



## Look Your Best, Even with Economic Challenges



### Working from Home

When I get involved in a home office project...it doesn't matter what it is...I start to let myself go. The positive part of this reflection is that I'm being really creative and productive. The part I want to change is how I present myself to the world. Is this true for all people who work from home? We get up, sometimes at the crack of dawn or earlier, get going on that project, and feel REALLY good about how much we actually get accomplished by nine or ten in the morning.

### Omega 3

Boost Your Kid's Brainpower with This:

Omega-3 has been associated with increased cognitive function, but recent research indicates that DHA is another powerhouse! For children who take DHA supplements, the DHA level in their bodies is higher, and this directly correlates to their ability to perform on tests that involve listening comprehension and vocabulary. For each percentage DHA increase, their improvement is nine times what it was previously. Eat more salmon or find kid friendly supplements.

***BUT, this is where the problem begins.*** I just roll out of bed, maybe put on sweats and slippers, brew the coffee, and put in several good hours of work. NOW, the demands of the day are calling...time to take the kids somewhere, go to the store, run to the post office, whatever ... I'm still unshowered and in sweats or more likely in PJ's.

I've found rather than just rolling out of bed and getting started, I try getting ready immediately, just as if I'm going to work. This way, I feel clean and fresh and my approach to my project is crisper. This process actually goes even faster when you arrange to ***have your hair cut, trimmed, or styled at least once a month.*** A well crafted haircut is MUCH easier to manage, and it looks sharp even when you're in a hurry.

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#### Hair Tips:

- Work from home? Try getting ready for "work" just like you would as if you traveled to the office..
- Set your makeup and score an even, velvety finish with a light dusting of translucent powder.
- Enhance your eye shape and color by subtly outlining them with a brown pencil liner

## The 5 Minute Face

**Ladies, Learn to put on what I call the "5 Minute Face".** Determine the minimum effort to put into your makeup and never leave without doing at least that much. Most ladies say that they need powder, eye-liner, mascara, lipstick, and concealer. If you use foundation, right after applying your moisturizer, apply one squirt of a liquid foundation. Blend it in well with a sponge, a foundation brush, or your fingers, quickly. This will even out your skin tone without looking overdone. Apply a little under eye concealer, just beneath the inner corners of the eyes. There are three other places to apply it - underneath the eye brows, right on top of the tear ducts, and at the temples, rounding around to the top of the cheekbones, blend with your fingers. It's a really fast way to score a fresh, wide awake look. Set your makeup and score an even, velvety finish with a light dusting of translucent powder. Finish off the eyes with black mascara. Add a little outdoorsy color to the face with a petal pink blush. Use a big, fluffy powder brush to apply it to the apples of the cheeks. The final step is color on the lips. Opt for a sheer gloss in a pretty, natural pink shade and sweep it on. If you have the time, Enhance your eye shape and color by subtly outlining them with a brown pencil liner. Apply it on the upper lash line only. Then, use a Q-Tip to smudge and blend the color into the lash line for a really natural liner look.

**Gents, become ambidextrous.** You CAN use an electric shaver at the same time that you're brushing your teeth. You, too, can benefit from a monthly haircut/trim.

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### 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

Would you like to have this newsletter delivered to your inbox? Send a message to [haircare-rx4u@larryshair.com](mailto: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](http://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.

## Always Look Your Best

*How we present ourselves to the world is how we view ourselves. The votes are in and 2008 was a tough year.* The price per barrel of oil peaked at \$117.40 in May 2008. The only time in our history that we experienced the same sort of spike was in December of 1979. I think we all remember when gas went over \$ 1.00 per gallon at that time. 2008 saw \$4 & \$5 per gallon. Because of this, the number of foreclosures, and a weak job market, most Americans are looking for ways to save money. But is it at the cost of our self images? We feel as depressed as our economy. Look your best, make some personal changes, but keep up your grooming habits. Here are a few ideas to try:

Make a budget and then stick to it.

1. ***have your hair cut, trimmed, or styled at least once a month.*** Your hairdresser is your best friend, you look good, you feel good, and it keeps the ends healthy.
2. Buy professional products, they are made for your specific hair type, color and perm safe, are concentrated, you should use less, and is more economical in the long run.
3. Eat healthy
4. Track ***all*** expenses.
5. Make a list of ALL debt and keep it visible, this helps keep you from overspending.
6. Set goals for saving and spending, especially big items.
7. Learn to ***Do It Yourself*** rather than hiring someone.
8. Cut costs anywhere you can, be tenacious about this.
9. Declutter Your House: A New Year's idea is to give away things you no longer need. If you haven't used it in 6 – 12 months, chances are good someone else needs it more than you do. It's tax deductible.

Contact:

- Salvation Army
- A.C.T.S.
- List on Craig's List , or have a family yard sale

Pay an extra \$10 a month on each credit card minimum payment, this will save thousands of dollars in interest!



# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**\$5 Off Your Shampoo, Hair Cut and Blow Dry Style**

**With Cindy, Fay, Kim, & Stephanie, With this newsletter only.**

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Limit one per customer. No double discounts Expires: 2/28/09

Not redeemable for cash. Redemption value not to exceed \$00.00

Festival at Old Bridge Shopping Center

(703) 491-HAIR (4247)

(703) 551-0609 (Metro)

UFirst@larryshair.com



# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**\$10 Off One Color or High light Service**

**With Cindy, Fay, Kim, & Stephanie, With this newsletter only.**

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Limit one per customer. No double discounts Expires: 2/28/09

Not redeemable for cash. Redemption value not to exceed \$00.00

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# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**Select Paul Mitchell Products**

**on sale Now, Save up to 25%, while supplies last, no coupon needed!**

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Limit one per customer. No double discounts Expires: 2/28/09

Not redeemable for cash. Redemption value not to exceed \$00.00

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# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**Monday, Feb. 9, 10-6 PM, Only**

**Free Hair cuts for the Needy in our Neighborhoods. Spread the word.**  
& sponsor hair care to the homeless, needy, less fortunate and underprivileged today

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Limit one per customer. No double discounts Expires: 2/9/09

Not redeemable for cash. Redemption value not to exceed \$00.00

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# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**Saturday, Feb. 14, is Valentine's Day, Give the Gift of Beauty**

**Free Gift with every Gift Certificate Purchase, With newsletter**

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Not redeemable for cash. Redemption value not to exceed \$00.00

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# LARRY'S HAIR DESIGNERS INC FOR THE ENTIRE FAMILY

**Now - Valentine's Day,  
Buy 1 Gift certificate of \$199.00 or more,  
Get 1 Gift Certificate for \$21.00 FREE  
Plus a Free Gift with your Gift Certificate Package, With newsletter**

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Limit one per customer. No double discounts Expires: 2/14/09

Not redeemable for cash. Redemption value not to exceed \$00.00

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