



Second Nature News!

Second Nature 415 Clarkston Road Glasgow G44 3LL
Telephone 0141 633 1144

Hello ladies, welcome to the Summer 2011 edition of our newsletter keeping you up to date with what's hot at Second Nature.

As you can imagine our newsletter is always written in advance, so we can only hope that the sun is shining and its blue skies all the way! And that leads nicely into a favourite subject... we've said it once, and we'll keep on saying it – please remember the number one way to look after your skin all year round, but especially in summer, is to slap on that sunscreen. Even on cloudy days UVA rays are just as strong so remember to top up the sun protection even on a gloomy day. UVA rays are the sort that cause skin ageing (think A for ageing), whilst UVB are the rays that cause the lovely lobster look and the pain of sunburn, (think B for burning). Many people are very diligent with sun protection abroad but seem to let it slip their minds in this country... we know sunny Dunoon's not quite as glam as the South of France but the resulting sunburn can be just as painful and store up just as much danger for the future.

So hopefully that sun is shining – you've just bought a fab pair of open toed shoes – you slip your feet into them... happy with what you see? Pretty painted toenails, baby soft skin? After a winter of boots and thick tights probably not, so why not take advance of our first offer of summer. **Spring into Summer** is a fab, intensive pedicure that really will have you walking on air and proud to show of those tootsies!

Did you know?

- We recycle over 97% of the waste we generate from the salon – we like to keep the planet beautiful too!
- **Second Nature** sponsored a Dogs Trust dog by the name of Chance. Chance has now been lucky enough to find a permanent home, so we now are welcoming 'Charlie' to our family. He's a collie cross who's 7 years old and lives at West Calder. Dogs Trust is a great charity who never put a healthy dog to sleep so are well worth supporting – **Second Nature** likes to help all those that we share the planet with!
- You can smooth and soften body skin simply by rubbing a cut lemon over legs, arms and torso (avoid your face) before a shower. The fruit acids exfoliate and brighten dull skin for a lovely glow – and all for pennies!
- Nail colour has been around since 3000bc? The Chinese used a mixture of gum, egg white, gelatine and beeswax, whilst the Egyptians favoured henna like concoctions. (Thank goodness for Mavala!) Deep colours were only worn by royalty whilst lower ranks were permitted to wear only paler hues! The automobile paint industry in the 1920's inspired the first modern polishes.

Summer of course brings with it holidays – hopefully the sort abroad, but part of that package is the school holidays too – a source of pleasure and pain for many a parent/grandparent! If it's all getting too much for you why not treat yourself to July's **Cloud Nine** – the ultimate in summer chilling. Drift away on a cloud of bliss for an hour as you enjoy a back neck and shoulder massage, followed by a mini pick me up for facial skin at a very special price. **Cloud Nine** goes fast, so book your space now!

Just in case the sun didn't shine – or to top up that (safely acquired) tan why not **Gloss n Glow** your way into August with a fantastic all over Fake Bake tan which includes a Mavala polish of your choice, free of charge, to take home with you.

So that's the sunny season wrapped up for you at **Second Nature** – have a more beautiful summer with our help of course! We look forward to seeing you at the small, professional and friendly salon that really does care about how you look and feel very soon.

Have a beautiful summer,

Love Lynne and the girls from Second Nature

June Spring Into Summer

A Luxury pedicure that's guaranteed to make you feel like you are walking on air! Includes exfoliation, foot mask and massage, plus perfectly painted toenails.

Just £18.00

July Cloud Nine

If the school holidays are stressing you out, why not be transported to Cloud Nine with a heavenly aromatherapy back, neck and shoulder massage followed by a minifacial that's guaranteed to make you feel angelic again!

Just £28.00

August Gloss and Glow

Achieve a radiant glow from toe to toe – enjoy a full body Fake Bake and receive a Mavala nail colour free of charge

Just £27.00