



## Philadelphia's Natural Solutions to Hair Loss

Offering: Individualized Hair Care Plans  
Stress-relieving Service  
Premium Hair Care Treatments  
Automated Email Appointment Reminders  
Monthly Hair Wellness Newsletter  
Privacy and Discretion

October 2010

E-Newsletter

### This Month:

[Beat Seasonal Dryness](#)

[Shadonnah's Personal Story](#)

[Introducing Janice's Hair Hints](#)

### Kimberly Nesmith's Healthy Hair Tips:



#### Tackling Seasonally Dry Hair/Scalp:

If the changing weather is causing you to have dry hair and/or scalp, make sure to use a moisturizing shampoo—and of course my favorite moisturizing product is Jane Carter's cream. Keep drinking plenty of extra water.

Try a dandruff shampoo if you believe it will help. However, since dandruff is a fungus, you'll need to clean your combs & brushes as well as change your pillowcase to prevent its return.

Got a healthy hair question? Email Kim...she'll try to answer it in a future newsletter!  
[bluesagehairwellness@gmail.com](mailto:bluesagehairwellness@gmail.com)

### Shadonnah's Kids' Corner at Home:

### Greetings,

Whose family hasn't been impacted by breast cancer? If you know someone who has battled, or is currently battling breast cancer, consider showing your support by wearing one of the pink hair wraps we're giving away for the month of October.

We thank our own teammate, Shadonnah Saunders, for her willingness to share her family's story with breast cancer in a special column this month.

Simply ask us to wrap one of your locks, twists or braids, or a section of your natural hair during your October appointment. Or call us (215) 921-8157 to schedule a quick appointment to get your hair wrapped!

*Also, I am phasing out 9 a.m. Appointments from my schedule. Moving forward, my first appointment slot of the day will be 10 a.m.. Don't worry, Aja, Janice & Shadonnah will help me accommodate my "morning mavens!"*



**Diane Saunders &  
Baby Shadonnah, 1980**

One last thing: make sure your voice is heard. Get out and vote Tues., Nov. 2<sup>nd</sup>!

### Warmly,

**Kimberly Nesmith**  
**Blue Sage Hair Wellness**

P.S. **It's not too early to plan your holiday hair appointments!** We'll have limited salon hours in preparation for Thanksgiving, and spots are going fast!

## Six Months Later on Sherwood Rd...

Last month marked six full months that Blue Sage Hair Wellness Salon has been open! We couldn't have done it without your patronage & encouragement, your referrals to friends and family, and your feedback.

We're definitely listening—here's what some of you have said:  
"Continue to do what you are doing. Mel was great in confirming my appointment beforehand and in scheduling the next; Kim, I LOVED the steam treatment; the atmosphere was peaceful and professional."

"Now there is a salon with very competent people I am familiar with working on my hair, so close to where I live. I am thrilled about that."



**Special Edition:**  
Remembering Diane Saunders

Before my mother was diagnosed with breast cancer in the Fall of 1991, she always had a good spirit about herself. She worked hard toward keeping my brother and I humble. My mom was known as a fighter, but she lost her battle in the Spring of 1993 at the age of 40. I was only 13--too young to understand exactly what this disease is all about. As I've grown older, knowing this deadly disease is hereditary, I believe awareness is important. So many women are still fighting this battle everyday to help provide a cure. We still have a ways to go.

Working with Kim shows me how I can make an effort to volunteer my services. I'm blessed to be able to rebuild confidence in a client who may have low self-esteem while experiencing the various stages of breast cancer. My mother would've been so proud of me if she was here today.

I miss her dearly, and wish I was able to give her the support that she needed. To continue giving back, I will be joining the National Cancer Association and the Red Cross to volunteer in different programs which help women with cancer.

*Email Shadonnah. She'll try to answer it in a future newsletter!*  
[bluesagehairwellness@gmail.com](mailto:bluesagehairwellness@gmail.com)

**Join Our Mailing List**

Brought to You by:



Blue Sage Hair Wellness Salon  
(215) 921-8157

*"Great experience! Great atmosphere! Don't change..."*

[Click here to see what other clients are saying.](#)

## Client Shoutouts

Cheers and Kudos to:

- **Linda Miller**, who was recently named one of "Philadelphia's Most Influential African Americans" by *The Philadelphia Tribune!*
- **Jean Carn Wolfe**, who suggested we add a "referral" line to our business cards! Check out our tweaked design next time you're in the salon.
- **April Jerman**, who thought we should list some of our available salon services in this monthly e-newsletter. Scroll down to "About Blue Sage Hair Wellness" to see the update.

## Introducing...Janice's Hair Hint

**Fall/Winter Alert:**

Watch out for your wool scarves, hat & coats. Wool absorbs the natural moisture from your hair and creates dryness that can lead to breakage. It also rubs against your edges, which can cause hair loss. Protect your hair by using silk scarves as a barrier inside your collar and under your wool hats--silk doesn't absorb moisture.



[Click here](#) to ask Janice your biggest hair care questions, & watch for Janice's column in its new home with Kim's and Shadonnah's tips!

## About Blue Sage Hair Wellness

Hair loss is a major problem affecting women of all ages. Blue Sage Hair Wellness is a boutique salon addressing personal hair loss concerns caused by extreme styles, over processing, stress, glue weaves, medication & heredity. We specialize in providing natural alternatives to achieving the latest styles & promoting healthy hair growth for discerning clients in a warm & welcoming atmosphere. New Blue Sage clients are scheduled for an individual consultation prior to receiving any salon service.

**Blue Sage's services include** Non-Surgical Hair Replacement, Lace front wig application, Locks, Braids, Twists, Sewn/Latch Hook Weaves & more.

**Salon Hours**

Tues.: 10am-4pm  
Wed.: 10am-6pm  
Thurs.: Noon-4pm  
Fri.: 10am-4pm  
Sat.: 10am-2pm

Closed Sunday & Monday

Appointments are strongly recommended. Schedule yours today.  
Call: (215) 921-8157 or Email: [bluesagehairwellness@gmail.com](mailto:bluesagehairwellness@gmail.com)

[www.bluesagehairwellness.com](http://www.bluesagehairwellness.com)  
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