

The Sunshine Vitamin

We are still in the summer months where it's still warm and the sun is still shining plenty! Did you know that a major source of vitamin D is exposure to natural sunlight? Vitamin D insufficiency affects almost 50 percent of the population worldwide. Obtaining sufficient vitamin D from food sources alone is quite difficult.

About five to 30 minutes of exposure to your body twice a week is enough to get sufficient levels of vitamin D. Too much sunlight exposure is a risk for skin cancer, so apply sunscreen after a few minutes of being in the sun.

The benefits of vitamin D include healthier bones, immune system regulation and support, decreased risk of developing multiple sclerosis, better brain function, healthier body weight, a reduction in asthma symptoms and a reduced risk of developing rheumatoid arthritis...to name just a few.

Fisher Experience Salon & Day Spa
924 Washington Street
Braintree, MA 02814

Summer's Not Over Yet, Ladies...



Summer requires some special beauty tips and tricks:

1. Sun, salt and chlorine can change colored hair. Before going into chlorinated or salt water, rinse your hair in fresh water. Dry cuticles will soak up salt or chlorine, but wet hair won't.
2. Use a leave-in treatment to protect your hair before swimming in chlorinated water.
3. Don't over-exfoliate in the summertime; it removes the top layer of your skin, making it more susceptible to sunburns.
4. Shampoo less frequently, or use a dry shampoo to help soak up extra oils and make your hair healthier.
5. Use a bronzer; it's healthier, and you'll be happier with your skin later.
6. Always keep your summer make-up to a minimum. Minimal and sheer is the way to go when it's hot and muggy. Use tinted moisturizer with an SPF instead of your regular foundation. Tinted moisturizer will cover your flaws, without feeling like it's melting off your face.
7. Humidity can wreak havoc on your hair. Instead of fighting the elements, go with it. For curly hair, use a leave-in conditioner. Your curls will be protected, but not frizzy.
8. If you have straight hair, let it dry naturally. Most hair has some wave to it.
9. Beachy waves never go out of style!
10. Sand at the beach acts as a natural exfoliator for your feet. Use it!
11. Always drink plenty of water. Beauty starts from the inside.

Friends & Family Special

\$20 OFF

any salon or spa service.*

Give this coupon to a friend or family member and, when they redeem it, you'll receive \$20 off a future visit.*

*offer expires 8/30/14. terms & conditions apply. friends and family must be new clients. see salon coordinator for complete program details.



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“Nothing makes a woman more beautiful than the belief that she is beautiful.”
 –Sofia Loren”

California Dreamin

Beth and Bruce Fisher recently traveled to Laguna Beach, California with star stylists Laura Benson and Scarlett Boyd to attend a haircutting workshop at Morrison Hair Atelier, L’Oreal’s west coast school. Led by master educator and renowned stylist James Morrison – best known for bringing TONI&GUY to North America and for co-founding Tigi’s Bed Head product line – the Fisher Experience team gained valuable hands-on experience with some of the newest, most exciting new haircutting techniques. They are all very excited to share everything they learned with the rest of the salon’s stylists.

But it wasn’t all work and no play over on the west coast. Laguna Beach is known as much for its art community as it is for its affluence, and the team was able to participate in the Pageant of the Masters at the Festival of Arts. The Pageant of the Masters is the Festival of Arts’ crowning jewel and arguably one of the most unique productions in the entire world. It is world-renowned in the artistry and theatrical illusion of living pictures: an incredibly faithful re-creation of classical and contemporary works with real people posing to look exactly like their counterparts in the original pieces.

“The food, the people, the art, the ocean, the hills, the weather...” raved Bruce. “It was such a special opportunity, and we brought everything we learned back to share with our co-workers and clients.”



Summery White Wine Sangria



- 2 oranges, sliced
- 1 lime, sliced
- 1 lemon, sliced
- ½ cup peach wedges
- Handful of strawberries
- 1 bottle of dry white wine
- 2 oz. brandy
- 1 12 oz. can of soda water

Add the fruit and brandy to a pitcher. Muddle the fruit to extract the natural juices. Slowly pour in the bottle of wine, stirring as you pour. Let the wine and fruit mizture sit for at least four hours or up to 24-hours.

Add the soda water before serving. Garnish with muddled fruit.

For an added touch, freeze apple juice in an ice tray and substitute for regular ice.

Local Farm-to-Table Dinner



The Braintree Historical Society & Sustainable Braintree will co-host a Heritage Day Farm-to-Table dinner at the Thayer House Museum on September 20th at 6:30 pm. Show your support for local farms...and enjoy a fresh, delicious meal to boot! Tickets can be purchased at sustainablebraintree.org.

Anti-Aging Haircuts



A great haircut can make a woman look and feel ten years younger – instantly! It can hide wrinkles, define the jawline, and enhance cheekbones. And all within minutes. Read Bruce’s blog at fisherexperience.com/blog for more details.



Women’s Hair Loss is a Silent Epidemic

The Volumizer System is a unique, 100% natural solution for women with fine thinning, or lost hair. Whether due to aging, genetics or a medical condition, this system instantly adds volume, texture...and will instantly restore your confidence. Visit fisherexperience.com/hair-loss-solution to learn more, or call 781.849.1770 to schedule a complimentary consultation today.