



Thank you for voting us the Now Newspaper 2010

Best Hair Salon for Surrey / N. Delta

Happy Birthday To You!

We hope you enjoyed your Birthday Gift from us!

If you didn't receive a birthday voucher from us then we don't have your birthday- call us now to update your details.



Meet Jo Ann Sullivan...

Jo-Ann Sullivan is a Health and Fitness Consultant and the owner of Symmetry In Motion Pilates.

Find your inner strength....

By now most of us have heard the terms "core strength" or "core muscles" whether from an info-commercial, an exercise class or our doctors' suggestion as a way to ease back pain. It's a buzz word that we are familiar with but many of us still have questions...like where are they and how do I turn them on.

In the past most exercise programs focused on taking participants through a series of movements with little concern placed on making sure you used the right muscles to move you. During Pilates based programs there is a huge emphasis placed on helping you find your core - or Powerhouse as we call it - and improve the endurance of these muscles to gain internal strength and have vitality so that you move your body correctly and get joy from it. These muscles (your abs, low back and gluteals/buttocks) connect the band of strength across your upper body to the band of strength across your lower body.

The abdominal muscles act as a support for your spine and your internal organs. They form a natural "corset", criss-crossing the torso in layers. There are many layers to your abs and most exercises only target the most superficial layer but the real star player of your abs is your Transversus Abdominis. This is the deepest layer of your abs and it is crucial to the stabilization of your lumbar spine.

Mention this newsletter to receive \$20 off your first lesson. Contact jo-ann@symmetryinmotion.ca

Product Feature of the Month.....

NIOXIN®



There are eight different NIOXIN® Scalp and Hair Care Systems designed to help improve the appearance of thinning hair. In order to create and maintain an optimal scalp environment, each System is formulated to achieve maximum results for your specific hair type.

Each System is complete with 3 -parts:

- NIOXIN Cleanser™
NIOXIN Scalp Therapy™
NIOXIN Scalp Treatment™

Nioxin started over 20 years ago, striving to find a solution to stimulate thinning hair for men and women worldwide. A pioneer in hair loss, Nioxin continues to create hair care remedies for every hair type at every stage of hair loss. Nioxin offers 8 customized hair systems plus individual products to thicken hair and promote scalp health without harsh chemicals

Beauty Tip of the Month

Banish Hair Static and Frizziness



Winter and dry heat from the heater can make even the straightest of hair full of static and make it and fly-away. To eliminate the problem, rub about a dime size of smoothing serum such as ( Redken Align or Oro Fluido Oil) between your palms to distribute the product, then rub your hands through your hair to smooth it out.

Happy Hair Days!



Wavy Train

We could've sworn we heard Donna Summer playing while we watched the Grammy Awards. We spotted a 1970s flair in lots of the hair looks, like on Miranda Lambert, Hillary Scott and Lea Michele—and it's no surprise since fashion is seeing a strong 70s influence resurging in a big way for spring. "From soft waves and curls to long,

hippie-length hair to simple ponytails, great hair rocked the red carpet. To achieve Miranda's cool 1970s waves, we suggest spraying a heat styler like Redken Hot Sets Thermal Styling Spray on dry hair. Next, twist varying-sized square sections down the length of an iron then secure with single prong clips to cool. Remove the clips and work a pea-sized amount of hair polish through your hands and break up the curls with your fingertips. Finish with hairspray and you're Grammy ready!

# Winners Corner



Congratulations to Denise ,winner of the monthly Prebook Contest at Alberto & Co Hair Care. Denise won her colour and cut by

prebooking her appointment before she left the salon. Ask your stylist how.



Congratulations to Phylis. Winner of the 19" tv and dvd player.

Phylis won by entering her name in the Alberto & Co Hair

Care retail contest. Each time Phylis purchased a product her name was entered. Watch for our retail specials. We have them

every month so you will save. Ask about our next contest.

## Recipe: Sharon's Awesome Chicago Chili

### Ingredients

- 2 pounds ground beef
- 4 (14.5 ounce) cans kidney beans
- 4 (15 ounce) cans diced tomatoes
- 1 (12 fluid ounce) bottle beer
- 1 (12 ounce) bottle tomato-based chili sauce
- 1 large white onion, chopped
- 6 cloves garlic, minced
- 2 tablespoons chili seasoning
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon cayenne pepper



### Directions

1. Place the ground beef in a large pot and cook over medium heat until evenly brown. Drain off the excess fat.
2. Mix in the kidney beans, diced tomatoes, beer, chili sauce, onion, garlic, chili seasoning, black pepper, garlic powder, onion, cayenne pepper, oregano, sugar, hot sauce, and Worcestershire sauce. Bring to a boil. Reduce heat to low, and simmer for about 4 hours, stirring occasionally.

Ask your stylist about our Queen of Referral.

Simply refer your family and friends who have never been to our salon

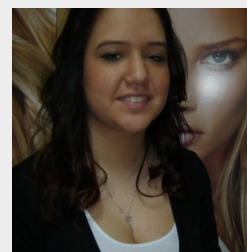


and you will receive up to \$100 in free services. The person who refers the most people will be our

Queen of Referral. The winner will receive an extra \$100 of free services at Alberto & Co Hair Care

## Congratulations

### Kelsey



Help us in congratulating Kelsey on her promotion.

Alberto & Co Hair Care is a Level Based salon, which means our stylist must continually upgrade their standards and achieve certain criteria in order to provide you, our valued guests with the best hair care and service that you have come to expect from us.

***Our Unconditional Guarantee! If you're not completely satisfied with your service, just let us know within seven days and we will either redo the service or refund your money!***

# Get Ready For Spring with Unlimited Foils !

## But hurry! Only 27 available at this price

**Only \$145**



This offer includes

- Unlimited foils (one colour only) \$ 145 Value
- Hair cut/style \$56 Value
- Free shine toner to enhance your foils \$30 Value
- Free moisturizing conditioning treatment \$20 Value
- Free relaxing head and neck massage \$12 Value
- Free beverage of your choice \$5 Value

\$268 Value

You save \$123!

Follow us on Facebook and Twitter to get exclusive deals and promotions only available at Alberto & Co Hair Care



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**ALBERTO & CO HAIR CARE**

**604.591.9121**

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