



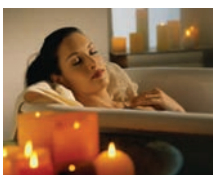
## Make Over



### Is It Time for your Make Over?

Some people are scared of change and others love it. Some clients are always trying to change their look. If it is a new hairstyle or the latest shoe trend, they are on top of it. I love that there are so many options out there for people to revamp who they are if they feel like it. I call that **Independence**.

### Stress. Get Rid of it!



signs of aging, reducing

To stress is a key factor. Get rid of it, or reduce it. Stress releases body toxins, chemicals & hormones that can clog hair

The change can be as temporary as a manicure or as permanent as plastic surgery. For some, this is a new experience. Working for the first time, getting back into the work force after college graduation, or for some, returning to the work force after raising the family. This is a scary time for you. But my theory on **Hair Independence**, is that there are no mistakes, just learning opportunities. When a client says "I'll try this", we educate them on the care of the hairstyle, up keep of the style, and we can help in the "grow it out" stage for a limited number of "Bad Hair Days" for our clients if they change their mind. Some of these make-overs include our own staff members. What better way to spotlight a hairstyle than to be wearing it, or the stylist, is wearing it.

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#### Hot Tips

- *A hairstyle can be an important first impression so the need for well-trained, creative hair stylists is great*
- Take more time to be physically and mentally fit.
- Men deserve an equal chance at a "make overs" too.

## Tips for Your Make Over

### **Hairstyles:**

Make sure your hair stylist is well trained. Ask them if they have been to an advanced training center, if they attend continuing education classes, and when was the last class they attended. Was it 1987, or this past spring? *“Hair Stylists and Barbers do not just cut hair. They can alter a person's whole appearance, with color, with style, with curls or straightening, with highlights or low lights.*

*A hairstyle can be an important first impression so the need for well-trained, creative hair stylists is great.”* Before I became involved in the beauty industry, I can recall when a stylist informed me, that she would no longer be cutting hair. When it was time for my next haircut, not knowing what else to do or where else to go, I simply returned to the same salon and another girl cut my hair. Not only did she do a fine job on my hair,

she changed the look altogether. I have remained a client and an employee for 17 years at that salon. You might argue that it was just dumb luck, but it wasn't. Throughout these 17 years, my stylists have changed, but the quality of service and workmanship did not. This was because I went to an excellent salon with superior Stylists, staff training and mentoring.



### **Diet, Exercise and Life Style:**

Maintain a healthy weight. Keep in mind that any prod-

uct you put **into** or **onto** your body should also be beneficial. But more importantly than “dieting” or being at your “perfect weight” for your body type”, is being healthy.

Take more time to be physically and mentally fit. Without your organs being fit, dieting is useless, don't you think?

### **Skin care:**

Staying out of the sun works wonders, but if you went in the sun when you were in a kid, did not take care of the skin you're

in, or never really thought about it, it's not too late. Facials, massage, body treatments are all beneficial to the mind, body, and soul. Spas and spa treat-

ments do not have to be expensive. Ask your friends, neighbors, and stylist for spa recommendations.

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Offer Good with Carlita and Nicole

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## Tips for Your Make Over



### **Men & Make-overs:**

Men deserve an equal chance at a "make over" or at

least some new hair style suggestions. Very few books on the news stand show new hairstyles for men. There are at least 300 style books for women showing, style, clothes,

patterns, hairstyles etc for women, but only a few for men. Men, Let's Get With The Program! Men are not extinct yet!

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### **Accessories:**

I have a theory that any outfit, no matter how plain it is, can be pumped up into something fabulous if you just pair it with the

proper accessories. Larry's favorite are sunglasses, but there are also hats and headbands and all kinds of things that people do not really think to wear. My daugh-

ter's favorites are the costume jewelry she finds at the mall. Handbags and earrings also make the outfits pop.

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### **Nail designs:**

**Men, pay attention,** Manicures generally include shaping the nails, cuticle care, hand massage and a matte finish polish for the men and giving a glossy finish to the nails for the ladies.

Professionally manicured nails look neat and very attractive. The nails can later be decorated with designs and colors that can range from plain prints and glitter to crystal and abstracts. The nail is the canvas on which peo-

ple can also use fragile dried flowers or even smiley stickers or gems. Nail art and designs vary from air brushing to hand painting. **Remember,** A little art pick-me-up goes a long way.

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### **Teeth Whitening:**

Everybody loves a bright white smile, and there are a variety of products and procedures available to help you improve the look of yours. Many people are satisfied with the sparkle they get from brushing twice daily, flossing, and

the regular cleaning at your dentist's office. If you decide you would like to go beyond this to make your smile look brighter, you should investigate all of your options, both from the store whiteners, and from your dentist's office.

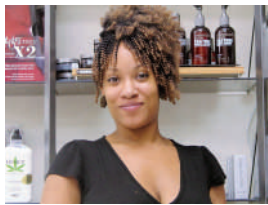
## In the Stylist's Chair



Nicole joined our staff in 2007. Nicole has worked both in salon environments and day spa environments. Education is a key factor for Nicole. Nicole likes to challenge her

talent and put into practice new skills learned at classes and hair shows alike. Nicole's long term goals are to be well diversified in all types of hair care needs. Nicole specializes in ethnic hair care. Her Cutting, Roller Sets, Styling, Up Do's, Coloring, Foil

and Cap High lights, Perms, Relaxers, Texturizers, Press & Curls, and Cornrows will "wow" you. Ask for Nicole at the following times: Sunday 10-3 Wednesday 12-9 Thursday 11-7:30 Friday 11-7:30 Saturday 9-5.



Carlita joined our staff in 2007. Carlita's take on hair care is 'when a girl steps into the spotlight, her hair better look good. Professional sham-

poos and conditioners, styling aids that are the right tools for your hair style, and professional hair color, perms and relaxers is a must.' Carlita works with her clients to choose and create a style that reflects a client's personality. Carlita specializes in

ethnic hair care. Her Cutting, Roller Sets, Styling, Up Do's, Coloring, Perms, Relaxers, Press & Curls, extension, and Cornrows will please even the toughest critic.

### Larry's Hair Designers

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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