

CONTEST: WHAT'S IN A NAME?

Receive up to \$200 in salon products if your name and/or logo is the winner of our *What's in a Name* contest. Details below...

Hi there! I'm truly excited to be writing my newsletter again. As you'll notice, this newsletter is very different in comparison to my most recent additions, but for those of you who have been readers from the start, several features will be familiar. The best part is that an interactive version will be posted on our website, by November 20th, featuring links and additional details attached to all underlined words or phrases (just go online and click on them). Having said that, I hope this new version will be easy to follow and full of interesting information for everyone. As always, shoot me an email if there's something you'd like to see in upcoming newsletters. Suggestions are welcome.

In addition, I am looking for a new name and logo for future versions. You may submit your entries either by email or at the front desk. The paper will be produced every season, four times per year, and follow the same format as this one. If your entry is chosen, you will receive recognition in the winter edition and \$100 in salon products and/or retail for each winning name and logo.

Good Luck!

Fall Trends...

Clothing

sequins, metallic, faux fur, feathers, over-sized sweaters, all kinds of slacks, hats, dresses showing your silhouette (using a belt), zippers, tweed, navy and black combinations, subtle platform shoes, tall boots, clutches and oversized purses

Makeup

Eyes: Matte is back; grey, plum, mushroom and navy take the place of black liner. Smokey eyes are still in with jet black eyelashes; shadows in all shades of purple, especially eggplant (try my new favorite from our Salon3121 makeup line, Sepia, available individually or in the fall palette), and olive green are popular. So is using metallic shades like bronze and gold for lids and lower liner. Lips: lipstick (non-glossy) is back in shades like berry, brick, and wine.

Hair

The two lengths for fall are short or past the shoulders. Short lengths are sleek and shiny, past the shoulder lengths are loose waves and curls in the glamorous old Hollywood style, or in the classic ballerina bun placed at the crown. Highlights are in warmer tones like mocha, caramel, hazelnut or brown sugar.

Nails

Fall colors for nails include red shades similar to the above mentioned lip shades as well as several darker shades like *Boris and Natasha* from OPI's Russian Collection

Fall Theme: Be Well Cared For...

I decided to take this year's fall theme from the Satisfaction product line's slogan, '**be well cared for~ demand Satisfaction.**' By doing so, I wanted to take a good look at what being well cared for meant to me and others around me. Linda Hertzburg, Director of the Group Fitness and Pilates/Gyrotonic® program at the Camelback Village Racquet & Health Club for the last 17 years, states that "taking time to care for oneself during our modern and hectic existence is a necessity for our health and sense of well-being." She calls this 'time' *self-care* and says that "it's as individual as we are," not just physical, not just what we eat, but includes what nurtures the self within. So, I wondered... am I being well cared for? Do I devote enough of my time to *self-care*? It made me curious to know what others around me, my co-workers, were doing in this area. I asked our massage therapist, Steve, a licensed massage therapist and sports therapist for the athletes at Turf Paradise, if he is ever able to practice what he preaches and get a massage. He informed me that, 'actually I do, every week'...and 'I haven't seen a doctor in years.' You do? I thought, geez, I definitely don't find the time for myself every week! Next, I discovered that Kriss, one of our aestheticians, likes to put on a facial mask and drink a cup of hot tea because the tea raises the body's temperature, thus causing the mask to penetrate the skin more easily. Wow! That sounds good to me right now. As I thought about it some more, I recalled how Bobby, one of our master stylists, mentioned that he gets up early everyday to do his Bible study, and how Michael Francis and Michael Manna, also master stylists, *always* take the time for a lunch break (which is not the norm in our industry). Even master stylists, Judy, Del and Elaine, enjoy getting out of town whether it's for the summer months or over a weekend. So, it occurred to me that most people probably have something they do in the area of *self-care*, even if they don't realize it, as it seems the focus is always on what we do physically or how we eat. I really agree with Linda's idea of 'being well cared for' and feel it's truly what we do for our deeper selves.

Whatever de-stresses and rejuvenates us. As for me, before writing this article, I didn't think I was taking care of myself very well. Especially with a business, new baby, etc. But, I've realized that I do a lot of things towards *self-care*, in fact I made a list, and I've made a list of ideas for you to check out.

Maybe this New Year's resolution will be easy!

Happy Holidays from all of us at Salon3121!

What's New...?

Salon3121 Makeup

Have I told you lately how much I love being a girl? Well, I definitely noticed it when our new makeup line arrived. Primarily mineral based, it's definitely some of the best products I've used. Update your look for the fall season with a makeup application from Kriss, Carol or myself, and receive a free lipstick. Don't miss our makeup class for all the best tips in makeup application no matter what makeup line you use.

Hair Extensions

New and Improved

Just in time for the holidays, Salon3121 is one of the first salons to offer the latest version of this very popular beauty enhancement. Not only does it take a fraction of the time of the traditional procedure, the hair pieces are also reusable. Ask your hair stylist about how this new process could benefit you.

Wireless Internet

Salon3121 now offers wireless internet connection free of charge to its clients. Just ask the front desk for the current password and log on...

Nano Technology

By Pureology, this collection of hair products promises to dramatically improve the condition and color vibrancy of your hair. It's the #1 choice for hair extension maintenance, so imagine what it will do for your own hair.

Salon3121 Website

For current Salon3121 info: www.salon3121.com

What's Special...?

Skincare

Purchase a pumpkin peel for yourself or as a gift and receive a free brow shaping (a \$20 value).

Makeup

Receive a free lipstick with a makeup application (A \$15 value).

Special Occasion Hair

Our up do's are gorgeous and the finishing touch for that holiday party.

Satisfaction

salon • spa • body

Gift boxes are now available in different sizes and assortments for all your gift-giving needs or a personal treat for yourself.

Redken Ski Hats with built in ear buds

Free with the purchase of 2 Redken products for men.

Fall Party Idea

This time of year is the perfect time for an outdoor party, especially at night with such beautiful evening weather. Such was the case at the Moroccan Night I hosted for the staff of Salon3121. Everything was just as I had hoped, right down to the [four course menu](#), the stunning [belly dancer](#) and [the fire poi performance!](#)

With the help of my salon manager, Shannon, and her family, we turned a portion of my back yard into a [Moroccan getaway](#) and served the menu in a [fun and authentic way](#). Please, visit our [website](#) for more information, recipes and pictures.

Permanent Makeup Questions Answered!

I decided to interview my long-time friend and colleague, Stephanie Stephenson, a micro pigmentation specialist, about permanent makeup. I have had permanent makeup on my eyebrows, eyeliner, and lips and know my experience has been a positive one. However, for those of you who are curious, but unsure, I had to get the scoop! Stephanie says that permanent makeup is a form of tattooing that is meant to enhance facial features, but is also used for skin coloration such as with scarring or areola pigmentation. Before she performs a procedure, she requires a complimentary consultation, to ensure that the results are perfect. There are several advantages which include being free from applying, reapplying or checking your makeup. The permanent makeup procedure requires two separate sessions, is done using the preferred hand-method and Stephanie uses several different, and very effective, topical anesthetics before and during the procedure. I hope this article has answered any questions you may have had and has given some insight as to whether this procedure is right for you.

Fall Recommendations and Ideas

The Poet Bar

This new urban hot spot is locally owned by Cherie Lewis, aka Mon Cherie (a Salon3121 client), and the only one of its kind in Arizona. Ed and I attended the opening event and had a blast! All the wonderful reviews this venue has been receiving are definitely warranted. Check out the website, www.poetbar.com for more information on upcoming spoken word events.

Movies

Across the Universe was a *Moulin Rouge* type of flick using music from the Beatles in a very creative way. So, if you liked *Moulin Rouge* and love the Beatles this movie is a must see.

Restaurants

The Vig: I've been there twice, and I like the trendy decor, but unfortunately, unless there's a special (usually only Thursday-Saturday), the food is just the usual salads and sandwiches. Therefore, I recommend going later in the week as the special I had was awesome (beef medallions with scallops).

Chelsea's Kitchen: It took me a long time to check this place out, as the name made me think of a cafeteria. © However, I finally tried it with a friend of mine, and I have to say, I loved the atmosphere the moment I walked in the place. In addition, the food (I had the shrimp appetizer and prime rib) was very good. So, in this case, the name does not say it all!

EmilyStyle blog

While researching for my Moroccan Night, I stumbled onto a BlogSpot called EmilyStyle. I just love it, and that's what truly inspired me to start up my newsletters again. Emily writes every day, so check it out. She has a lot of great ideas and archives, like the one I found from November 2006 about a Moroccan party.

Recipes

This newsletter's recipes are located online and come from the Moroccan Night mentioned in the Fall Party Idea section.

What's Next...?...

November 15

Artist of the Month Reception for Anne Allemann 6:30-8:00pm

November 23-24

Thanksgiving sale: 10% off all product and retail purchases

November 29

Botox and Restylane Party with board certified, [Dr. Weinrach](#), 6:30-8:30pm
Space is limited; please reserve your spot with the front desk.

December

Don't forget to purchase those gift certificates. Salon3121 has it all, including wonderful gift packages, perfect for everyone on your list!

December 1

Artist of the Month show begins for [Sarah Kriehn](#)

December 1

Salon3121 Makeup Class 1
Do you know your face shape? How to highlight and contour that shape? Do you know how the experts make lipstick last or the best way to do eyeliner for *your* eyes? Space is limited, sign up at the front desk, and get all the answers...

December 13

Artist of the Month Reception for Sarah Kriehn 6:30-8:00pm

TBA

January's Artist of the Month and Reception

SALON3121

a davis concepts salon

hair • skincare • nails • makeup • massage • permanent makeup • boutique • gallery

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