



Natural Solutions to Hair Loss

Offering:

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

May 2019

Salon E-Newsletter

Kim's Recipes for Hair Health



Leading a healthy life style is hard. I find myself knowing what I should do but having a hard time being consistent. I took some time recently to put together a couple easy recipes for hair health:

Greetings!

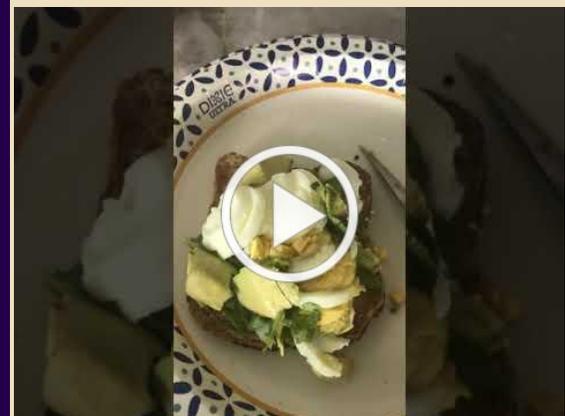
Thank you for taking the time to read our newsletter! I want to properly introduce our new receptionist, Jenneh (pronounced Jenna):



Jenneh is from Liberia, Africa and emigrated to the United States when she was 5 years old. She has worked in an office setting for over 5 years and is currently pursuing an dual Occupational and Physical Therapy Degree at Temple University. She and her boyfriend live together in Northeast Philadelphia and they have a Bichon mix dog named Fluffy, who they adore.



This is a basic salad with tomatoes, avocado, basil (or substitute mint or sage), and cucumbers. The avocado gives you a little more substance without introducing a meat. It can be finished with a light vinaigrette of some kind. It's light and fresh, great for the hot nights to come!



Avoid spending \$12 at a restaurant and simply make your own **Avocado Toast!** My version has boiled egg, fresh basil, and avocado, on a whole grain piece of toast. Substitute whole grain bread with a different kind of bread if you like or perhaps you like rosemary instead of basil; up to you! Fresh herbs are great for you hair health, especially Rosemary and Sage.

Susan G. Komen MORE THAN PINK



Philadelphia WALK.

This year, a few members of the Blue Sage Crew are walking for the cure on Mother's Day. If you'd like to join us, please reach out at BlueSageHairWellness@gmail.com. [Click here for more details about the walk!](#)

With Mother's Day coming up, why not treat your mother to a great hairstyle? We are running a **\$10 off select styles Special** (Press & Curl, Updo, Cornrow with or without hair, & RodSet) from May 1-11th.

Have a teenager going to Prom this May? We are also running a **\$225 Sew in Special** (up to 3 bundles of hair, signature curls included) and a **\$35 Lash & Brow Special** (includes strip lashes with Brow wax and fill in) during the month of May.

If you have any questions or concerns about your appointments, as always please call us at (215) 921-8157 or email us at BlueSageHairWellness@gmail.com.

Warmly,
Kim Nesmith

**IMPORTANT
DATES**

**\$10 off Select Styles for
Mother's Day**



Mother's Day

May 1st-11th, 2019

We are offering **\$10 off** of select styles for all of the moms out there during the first 2 weeks of May! Styles include *RodSets*, *Press & Curl*, *Updos*, and *Cornrows* with or without hair added. We are also extending our hours on **Saturday, May 11th** to **6:00 pm** to allow for extra appointments before Mother's Day. Give us a call to schedule today at **(215) 921-8157**.



We're GOING LIVE!

May 14th, 2019

3:00 pm

CeCe and Miriah will be going LIVE on Facebook and Instagram to talk about PROM STYLES and how to match your hair to your dress.



\$10 OFF

THE FOLLOWING STYLES:

Special Valid from
May 1st - May 11th

Updo, Press & Curl,
RodSet, Natural Cornrows or
Cornrows w/ hair added

Call us at (215) 921-8157 to book an appointment



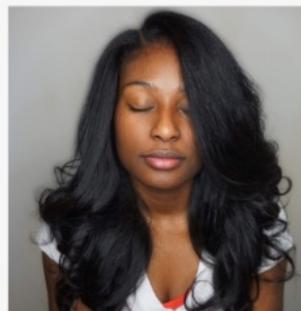
Last year, we had a blast seeing all of the moms and daughters come in and bond while getting their hair done. Create a meaningful experience with your mom this May; call us a (215) 921-8157 to schedule your Mother's Day appointments!

PROM SPECIALS

during the month of *May*

BASIC SEW IN

\$225



LASHES & BROWS

\$35



Call **Blue Sage Hair Wellness** at 215-921-8157 to
book an appointment

Prom is sneaking up on us! If you're looking for a specific style or want to seek some advice on how to match your hair style to your dress, call us at (215) 921-8157 to schedule an appointment.



dress cut, schedule a consultation so our stylists can take care of you the right way. Call us at (215) 921-8157 to schedule today.



PROM SPECIALS

May, 2019

During the month of May, we are offering a few specials for all of our prom goers out there:

\$225 Sew In (with signature curls included, up to 3 bundles of hair)

\$35 Lash & Brow (scheduled with CeCe, strip lashes plus an eyebrow wax and fill in)

A Facebook Live event poster for Blue Sage Hair Wellness. The background is light blue with a darker blue and yellow border. The text is in black and white. The main text reads "WE'RE GOING LIVE!". Below that, it says "PROM HAIR STYLES AND HOW TO MATCH YOUR HAIR TO YOUR DRESS". The date and time are "MAY 14, 2019 3:00 PM". At the bottom, it says "LIVE ON FACEBOOK & INSTAGRAM". The Instagram handle "@BLUESAGEHAIRWELLNESS" is in the top left corner.

@BLUESAGEHAIRWELLNESS

WE'RE GOING LIVE!

PROM HAIR STYLES AND HOW TO MATCH YOUR HAIR TO YOUR DRESS

MAY 14, 2019
3:00 PM
LIVE ON FACEBOOK & INSTAGRAM

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

Tuesday: 9am - 5pm

Wednesday: 9am - 6pm

Thursday: 9am - 5pm

Friday: 9am - 5pm

Saturday: 9am - 2pm

Closed Sunday & Monday

Appointments are strongly recommended. Schedule yours today.

Call: (215) 921-8157 or [Click here](#) to contact the salon.