



## Competition Winner!

Congratulations to the 3 winners from last months competition, they have each won a fantastic Redken Colour Extend Shampoo, Conditioner and Colour Recharge Treatment.

Morag Dobie

Jill Redshaw

Anne Skinner

## HOW TO GET THE LOOK

Everyone is talking about style Queen Dannii Minogue. We can't get enough of her stunning range of "updo's", and with X Factor back on our screens we can't wait to see what she does next. Here, our Technical Director Zoe McConnachie from our Lothian Road Salon and Diane Burrows from our Dalkeith Salon can help you achieve these looks...

This seasons colour! Beautiful multi tonal brunette. Light chestnut and honey lights complement her darker base. Variations of this look would suit most clients, even natural blondes, toning down the lighter sunkissed looks of the summer. This colour has a fantastic shine to it which can be achieved by using a clear gloss over the colour.

This style is best achieved when hair has been washed the previous day.

Ensure your hair is straight to begin with. Put your hair into a parting and spray roots with hairspray.

Backcomb all of your hair by taking a section, placing the comb halfway between the root and ends of your hair and pushing the hair towards the root. Leave out a section at either side of the parting to give you a sleek finish.

Grab all of the hair together, as if you were putting it into a low ponytail, then smooth over the top of the back combed hair.





Twist the remaining hair from the ponytail, pushing it up and under to give extra body then secure with kirbies.

Loosely curl your hair using tongs or GHD irons and spray with a little hairspray. Gently run your fingers through the front of your hair to separate curls.

Gently twist hair at the sides, back and towards the nape of your neck, letting any loose curls fall free. Secure with kirbies. Lift and pin any remaining curls.

# TIPS FOR HEALTHY HAIR

Hair is the ultimate accessory and can change your look instantly. To keep it healthy is very important, and the correct handling is essential. To help you have healthy hair see our top 3 tips.

## 1. Washing and combing your hair



Apply your shampoo, around the size of a ten pence piece, by smoothing on to the scalp. Massage with your fingertips, but not too vigorously! Apply conditioner, around the size of a ten pence piece, through the mid lengths and ends of your hair. Comb through with a wide tooth comb.

## 2. Protect your hair against heat

Before drying your hair and using a styling product, use a thermal protector spray which contains UV protection that helps retain the hairs moisture, elasticity and protects against heat damage.



When using the hairdryer be careful not to touch the hair directly with the hairdryer as this could damage your hair. Using a nozzle will give you control of where to direct the heat and always use it on a medium heat.

## 3. Regular trims



It is very important to get your haircut regularly in order to keep your hair healthy looking. We recommend you have trim every six to eight weeks to reduce split ends and encourage the hair to feel healthier.



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## Monthly Competition!!!

To win a fantastic New Limited Edition GHD Midnight Straightener please answer the following question?



What does your PSA Stylist means to you?

Please email your answer, name and daytime contact number to [Javier.Patersonsa@me.com](mailto:Javier.Patersonsa@me.com), the winner will be drawn on the 29th of October 2010, the closing date for entries is the 28th of October 2010. The most original answer will win.

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