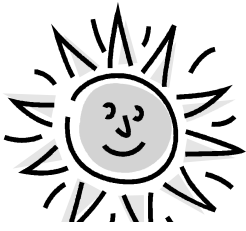
November 3rd thru November 8th, 2008

1. Refreshments and treats will be served all week
2. Join us for a **FREE** hand paraffin dip with any service
3. Purchase your Christmas gifts for family & friends at ExSalonce, Ltd.
4. **Free** gift wrap with any purchase
5. 10% savings on all purchases of Cinema Secrets Makeup
6. 10% savings on all purchases of Dermalogica Skin Care

Hints for Color-Treated Hair

- Use a hat or a scarf to protect color-treated hair against fading and drying.
- Use a shampoo that is specifically formulated for color- treated hair.
- Be sure to use tepid water when rinsing hair to prevent fading of color and dryness of your hair.
- Condition regularly with an intensive conditioner to maintain moisture and luster.
- Do not brush your hair when it is wet; gently use a wide-toothed comb to work out the tangles, starting from the ends of your hair and then working toward your scalp.
- When blow-drying your hair, stop drying before your hair is completely dry. Leaving a little bit of moisture in your hair will help to reduce static and fly-away hair.
- Watch that curling or straightening iron! They are great styling tools, but can eventually dry out your hair. Ask your stylist about thermal protectants to keep your hair looking great!
- A finish to your hair is a great idea, whether it is hairspray or a moisturizing shine. These products will protect your hair throughout the day from the drying wind and sun.
- If you are interested in additional highlights, see your stylist. Do NOT put lightening agents or lemon juice on color- treated hair.
- Did you know you CAN have a perm with colol- treated hair? Again, ask our stylist for specially formulated perms that can give you the additional body and fullness you are looking for without damaging your hair.
- When in doubt, ask our stylist. Only she can give you the professional information you need. ✂

ExSalonce, Ltd. offers gift certificates for all occasions, Christmas, Birthdays, Anniversaries and Etc... Ask your family members and friends to purchase a gift certificate for you from ExSalonce, Ltd.



Self-esteem and You

self-esteem is likely the most central aspect to your personality. How much self-esteem you have will determine the amount of vitality, enthusiasm, and personal attraction you exude. High self-esteem makes you more positive, more likable, and more successful in all aspects of your life.

Everything you think, do, or say has an impact on your self-esteem. It is up to you to keep it high and positive. It is an indicator of your emotional fitness.

Self-esteem means that you respect and value yourself as an important and worthy person. When you feel good about yourself, you have a tendency to be very good at anything you attempt.

When our self-esteem is hurt, the very first thing that happens is that we no longer get along with others as well. Our health, hardiness, and resiliency suffer.

Keeping our self-esteem up contributes to our peace of mind, inner contentment, our health, and energy levels. Those with high self-esteem usually are not sick very often, and are extremely energetic. Their enthusiasm is evident and they seem to live very happy lives.

Avoid these Makeup Mistakes

- Ignore your eyes and you will look tired and uninterested. Your eyes are the most important part of your face so make them pop! Curl your lashes and use an appropriate color of mascara and eye-liner, sparingly please.
- Tone down that eye shadow. Bright and garish eye shadow dates your makeup and ages you by more than a few years. Go for more sheer and neutral colors that contrast and contour your eyes. Use brushes to apply your eye shadow.
- Foundation needs to be light and WELL blended. Using heavy foundation fills in the wrinkles and creases, but actually ADDS years to your face rather than subtracting them. Try a light foundation and translucent face powder to set your makeup.
- The over-plucked eyebrow syndrome is harder and harder to correct after the age of 30. You want to frame your face and have a slight arched eyebrow. Stay away from the thin, harsh lined look.
- Moisturize your lips. Creamier lipstick prevents that dry creased look. Avoid a matte lipstick as it makes your lips look dry.
- See your hair stylist for a "New Look". Never changing your hairstyle announces to the world you just don't care. Remember, our stylist will do something different with your permission.

New Services at ExSalonce, Ltd. in 2008

Shavasana Eyelash Extension - accentuate your natural beauty with longer, thicker eyelashes. These extensions are semi-permanent procedures adhering individual synthetic lashes to the individual natural lash. Chris & Deb can get your lash line looking naturally gorgeous!

Body Waxing - waxing is a very convenient, cost effective, longer lasting and quick method of removing unwanted body hair. Nicolette has been trained in all phases of waxing.