

Salon Escape QUARTERLY newsletter

Part 1

April-July 2010



Dear Valued Guest,

We At Salon Escape, would like to take the time to remind you, we value you as a guest.

We have an "Open Chair" Policy. We want and encourage our guests to feel comfortable moving from one team member to another.

We hope to provide an atmosphere that

nurtures and builds harmony each time you enter this establishment.

We also hope that if you ever have any questions, comments or concerns, you are comfortable enough to talk, call or write to us. We would Love to hear from you.

We do need to know how you feel in order to perfect your visit with us.

HEALTHY HAIR STARTS HERE

For those missing, ELIXIR, "SOMETHING NEW" has arrived. Damage Remedy Daily Hair Repair. A leave-in treatment that performs better than Elixir!

HOW IT WORKS

- ~Certified organic quinoa protein penetrates the hair shaft to instantly help *repair damage and strengthen* from the inside out.
- ~Wheat protein helps *protect from heat styling*.
- ~Soy oil *detangles*, helping to prevent further damage.
- ~Certified organic essential oils including bergamot, mandarin and ylang ylang create an *uplifting aroma*.

Its Like a vitamin boost that damaged hair should take daily to keep healthy



Next to Hit The Shelves.....



Control Force Hair Spray

(Watch for it in June)

Control Force™ Firm Hold Hair Spray, a high-performance, fast-drying, firm hold finishing spray that provides all-day maximum hold, control, and 24-hour humidity resistance, with a net-zero impact on the Earth's climate through Aveda's funding of renewable energy. Aveda is the first beauty company that offers aerosols with net-zero climate impact.

300 Bonus Point Offer

Starting May 10th Pure Privilege members will be awarded an extra 300 points with purchase of, any two products PLUS a lip saver.

This promotion runs through June 21st



Nurture your lips with our soothing, moisturizing, botanical balm. Water-proof formula contains an SPF 15 sun-screen and anti-oxidants to protect lips from UV exposure and other harsh environmental factors. Natural waxes seal in moisture for lasting protection.

- Delivers lasting moisture relief to dry lips
- Refreshes with cinnamon leaf, clove and anise oils

AVEDA

pure privilege™

Put Nature's Gift and Benefits at Your Fingertips-

- ~Start earning 10 reward points for every \$1 spent on retail.
- ~Accumulate reward points toward valuable products and services including AVEDA's salon and spa treatments, AVEDA products or a luxury weekend escape.
- ~Receive a birthday gift valued at \$20.
- ~Participate in double point reward offers



You will receive e-mail with special offers. access your reward points balance any time at www.pureprivilege.com

The Life Time Membership Cost is
ONLY \$10-!!

Join Today Receive Double Points on Your Retail Purchase

Go For The Gloss~

FULL SPECTRUM GLOSSING TREATMENT

Up to 99% Naturally Derived

- * improves the condition of damaged hair
- * enriches color
- * adds shine

Is that something you want for YOUR hair?
Ask Your Stylist and Book Now!

FREE Full Size Shampoo + Conditioner for Referral

Refer a friend and receive a full sized (8.5 oz) Shampoo Shampoo and Conditioner. Shampoo is formulated for all hair types, high in protein to promote hair health, and has the AVEDA signature aroma.

How? Simply ask your friend to mention your name at the time of booking. Next time you visit, you will receive your FREE 8.5 oz Shampoo products.

Earth & Community Care

Save Water from the Outside In

- Sweep up savings: Instead of hosing your driveway or sidewalk, use a broom.
- Think beyond the lawn: Choose plants appropriate to your climate when you landscape. They'll need much less water.
- Irrigate like a pro: Your lawn probably needs less water than you think. And your sidewalk doesn't need any.





YOU ARE WHAT YOU EAT

A little bit of research, We've Discovered its MORE beneficial to shop at your local farm stand in so many ways. Here is Why...

10 reasons to Buy From Local Farms

1. IT TASTES BETTER

Food grown in your own community was probably picked within the past day or two. It's crisp, sweet, and loaded with flavor.

2. ITS BETTER FOR YOU

In a week-long (or more) delay from harvest to home, sugars turn to starches, plant cells shrink and lose vitality. *Several studies have shown that the average distance food travels from farm to plate is 1,500 miles!!

3. IT PRESERVES GENETIC DIVERSITY

Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors. Many varieties are heirlooms, passed down from generation to generation, because they taste good.

Today modern industrial agricultural systems, modify food to be able to withstand harvesting equipment, and have a long shelf life in the store. 70-75% of all processed foods in your local grocery store contain ingredients from GM (genetically modified) food. According to some research they are not yet sure on safety and nutrition BUT YET, health risks include life threatening allergies to peanut and other foods. SO, are we reading, with the exception of possible death to allergies, scientists believe that GM foods do not present a risk to human health?... hummmm. Lets play it safe and just eat like they did in the "Old Days".

4. IT IS GM-FREE

Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farms don't have access to genetically modified seed, and most of them wouldn't use it even if they could.

5. IT SUPPORTS LOCAL FARM FAMILIES

The farmer now gets less than 10 cents of the retail food dollar. Local farmers who sell direct to the consumers cut out the middle man and get full retail price for their food-which means farm families can afford to stay on the farm, doing the work they love.

6. IT BUILDS COMMUNITY

When you buy direct from the farmer, you re-establish a time honored connection. Knowing the farmer gives you insight into the seasons, the weather, and the miracle of raising food. Keep in mind you are also teaching children and grandchildren about nature, agriculture and building relationships in your community.

7. IT PRESERVES OPEN SPACE

You have probably enjoyed driving out into the country and appreciated the lush fields of crops, the meadows full of fresh flowers, the picturesque red barns. That landscape will only survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

8. IT KEEPS OUR TAXES IN CHECK

Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes, according to several studies. On average, for every \$1 in revenue raised by residential development, government must spend \$1.17 on services, thus requiring higher taxes of all taxpayers. For each dollar of revenue raised by farm, forest or open space, governments spend 34 cents on services.

9. IT SUPPORTS A CLEAN ENVIRONMENT AND BENEFITS WILDLIFE

A well-managed family farm is a place where the resources of fertile soil and clean water are valued.

10 IT IS ABOUT THE FUTURE

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing flavorful, and abundant food.

What are the Advantages to Shopping "Local"

There are countless reasons why buying local food is both rewarding and delicious, including enjoying the taste of fresh food, improved health and nutrition, environmental stewardship, supporting families and farms and rural communities and ensuring animal welfare.

There is also significant peace of mind in knowing where your food comes from. One of the biggest benefits to buying locally is having someone answer questions about how it is grown and raised. What goes into that loaf of bread? Can we be certain that that hog that is now bacon lived a life without suffering? How do we know that lettuce

is salmonella free?

You might be surprised to learn how many farms are in our area~

I found 28!

Harvest Schedule for the N.W.

<u>Artichokes</u>	<u>Leeks</u>
May-June, Sept-Oct	Jan-May
<u>Bamboo Shoots</u>	Sept-Dec
April-June	<u>Lettuce</u>
<u>Beans, Green</u>	May-Nov
July-Sept	<u>Onions</u>
<u>Beans, Dry</u>	June-Oct
Sept-Oct	<u>Parsnips</u>
<u>Beans, Wax</u>	Jan-Feb
July-Sept	Sept-Dec
<u>Beets</u>	<u>Peas</u>
June-Dec	June-July
<u>Broccoli</u>	<u>Jerusalem Peas</u>
June-Sept	June-July
<u>Brussel Sprouts</u>	<u>Peppers, Hot</u>
Sept-Dec	Aug-Oct
<u>Cabbage</u>	<u>Peppers, Sweet</u>
Jan-Feb, June-Dec	Aug-Oct
<u>Carrots</u>	<u>Potatoes</u>
June-Dec	Jan-Dec
<u>Cauliflower</u>	<u>Pumpkins</u>
July-Sept	Oct-Nov
<u>Celery</u>	<u>Radishes</u>
Aug-Nov	May-Nov
<u>Chinese Vegetables</u>	<u>Shallots</u>
May-Oct	Sept-Dec
<u>Corn, Sweet</u>	<u>Spinach</u>
Aug-Oct	May-Jan
<u>Cucumbers</u>	<u>Squash, Summer</u>
Pickling & Slicing	June-Oct
July-Oct	<u>Squash, Winter</u>
<u>Daikon</u>	Jan-Feb
June-Nov	Sept-Dec
<u>Eggplant</u>	<u>Tea Leaves</u>
Aug-Oct	May-June
<u>Garlic</u>	<u>Tomatoes</u>
Aug-Dec	Jan-Oct
<u>Greens</u>	<u>Turnips</u>
Jan-Feb	Dec-June
May-Dec	<u>Zucchini</u>
<u>Jerusalem</u>	June-Dec
<u>Artichokes</u>	
Aug-Sept	

Local Organic Restaurant

The Mark in Olympia

407 Columbia Street SW

Olympia, WA 98501

Awarded a well-deserved 4-star rating by "The Olympian", The Mark serves healthful, sustainable Italian food. The eatery is the only organic restaurant certified by the state of Washington. Chef/owner Lisa Owen estimates that 75% of the ingredients used are organic.

The Organic Wine Company

A family business that promotes:

Wine that is good for the planet, good for your body, and first of all good for your palate!

- Wines made from certified organically grown grapes
- Environmental responsibility
- Top-rated quality at great value prices
- Amazing personalized attention and customer care
- Organic, vegan, biodynamic wines and an international selection

www.ecowine.com or 1-888-eco-wine

Littlearth ecoFashion

When Rob Brandegeer and Ava DeMarco founded Little Earth Productions, Inc. in 1993 they had a simple but revolutionary idea: design and make fashionable, unique and trendsetting purses and belts by reusing and recycling materials that would otherwise be overlooked or thrown away. Not only did the idea work, but it introduced the world to a new term: **ecofashion**.

In proportion to its popularity, Littlearth has grown from a small company working out of a suburban home into a multi-building design and manufacturing complex in the SoHo district of Pittsburgh. Now in its 15th year of business, Littlearth products from the Littlearth family of brands are starting conversations all over the United States and all over the world with distributors in Australia, Germany, Japan, Mexico, New Zealand and the United Kingdom.

www.Littlearth.com

