KENNETH WILDES SALONS
fall madly in love with your hairstyle.

February ❤'s Ginger~ Just Sayin'

February celebratesthe color red, which got me totally thinking about ginger, both the hair colorand the spice! Many of us know ginger root as a fragrant and flavorful culinaryingredient often featured in Asian dishes. But ginger also has a long and significantpresence in traditional and alternative medicine and its magic ingredient, Gingerol,packs a pretty powerful punch in the health benefits realm.

I justfinished reading a really interesting piece about ginger root, written by DietitianJoe Leech and appearing on Authority Nutrition, one of my favorite scientific-research-basedblogs. Leech highlighted a pretty impressive list of health benefits brought aboutby consuming this mighty spice, and here are only a few of my take-aways aboutthe Jam of Ginger:

- It alleviates chronic indigestion and nausea issues,from morning sickness, motion sickness, chemotherapy, and other things thatupset digestion

- It inhibits inflammation due to arthritis, post-workoutmuscle pain, menstrual cramps, and more

- It boosts the immune system, warming yourbody to sweat out germs and fight infections

I'm in. Letscelebrate February together, with the healing powers of ginger and some prettyred-hot specials I offer you in Fashion Flash! I truly hope you enjoy all of the benefits of both!

My bestregards,
Kenny

Fashion Flash!

The first 10clients that book a **Radiant GingerFacial Treatment will receive 50% off this $130 service**, ananti-oxidant spa experience to reduce toxins, increase circulation, and helpreduce the signs of aging, **all for $65**.Please mention promotion code S4 when booking your appointment.

Fashion Flash!

The first 20clients that make an appointment for **red-tonedhighlights or a glaze will receive 20% off these luxurious ginger services**. Please mentionpromotion code H3 when booking your appointment.

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