

# HAIR COLOUR

Colour is used to add vibrancy, richness and texture to a style. We often colour our hair to create a different look, to cover grey hair or brighten our existing colour.

There are many ways in which colour design can be applied. For this information we suggest that you book a consultation with your stylist.

When choosing which kind of colour is best suited for a client there are many things to consider, such as style of hairshape, lifestyle, skin tone, clothing colours and consistency of salon visits.

**Permanent colours** are used to permanently alter the pigments of the hair. This gives us a wide range and flexibility of colour choice. Also, permanent colours give the best results in grey coverage. In order to maintain a permanent colour, we suggest that professional colour-enhancing shampoos, conditioners and heat treatments are used to keep your hair in good health. Regular trims and colour touch-ups should be booked every 4 – 8 weeks depending on the method of application used and also on the rate of hair growth.

**Demi-permanent colours** have a very low volume of peroxide for depositing colour only. These colours will alter the natural pigment slightly. This is to allow a bit more colour deposit into the hair cuticle. Demi colours are used on clients who are in their early to

middle stages of greying and are also recommended for use on clients who are not ready to go permanent, but want a bit more longevity than a semi-permanent. Colour will last 5-6weeks

**Semi-permanent colour** is ideal for clients who don't want to commit to a permanent colour. These colours are deposit only (no lift) and will not alter the natural or underlying pigment of the hair. Semi-permanent colours will not lighten the hair as there is no ammonia or peroxide present. The benefits of a semi-permanent hair colour are to add tone, shine and richness to the hair, as well as blending some grey. This colour will last 4 – 5 weeks when the hair is cared for by using the proper salon products. Since the colour fades out gradually, there is no regrowth demarcation and therefore one can change their colour easily.

Colour is used to give hair body as well. It is an excellent way to accentuate a hairstyle and add interest to hair.

For further information, please ask your Stylist.

## Massage

Would you benefit from a massage? There are many benefits you receive from a massage.

Relaxation would be a good start, but apart from that massage is very therapeutic. The healing touch of massage can rebalance the body and mind.

Today's fast paced lifestyle leaves many of us stressed and tired.

Massage takes many forms. From relaxation to energizing, deep tissue to pressure point, sports massage to lymphatic drainage. The list is endless.

Massage works the circulatory system and when add aromatherapy's essential oils you can target specific systems and organs in the body, to heal and strengthen from the inside out. You should take note that during pregnancy the use of certain essential oils should be avoided. Always talk with your therapist prior to massage and inform them of any conditions such as heart problems, asthma, high blood pressure, allergies, or any chronic pain.

Massage can be used as a form of relaxation, to therapeutic treatment, or can be combined with a body treatment such as an exfoliation or a wrap.

The benefits are endless and wonderful. Just ask any of our Beauty Therapists – we'll be glad to help.

## Facials

Do you have problem skin? Ask about our treatments.

We now carry the Peter Thomas Roth Clinical Skin Care line, which was formulated for all skin types, especially Ethnic and Problem skin types and also the tropical climates.

By doing these treatments, it helps to control your acne breakouts, oily skin, the appearance of fine lines and wrinkles, flaky patches (which are sometimes caused by dehydration), sun damaged uneven skin (pigmentation), rough skin texture and other signs of aging by penetrating the skin and healing it from the inside out.

PTR is not only recommended for Problem skin, but also for those with "good" skin. PTR carries a wide range of products for every skin type to help maintain and also protect your skin from any imperfections, caused by the sun or just your lifestyle. So even if you don't have a problem PTR can work for you too.

All of our products are natural; oil free, hypoallergenic and non-comedogenic (will not clog your pores).

Ask any of our highly trained Beauty Therapists about Peter Thomas Roth and what it can do for skin or come in for a complimentary consultation.