

Pino's Winter Newsletter 2015



Santa Crunch Popcorn!

Ingredients

¼ cup Popcorn Kernels
Salt
¼ cup Butter
3 cups Mini Marshmallows
1 tsp Vanilla
Red & Green Mini M&Ms
Red & Green Pretzel M&Ms

Directions

1. Pop the popcorn.
2. Salt popcorn liberally.
3. Melt butter in pan.
4. Once melted, add mini-marshmallows; stir until marshmallows are melted.
5. Turn off heat and add vanilla.
6. Pour mixture onto prepared cookie sheet and fold popcorn into mixture.
7. Sprinkle the chocolate into the mixture, focusing on the areas that have the most drizzled marshmallow.

Serve as close to cooking as possible to ensure the popcorn is at its most fresh!

Stand out at the Party!

Are you stressing yourself out trying to put your look together while keeping up with the trends of the season? Well look no further; here are some holiday makeup tips to get you into the New Year!

The first tip to send your way has to do with the use of shimmer. Shine yourself up to make it look like your glistening alongside the snow; much like tinsel it makes everything look that much more beautiful and glowing. Make sure you are hitting the three main areas when you swipe your powder: over your cheekbones, below your brow bone and on the inner corner of your eyes. Stay within the pink-based highlighters if you have lighter skin and progress to golden tones if your skin is more medium to dark.

Secondly, blush is non-negotiable for every holiday party. This will add some much needed colour to your cheeks, which tend to dull with the paleness of winter. When picking a colour, make sure that you are mixing complementary blush colours; one darker and one lighter, to create the perfect shade-one that is all your own.

Thirdly, match your lips to your snacks this holiday season; chocolate is the go-to shade for creating a striking lip look. Avoid

the guilt by wearing it on your lips and impress all of the guests with the darker hue- be bold, beautiful and classy, all at the same time. To take it one step further with your lips, pair your lipstick with a clear gloss to achieve another layer of shimmer.

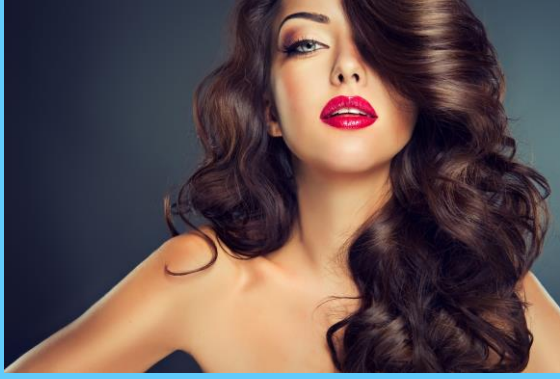
Our last tip focuses on what you should do with your eyes this holiday season. Stylists are suggesting the infusion of flecks of gold, purple and green with a basic grey shadow. Not only will this tie your lips and eyes together but it will also add some colour into your look. Contain the multi-textured part between the lid and the crease; you don't want to add too much colour and end up looking like you belong in the 80s. If you find dark eyes to be too much, make sure to use your brush or a makeup sponge to soften the look. If you aren't into wearing much eyeshadow and prefer to finish off your look with eyeliner, get rid of your pencil and sweep a black gel liner over the entirety of the top lid to create a bold yet elegant look. Finish off the look by sweeping a neutral tone over the rest of the lid.

Take these tips with you and embrace stunning all of the guests at every holiday party you attend this year.



Happy Holidays from everyone at Pino's!

Holiday Hair Trends



Are you looking to do something different with your hair this holiday season? You can change the entirety of the look you're putting together simply by changing your part; it will bestow your hair with extra body! If you're a person who doesn't like to spend that long on their hair, a change to short hair is the solution for you! Most hairstyles that would typically be referred to as "boyish" now have feminine features that soften the look, such as pieces in and around the face. All you need to do to complete this style once you have the cut is to work some product through your hair with your fingers.

If you have longer hair, channel the "old Hollywood" style this holiday season. This entails retro waves that are loose but somewhat pulled to the side a well. This style works well with a little bit of product and with hair that has a day old style. Accessorize your style this year with a little glitter; pull it back and clip it with sparkly bobby pins.

If you always wear your hair up, try something new this holiday season, use a little bit of product to sleek it back into a very tight bun. Or, if you aren't a fan of product, try an inverted ponytail; ensure you keep it low on your head and add a braid to it to keep it secured in place. If you opt for a high pony, tease the hair at the crown for extra volume before securing it. Make sure it is tied extremely tight and at the highest point possible. Spice up your holiday look by adding a fashionable braid; you cannot go wrong with a messy chic side braid!

If you prefer to wear your hair down, there are multiple styles out this year for you. Make sure you keep it looking soft and shiny to avoid getting that greasy look in pictures. Create effortless waves by applying a small amount of product as soon as you jump out of the shower, to make sure the waves stayed crimped throughout the night. In keeping with the effortless fashion, a sexy bed head look is the final holiday look this season; create very small movement rather than a deep curl and make sure that it flows with the natural texture the hair already has.

New Year Diet & Exercise Tips!

Are you looking to lose weight in an easy and simple way? Have you tried the 'lose weight fast' gimmicks to no avail? Here are five quick tips to help you get a start on the body you're after.

Go slow! Don't worry about how fast you're losing the weight; remember that this is a marathon, not a sprint. Those lose weight fast diets tend to cause more weight gain because you're starving yourself of the nutrients that your body needs. Start by cutting 200 calories a day from your diet. Skip the cookie after your dinner and you're on your way!

Take baby steps! Instead of completely changing what and when you are eating, do small things that will take away from the waistline. For example, instead of eating potato chips, make yourself a snack of low-fat popcorn. Instead of packing that last brownie in your lunch, add a bag of carrots instead.

Just show up! Even if you don't feel like working out, put on your exercise clothes and chances are, once you're dressed, you'll be motivated and ready to go.

Exercise Regularly! You won't see results if you aren't getting your heart-rate up. Try to exercise for at least thirty minutes a day. This will help to accelerate the results when combined with everything else on this list.

Sleep well! Make sure that you are getting the average 6-8 hours of sleep per night. If your body is tired you become more vulnerable to illnesses, which make it harder to lose the weight.



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