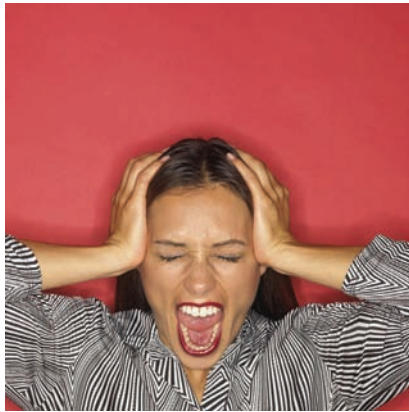




Living Well



How Do You Cope with Stress?

Isn't this the #1 talked about subject? You listen and sympathize as you think about your own life's challenges & opportunities. You care and you feel for them, because you know just how they feel. It's no wonder we have so many health issues.

We, in the Beauty Industry, say feed

Your Body



The first step to enhancing your mental health is to address the physical. Consider rest, exercise, and what you are feeding

your body. **Avoid** over exerting yourself. Maintain correct posture and movements, and stretch throughout the day. Use deep breathing to focus on relieving tension during breaks, and practice some form of exercise

your **heart, mind, and soul** first.

“**Well-ness**”, is more than simply how we feel, look or treat our physical bodies. Authors on this topic found that “**Well-Being**” includes all areas of the individual, the body, mind, relationships, money, jobs, and community service.

Waking up with a purpose, living life with purpose, finding a way to be kind to ourselves in all the above areas is a challenge for all of us. It is all about balance.

Think about what your strengths are, weaknesses, what the cost will be, and then smile at yourself in the mirror as you say “yes” to what you can, and “no” to what you cannot.

Here are some more tips I found helpful.

outside of the workplace. Take a walk if you can. Nutrition that fuels energy and boosts mood, massage and aromatherapy, are other ways to rejuvenate. Eating breakfast is on everyone's lips. Do not skip any meals.

In this issue:

Coping with Stress	1
Your Body	1
Thinking Positive	2
Repairing Relationships	2
Put Money in it's Place	2
Have a Servant's Heart	2
Know When to Say "No"	3
Ask the Hair Doctor	3
In the Stylist's Chair	4

Hot Tips

- **Do Not** skip meals
- Forgiveness and gratitude are the keys to meaningful relationships.
- Know when to say “No”.
- Try color or face framing highlights to lift your spirits, and give your hairstyle Ultimate Sophistication.

Thinking Positive



The art of positive thinking is nothing to laugh about. “Remember this: your thoughts determine

your actions, which determine your outcomes,” Adding music, spending time with a pet, meditation and prayer, journal writing, care-giving and thanking a mentor

can be a real positive thinking booster. Positive thinking increases white blood cells to boost immunity.

Repairing Relationships



Forgiveness and gratitude are the keys to meaningful relationships.

If a relationship is troubled, write a note asking for, or granting, for-

giveness, even if you never send it. As for gratitude, some say that simply generating a sincere feeling of gratitude or appreciation releases the positive emotion hormone DHEA, which increases creativity, memory, learning and

longevity.

Write notes of gratitude to the important people in your life regularly, letting them know how much they mean to you.

Put Money in it's Place



How you invest, how you save, and how you give, are all

positively charged ways put money into perspective. Begin with what you feel you can give, to charity, to your church. Get rid of credit card debt. Only charge 20%

of what your maximum balance is. This way you have emergency funds. If you do not save, start now, even if it is only a dollar or two a month, start. It is best to have a long term fund, Ira, 401K, etc., also a short term fund that you can access for those unexpected bills or vacation opportunities. But

start something. My goal is 10% of **gross** to charity, 10% of **gross** to long term funds, 10% of **gross** to short term funds, and live on 70% of my income. It is an on going challenge, and I am slowly, over 16 years, reaching that bold goal. I started with a few cents a day. If I can do it, so can you.

Have a Servant's Heart



In our industry, serving is what we do everyday. And yet, my greatest joy is to serve in a fund raising

event, toys for tots or to deliver non perishable items to our local A.C.T.S. community shelter food pantry. Finding a need and filling it will restore lost energy and in-

vigorate your body, mind and spirit. Like the movie “Pay it Forward”.

Know When to Say “No”

Although it is healthy to be open to the people, places, and opportunities to grow, knowing when to close the door is beneficial too.

Ask yourself, ‘Who comes first, what would I do for free, what makes me get up in the morning and what makes me look forward to the day?’

Anything, anyone, or any place that is contrary to those values and would compromise them, gives you the right to say ‘no,’ and simply walk away. Try this before taking on a project that would affect your work, home and personal responsibilities. It’s all about balance.

Healthy boundaries protect us

from manipulative, controlling people, or those who would hurt us or use us for their own ends.

“But remember, nobody can upset us, hurt our feelings, make us feel guilty, ashamed, afraid or angry without our permission.” (Taken from the movie *The Princess Diaries*)

Ask the Hair Doctor

Reduce “bad hair days” as much as possible. Work with your Hair Stylist to get not just a new look, but the right look for your lifestyle.

Do you have a lot of time to focus on your hair style, or are you the wash and go person? Work with your natural hair texture. No body? No problem.

Today’s texture perms are not your grandmother’s poodle perm anymore. Perms turn you off, no problem there either. Try color or face

framing highlights to lift your spirits, and give your hairstyle Ultimate Sophistication.

Discuss with your hair doctor the pro’s and cons of your styling tools. Thermal Brushes are heated with the air of your blow dryer. This doubles as a curling iron, better for your hair, and a time saving technique.

Liquid Styling tools are a must for some styles, learn which ones you need, and which ones you do not

need. This saves on drying time, the pocket book, and your hair looks it’s best in, or out of the Salon.

Professional products are concentrated, so a little goes a long way, and with so many levels of hold, you get the perfect support your hairstyle needs.

Professional products are also water soluble, which means no waxy build up on the hair to give you “good” hair days, everyday.



LARRY'S
HAIR DESIGNERS, INC.
FOR THE ENTIRE FAMILY

FESTIVAL AT OLD BRIDGE
WOODBRIDGE, VA 22192
491-HAIR (4247)
494-4881 551-0609 METRO
ufirst@larryshair.com
HOURS: MON-FRI: 9-9 SAT: 9-5 SUN: 10-4

Current Special:

Anna, Fay, Laura, Lisa, Maria
Stafford, Tawnya, Valorie
Only:

\$20 Off Any One Chemical Service (Plus a FREE Take Home Hair Care Kit)

(Plus a FREE Hand Paraffin Wax Hand Treatment)

With April Newsletter Only, No Double Discounts

In the Stylist's Chair



Maria Stafford joined our staff in 1997.

Maria's straight forward, bubbling personality has warmed clients hearts for over 34 years in the

Beauty Industry. A dedicated full time Hairstylist, Maria likes to mix and match chemical services to the individual client's hair care needs.

Texturizing perms, Color Care needs, Cap or Foil Highlights, Cut and Styles are Maria's speciality. Performance, "Meet & Exceed"

client's expectations, is Maria's goal with every client's visit. You work hard, you play hard, your hair needs to keep up with the workout. Don't wait, let Maria help your hair give you the pay off you deserve.

Lisa joined our staff in 2007. Lisa brings with her 17 years in the beauty industry.

A full time Stylist, Lisa has focused on education from the get-go. Lisa has participated in a wide variety of in-salon classes, hair shows from New York to D.C., and has been awarded certificates of achievements for one-on-one classes from Robert Cromeans Ad-

vanced Academy Design Team, Roy Peters, and other specialists in our industry.

Lisa's long term goals are to expand her business, personal and artistic skills, and through classes and teaching others become a educator and sales representative for the John Paul Mitchell Systems.

"It's a way of life for me", and

Paul Mitchell makes it easy to do what Lisa likes best ...

Color, Foil Highlights, Cap Highlights, and Permanent Waves.

Lisa strives for results that are stylish, fun, and easy to recreate with "Take Home" professional products.



PAUL MITCHELL

Hair Care Sets now in stock. Choose from ...

Moisture, Extra Body, Color Care, Smoothing, & Strength Take Home kits

Now \$11.55 each while supplies last

No coupon or ad needed.

Come see us, make our salon, your salon.

Hair Care is our business. When you look good, So Do We.

Larry's Hair Designers

12460 Dillingham Square
Woodbridge, Va. 22192

Tel: (703) 491-4247
Tel: (703) 491-2000
Tel: (703) 494-4881
Metro: (703) 551-0609
E-mail: Ufirst@larryshair.com
Web: www.larryshair.com



Larry's Hair Designers is a full service family salon, located in the Festival at Old Bridge Shopping Center in Woodbridge, VA.

We've been serving the Woodbridge community since March 27th, 1990. We've got the best stylists in town!

"We cut, shape, and design to the desires of the individual. Customer satisfaction is our goal. When our customers look good, so do we. Every client is our walking advertisement."

...Larry Housden, Owner and Master Barber



Would you like to have this newsletter delivered to your inbox? Send a message to haircare-rx4u@larryshair.com. Place Subscribe in the subject line, and place your first and last name, city, state, and zip in the body of the e-mail. Or, go to www.larryshair.com and click on the Newsletter tab. Enter your information in the boxes provided and click "Submit". You will begin receiving the newsletter beginning with the next issue.

Privacy Policy:

It is not the policy of Larry's Hair Designers to give out or sell your personal information to anyone for any reason. You will never receive unwanted e-mails from Larry's Hair Designers or any of our vendors. Your privacy and satisfaction is the most important thing to us.