

American

SALON

BEAUTY LIVES HERE
JUNE 2008

MANE TAMER

Redken's Kaz Amor provides solutions for unmanageable hair

Iron Age

New technology powers curling irons and flat irons

Fancy Footwork

Follow our advice and give the best pedicures in town

DELICIOUS GIRLICIOUS

Sexy Hair signs girl group

IN COUNTRY

Country hotel and luxury spa Mepal Manor

Hitchcock's Blonde Obsession

The master of suspense had a thing for blondes (see page 33)

Strike a Pose

New work from Vivienne Mackinder, Abba, Gary Manuel and é salon



PERFECT MIX

We were already big fans of Bear Naked all-natural granola—it's delicious served with berries and yogurt for breakfast or a healthy snack. The company recently launched a collection of organic trail mixes, and we're hooked on those now, too. Try the new Pacific Crest Mix, with whole-grain granola clusters, mangoes and raisins, plus hearty cashews and pistachios. The Appalachian Trail Mix is a wholesome blend of granola, almonds, cranberries and walnuts that's as perfect for a day on the trail as a day in the salon. Both blends contain zero trans fat and no artificial ingredients and are loaded with fiber and energy-boosting proteins. bearnaked.com —C.W.

ORGANIC ENERGY

Bumble Bars may have a silly-sounding name, but these organic gluten-, wheat- and dairy-free energy bars are nothing to laugh at. They're packed with flax seeds, which are rich in healthy Omega-3 essential fatty acids, as well as calcium- and antioxidant-rich sesame seeds and fiber to keep you full. Available in tasty flavors such as Chai With Almonds, Awesome Apricot and Chunky Cherry, they make a handy, nutritious snack during a busy day at the salon. bumblebar.com —C.W.



Q How Do You Spend Your Time Off?

We posed this question to Jenny Balding, a Redken session stylist. "I like to go cycling on the bike path that runs for many miles along the West Side of Manhattan beside the Hudson River, down to the very tip of the island. When my family came over from Scotland a few years ago, I was looking for interesting activities to do. One day, while booking a boat tour that goes around Manhattan, I discovered the bike path and saw a bike rental stand next door, and I thought it was wonderful. I forgot how much I loved cycling and started to make it a regular fixture in my life. While the bicycling itself is a workout, I love to be by the river; I find that it really relaxes me and gives me a sense of calm in my busy life. I also Rollerblade in the summer. I'm a high-energy person, so it's the perfect way for me to relax." —C.W.



JENNY BALDING

"No great man ever complains of want of opportunity."

—Ralph Waldo Emerson

Water Break

SoNu Beverages recently introduced SoNu Water, USDA-certified organic water. Available in six flavors—Pomegranate/Acai, Blueberry/Pear, Lemon/Tangerine, Strawberry/Cranberry, Mango/Peach and Tropical/Passion Fruit—these low-calorie waters contain vitamin C, four essential B vitamins and minerals and electrolytes. Plus, with no artificial sweeteners or preservatives, these waters are sure to boost health while quenching thirst. sonubeverages.com —N.P.



A Perfect Parfait

Berry season is here. Celebrate with this Berry Parfait With Avocado Cream. Recipe courtesy of Chef Jesús González of La Cocina Que Canta Culinary Center at Rancho La Puerta spa in San Diego.

INGREDIENTS

- ½ cup low-fat cottage cheese
- 1 medium ripe avocado
- 1 cup organic vanilla soy milk
- 2 tablespoons brandy
- 2 tablespoons fructose
- 1 tablespoon pure vanilla extract
- 1½ cups blueberries (6 ounces)
- 1½ cups sliced strawberries or raspberries
- Zest from 1 orange
- 6 whole strawberries for garnish

In a blender or food processor bowl, combine the avocado, cottage cheese, soy milk, brandy, vanilla and zest. Process until smooth and creamy. Pace ½ cup berries in six sparkling wine glasses or dessert cups. Top with 2 ounces of the avocado cream and garnish with a fanned strawberry. (To fan the strawberry, cut thin slices from tip up but not through the stem, then fan slices out.)