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Subject: February Snippets  
Date: February 1, 2019 at 11:00 AM  
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DP

# Pluma

DESIGNS

*a hair studio*



## Pluma Snippets February 2019



### Rethinking Love

Two years ago, Mary Beth and I wrote and published *Living Brave...In Love, Stories of Intimacy Lost & Found*. It is a collection of heart-felt tales of how people come to *fall in love* and for a variety of reasons become unfastened from the love they thought was secure. As the stories develop and unfold each person eventually finds their way back to *falling in love again*. Not always in a romantic partnership, love shows up again and blossoms from the seeds we were born to grow, and mature into loving connections yet again. Love cannot be stopped from being part of who we are as a species and love is how we keep the human race blooming. After all, according to Dr. Amy Banks, author and love researcher in the neuroscience of relationships, our brain is naturally wired to have genuine connections with others.

While writing the book and listening to the stories of the different ways people come to love, we became acutely aware that similar to our changing world, how we experience love has also changed, or what Mary Beth and I decided, we have to *rethink love*. The gamut of research we explored from How-to-Love books to the Internet on “finding and doing love” led us to indeed *rethink love*. The following is what Mary Beth expressed in *Living Brave...In Love*, "As I personally “rethink love” I’ve learned that love is not stagnant; it ebbs and flows with time based on years of experience and maturity. As is evident with the contributors to the book, they loved, they hurt, they sacrificed, they got knocked down, and they got back up----all in the name of love. Whether loving a spouse, a significant other, a child, a grandchild, a friend, or a colleague, the way in which we love can be compared to a body of water – some days it’s the pounding waves of an ocean and other days it’s a serene, placid lake. And yes, to carry the metaphor a bit further: it’s ultimately our choice whether to sink or swim. I have chosen to swim and I so want to improve upon the way in which I love. With gratitude to the women and men who contributed to the book, I have (and hopefully you do as well) a great appreciation for the ways in which others love. I want to approach love with even more bravery than I exhibited in the past – to know when to speak with honesty and fearlessness in order to nurture a relationship or perhaps end a relationship."

As February unfolds and the promise of love looms around us through the Internet, greeting cards, restaurant advertisements, and grocery store displays consider opening your heart to all of it. As the tried and true quote states, *Nothing ventured nothing gained*, one must take risks to achieve something. And as stated in our book, “*One must be brave to love.*”  
Happy February.

With love for you, Hilda



## We Welcome Andrea Phillips to Pluma Designs

Andrea Phillips was born with a creative spirit into a family of hairdressers. After studying classical voice for ten years and graduating with a Bachelor's Degree in music, she attended Toni & Guy Academy to follow in her family's footsteps to become an exceptional and dedicated stylist. Whether she is performing on stage or behind a salon chair, she finds true fulfillment from serving others and bringing joy into their lives. Her goal as a salon professional is to utilize her creative talents and gain as much experience as possible to produce outstanding results for each client. Andrea continues to sing and live a healthy lifestyle every day while pursuing her career in cosmetology at Pluma Designs.

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Join Us at

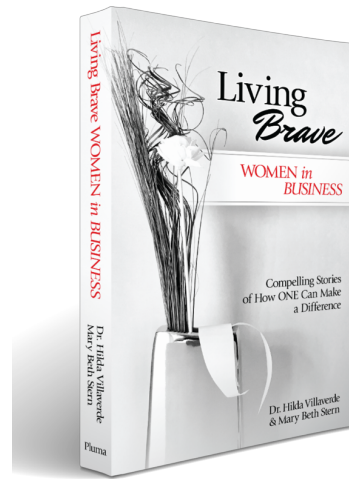
## Changing Hands Bookstore

**February 6th at 7:00p.m.**  
**Changing Hands Bookstore**  
**300 W. Camelback Road**  
**www.changinghands.com**

Authors Hilda Villaverde and Mary Beth Stern take the stage in this unique book presentation bringing to life the stories from their latest book, *Living Brave...Women in Business, Compelling stories of how ONE can make a difference.*

Several of the “voices” from the book, including Cindy Dach, co-owner of Changing Hands Bookstore, Kimber Lanning of Local First, and Jackie Ulmer, Social Media Strategist, will share their stories of passion and purpose - the constant motivators in living braver lives and answer poignant questions of struggles, successes and fears in being an entrepreneurial woman. Expect to be inspired by the panel as they explore the concept that women do not necessarily seek to take over the world as much as they strive to take hold of who they are and what they can offer the world thus sustaining our belief that what happens for one, happens for us all.

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



## Spring Fashion

cabi

Join us for a presentation of the Cabi Spring line of clothing on **Sunday, February 17th** from 1:00p.m.-4:00p.m. at Pluma Designs, 7000 East Shea Blvd., Suite 1607, Scottsdale.

From the Cabi blog: *Cabi wants want to empower you to rock your inner rebel. A confident outfit says, “I’m a confident person.” So this year, no more, “I can’t pull that off.” Put it on! As long as you’ve got that inner glow, you’ll be the one wearing the outfit, it will never wear you. Be fearless this year. Surprise yourself.*

## HEALTHY FOODS= HEALTHY HAIR

We are continually asked for the list of foods that promote healthy hair. Do we think eating healthy and having a healthy life style make a difference? Yes. Here is the list for your consideration. Also, we recommend organic based Eufora color, treatments and hair care products as well.

1. Salmon: Vitamin D, protein and omega-3 fatty acids. (Alt: avocado, pumpkin, sardines, trout) Omega three acids cannot be found naturally in the body but are necessary for hair production and make up 3% of the hair shaft.
2. Walnuts: contain omega-3 fatty acids, biotin, vitamin E and copper mineral, which add to richness in color and lustrous shine.
3. Oysters: contain zinc and three ounces = 493% of daily value. Lack of zinc can cause hair loss, even noticeable in eyelashes. (Alt: nuts, beer, eggs)
4. Sweet Potatoes: contain vitamin A (converted from antioxidant beta carotene) essential for proper cell function and producing oils that prevent oily, flaky scalp. (Alt: carrots, mango, apricot, pumpkin)
5. Eggs: contain zinc, selenium, sulfur and iron. Iron aids in the delivery of oxygen to the hair follicle where deficiency can be a major cause of hair loss. (Alt: chicken, fish, pork, beef)
6. Spinach: contain iron, beta carotene, folate and vitamin C to stimulate healthy scalp oils. (Alt: broccoli and kale)
7. Lentils: contain protein, iron, zinc and biotin. (Alt: soybeans, kidney beans)
8. Greek Yogurt: contains protein, vitamin B5 (AKA pantothenic acid) and vitamin D. (Alt: cottage cheese and skim milk)
9. Blueberries: contain vitamin C to promote scalp circulation (Alt: kiwis, sweet potatoes, tomatoes, strawberries)
10. Poultry: contains zinc, iron, B vitamins. (Alt: lean beef)

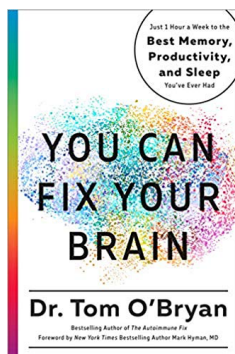
Because hair consists mostly of protein, any foods with high protein levels are good for the hair.

Source: Web MD

\*If you are sensitive to any of the above foods, please do check with your doctor or ask your body before eating.

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## PLUMA BOOK CLUB RECOMMENDATION



Love your body and read,  
"You Can Fix Your Brain" by Dr. Tom O' Bryan

(Improve **your** memory, attention, mood, sleep, **and** productivity.)

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## PRODUCT OF THE MONTH

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### Dry Shine Spray Gloss

Achieve beautiful high shine on any finished style without moisture or added weight. Infused with coconut for optimal shine, enhancement nourishment and frizz control. Sunflower extract helps protect against damaging UV rays.



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Quote of the Month: "I always knew that marriage was an important commitment, which is probably why it took me so long to find the right man."  
*Joyce Dell, Living Brave. . . in Love.*

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