

American Salon

BEAUTY LIVES HERE
MAY 2008

SPRING AHEAD

Renowned session stylist
Kevin Mancuso works a
little magic for Nexxus

The Swoon Factor

What is it about men with
long hair that makes some
women weak in the knees?

SLING BLADE

Brand-new shears
and clippers

He's So Money

Marketing to men can
boost your bottom line

SOLDIER BOY

Adam Sandler plays an
Israeli soldier who longs
to be a Paul Mitchell
stylist in his latest flick



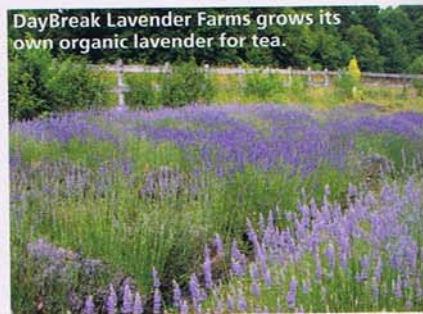
Herbal Thirst Quencher

Carpe Diem has come out with three naturally delicious and nutritious flavors of botanic water: Relaxing, Vitalizing and Harmonizing. Passion flower, lavender and lemon balm combined with peppermint give Relaxing its mild, minty flavor. Ginger, lemongrass and cardamom make Vitalizing a bit spicy. Harmonizing's fruity taste comes from blackberry leaves, hibiscus and elderflowers. With no added sugar, coloring or preservatives, they're a favorite of celebs like Gwyneth Paltrow and Courteney Cox. carpediem.com —N.G.



Take Tea and See

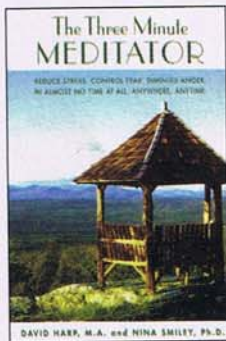
In the '90s it was all about serving espresso to your clients. Today it's tea. Jody Byrne, co-founder of **DayBreak Lavender Farms** in Streetsboro, Ohio, suggests offering three different kinds of tea to start—botanical/herbal tea like Lavender Chamomile, a green tea like First Blush Asamuchi Sencha and one exotic tea like Masala Chai or Jasmine Pearl. You can keep 48 ounces of tea—Byrne suggests pouring three-ounce servings—in a good thermos for up to 12 hours. To kick things up a notch, serve exotic teas in artisanal tea ware. "Anything done with wine can be done with tea," says Byrne, who suggests having tea parties, high tea, tasting nights with score sheets and flights of teas for tastings. daybreaklavenderfarm.com —M.D.



DayBreak Lavender Farms grows its own organic lavender for tea.

MEDITATION MADE EASY

Nina Smiley, Ph.D., director of marketing at Mohonk Mountain House in New Paltz, NY, has used meditation to reduce her stress level for years, but she's also realistic. "Most people don't think they have time to meditate," she says. Smiley, who co-wrote *The Three Minute Mediator* with her brother, David Harp, M.A., posits the theory that meditation doesn't have to be difficult, painful or other-worldly and that even devoting three minutes a day to the practice can reap untold benefits. The best part? You can meditate anywhere and any time you feel the need. The point is to focus your intention on something, even if it's just stroking your cat for three minutes. This book is a must if you've never meditated and are put off by other books you've seen on the subject. thethreeminutemediator.com —M.D.



“Most of the shadows in this life are caused by our standing in our own sunshine.”
—Ralph Waldo Emerson

Yoga on the Go

Unlike your favorite yoga instructor, the **My Yoga 2 Go** practice system is portable, so that wherever you go, your yoga goes, too. The kit acts as your very own guide, offering the convenience and versatility of a personalized yoga session. The system includes seven different types of sequences and more than 70 posture cards that fit into a portable, multipocket tote that hangs on the doorknob or a hook to display the cards, then folds up for easy travel. myyoga2go.com —C.W.



Things I Learned From My Father

My beloved father, Szloma Mops, passed away very suddenly and without warning in February. I will miss talking to him because he maintained such a positive spirit even though he was a Holocaust survivor who lost his entire family during the war. Whenever I became overwhelmed with fear of the unknown, he'd say, "Don't worry,



Szloma Mops, great-grandson Gus, daughter Lydia Sarfati and granddaughter Ires Wilbanks

Lydia, it will be good." Whenever I called and asked how he was, his answer was always the same: "I am perfect." Now my grandson Gus says the same thing. —Lydia Sarfati, *Repêchage*

WHEN TO CHOOSE ORGANIC

You hear a lot from proponents of organic produce about why you should choose organic over conventionally raised food. Many argue that it's better for the earth and contains fewer harmful chemicals, and some studies have even shown that organic produce boasts higher levels of vitamin C and polyphenols than standard fare. But what if organic produce is not readily available in your area? The nonprofit Environmental Working Group (EWG) compiled the handy Shopper's Guide to Pesticides in Produce, which features the 12 fruits and veggies with the most and least pesticides, so you'll know which ones to buy organic and which ones are okay when organic isn't available, or is cost-prohibitive. Go to ewg.org to download and print a pocket-friendly version that you can take with you whenever you're shopping for groceries. —C.W.

