

"Expect the Best or Your Money Back"

ExSalon^{COSMETOLOGY SERVICES}_{LTD.}

"Where Clients Become Friends"

Newsletter

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What's My Perfect Hair Style?

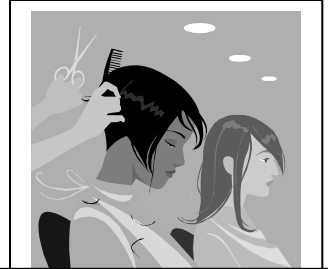
This is a very common problem for most people. At one time or another we doubt that we are truly wearing our hair in a style that is most flattering to us. Then we begin to wonder what our "look" really should be. Let me put your mind at ease. No matter what you do to your hair, it will eventually grow out and you can start again. Nothing is actually permanent. Once we reassure ourselves with this knowledge, we can be a little more bold and brave when it comes to trying new ideas.

As time passes, our hair and our face changes. By changing your style and length, you can make the very best of those changes. What used to work for you when you were sixteen may not be your very best look at 36. The real secret to hair-style success, however, is recognizing that some of the classic hairstyles we see over and over again are the result of what hair does naturally.

You may have a desire to have a particular hair style, but unless it reflects the natural beauty of your hair, it may not actually suit you. Everyone has a natural hair type, and getting a cut that is shaped and styled specifically for them is what will bring out the natural beauty of your hair. Take time to evaluate your hair. Ask your hairdresser to help you identify the good qualities and characteristics of your hair. Then together, you can design your style that best suits your face and your hair.

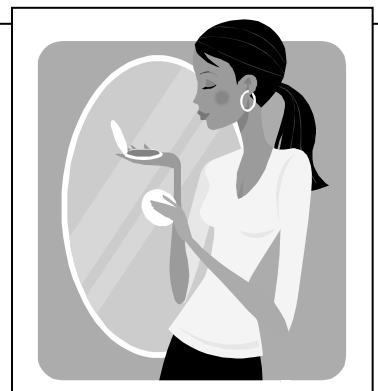
By taking time to get a really good style, you'll be able to shampoo, comb, and go or you can primp and prep to your heart's delight. A good hairstyle will allow you to do either, saving you time when you most need it, but ensuring that you will still look fantastic.

You can do a few things to change the characteristics of your hair including coloring, curling, or getting a perm. Remember, none of these are permanent. If you find that it does not work as well as you'd hoped, wait a little time, and you will have a new opportunity. Work with your hair, rather than trying to fight it. Finding what your hair does best at each phase of your life will augment your lifestyle and bring out the true you.



Tips for Getting a Great Style

- Schedule time for a consultation.
- Find a picture of the style you want and bring it in.
- Listen to your stylist; you're paying for their expertise.
- Be honest about how much time you will REALLY spend on your hair.



Get smooth for spring!
10 % savings on all Body Waxing Services in February 2009

FEBRUARY PEDICURE SPECIAL

FREE Paraffin Treatment with the purchase of any regular priced pedicure

CHANGE BEGINS WITH CHOICE

“Any day we wish; we can discipline ourselves to change it all. Any day we wish; we can open the book that will open our mind to new knowledge. Any day we wish; we can start a new activity. Any day we wish; we can start the process of life change. We can do it immediately, or next week, or next month, or next year.”

Jim Rohn Business Philosopher

How to Stay Happy and Healthy this Winter Season:

- **Find humor wherever you can.** With this winter weather, it is going to be long winter.
- **Watch what you eat.** Eat plenty of fruits, vegetables and 5 oz. of meat, usually fish or chicken.
- **Exercise.** As if shoveling snow weren't enough, include a daily routine of exercise!
- **Make and then stick to a budget.** You may have to remind your loved ones that you DID make a budget this year and that flat screen TV just wasn't in the budget.
- **Attend or host an evening get together for friends.** It can be casual or formal, your choice.
- **Take time out to relax, especially after completing a difficult task.** Take a winter vacation, relax reading a good book of your choice or watch a good movie.
- **Spend time with friends or family.** Spend quality time playing games, cards or sport activities.

INTRODUCING NEW BIOLAGE REJUVATHERAPIE

A new complete anti-aging therapy from Biolage for a new level of beauty and shine. Rejuvenating technology restores and helps retain lost nutrients from aging hair. Three new products featuring an anti-aging nutritional blend of omega-3 rich camelina oil, antioxidant lycopene and strengthening rice proteins. For women over 45, it gives nourishment to “dull, lifeless hair” and improved color protection.

Rejuvatherapie offers:

- ✚ A replenishment of lost nutrients to aged hair
- ✚ Strength to improve elasticity
- ✚ Protection against free radicals
- ✚ Remarkable weightless intense conditioning
- ✚ Care for colored-treated hair