

Health Benefits of Apple Cider Vinegar

The benefits of apple cider vinegar have been known for a long time. In 5,000 B.C. the Babylonians used it as a preservative, a condiment, and as a remedy for all sorts of maladies.

Not all apple cider vinegars (ACV) are created equal. Many commercial ACVs have been pasteurized, filtered, refined and distilled in order to make it taste better. By doing this many of the health benefits are destroyed. The best type of ACV is one made from cold pressed, organically grown whole apples in which no chemicals or preservatives have been added. Look for unpasteurized ACVs that include "the mother." Some health benefits may include:

1. Weight loss
2. Treats acid reflux
3. Alleviates GI distress
4. Prevents indigestion
5. Soothe sore throat
6. Breaks up kidney stones
7. Can help boost immune system
8. Works to soothe sunburns
9. Can help brighten skin
10. Decrease glucose levels

Fisher Experience Salon & Day Spa
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Braintree, MA 02814

A Summer-Friendly Bridal Beauty Guide



Spring and summer weddings: glowing brides, blue skies, shining sun, and...oh yeah, makeup meltdown. It's a risk – especially at outdoor weddings – so we've come to the rescue with a list of our favorite face-saving techniques:

Skin: To keep the greasies at bay, prepare your skin for foundation by applying an anti-shine product. If you have very good skin, skip the foundation and just use a spot concealer, which will stay on longer. If you do use foundation, apply an oil-free formula with a foundation brush. After you've applied your liquid foundation, powder your face with a small brush.

Eyes: Using a concealer brush, apply concealer all over your lid, from lash line to brow. Finish it off with a dusting of powder. Stay away from creamy eye shadows, which tend to oil up. And remember, liquid liner stays put like no pencil can. Even if you don't think of yourself as the crying type, waterproof mascara is definitely in order on this day.

Cheeks: Again, steer clear of creamy formulas, or – even better – apply cheek stain, then dust a matching powder blush on top of it.

Lips: Start off by moisturizing your lips so your pencil will glide along easily. Then take your lip pencil and color in your entire mouth. For extra staying power, use a medium-toned concealer as a base before your lip pencil. Apply your lipstick, blot with a tissue, and brush some loose powder on top of the tissue. Then make up your lips one last time to seal the deal.

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*offer expires 7/31/14. terms & conditions apply. friends and family must be new clients. see salon coordinator for complete program details.



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“The most beautiful makeup on a woman is passion.
But cosmetics are easier to buy.”

—Yves Saint-Laurent

Hot New Products



Go Blonder. Push the envelope further without compromising the integrity of hair. From Base Color to Balayage, Olaplex multiplies bonds making hair stronger, healthier, while color lasts longer with more vibrancy. From the photo shoot to the salon chair, colorists are set free from the fear of damaged hair.



MoroccanOil Body, an award-winning body product line, is now available in our spa. Inspired by the Mediterranean, these oil-infused, nutrient-rich, innovative formulas begin to take effect the moment they touch the skin, leaving it soft and smooth. The epitome of luxury...

Pet Therapy Work



One of the most important jobs any dog can undertake is being a Pet Therapy dog. These dogs can become an important part of a person's recovery process, whether they are suffering from a physical or emotional issues. Sometimes when people lose hope, it can mean the difference between life and death. Therapy dogs visit hospitals, nursing homes, and anywhere where people can benefit from petting a good dog.

Beagles are one of the breeds most often used in pet therapy settings. A properly bred and trained Beagle has the most amicable personality of all dog breeds. They make excellent therapy dogs because they are laid back, friendly, small enough not to intimidate people, and easily recognizable. Beagles love being around people. They love adults and children. Beagles have a lot of love to give! And, of course, they're just irresistible. One minute with a Beagle and you'll most likely be smiling!

Grilled Chicken with a Georgia Peach Glaze



1 cup peach preserves/jam
1 large clove garlic, minced
2 tablespoons olive oil
1 tablespoon soy sauce
1 teaspoon soy sauce
1 tablespoon dry mustard
1/4 tsp. cayenne pepper
1 teaspoon salt
1/4 teaspoon black pepper
4 chicken breasts, split
4 ripe peaches, cut in half and pitted

Preheat grill to medium hot. Combine ingredients through black pepper in a medium-sized bowl and mix well to combine.

Sprinkle chicken breasts with salt and pepper. Place skin-side down on grill and cook 10 minutes on each side. Brush the upturned side with glaze. Continue to cook for another 10-12 minutes, turning every 3-5 minutes and brushing with glaze each turn, until chicken is cooked through.

Place peach halves on the grill, cut side down, and grill 2 minutes. Turn and brush the tops with glaze. Grill 3 to 4 minutes more and transfer the cooked chicken and peaches to a serving platter.

South Shore Bike Paths

When the weather is nice, salon owners Beth and Bruce Fisher love taking their bikes out for a spin.

Here is a list their favorite bike paths on the South Shore:



Cape Cod Canal Bikeway
Falmouth Shining Sea Trail
Harwich-Chatham Bike Path
Cohasset Coastal Ramble Ride
Wompatuck State Park
The Lexington Loop
Minutemen Bikeway

The Best Pie in Braintree



Pizza Palooza, held June 26 at Braintree Town Hall, raised more than \$10,000 for the 4th of July Celebration Committee. In a blind taste test, youngsters voted Pizzeria Regina at South Shore Plaza as their favorite. Adults chose Easy Pie on Route 37. Both excellent choices!



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