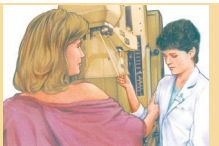


# HEALTH CARE

Fighting breast disease with thermography

Page 3



THE INDEPENDENT & FREE PRESS

Halton Hills' Community Newspaper

Wednesday, October 22, 2008

Dealing with the pains of growing older

Page 5



8 Pages

Special pullout section



## Red Lemon helps clients avoid those bad hair days

ANDREA LEFEBVRE  
Advertising Features Writer

For some people, their hair is their crowning glory. For others, it's a way to express themselves. For Vince Ruso, the owner of Red Lemon Hair Salon, hair can be an indicator of a person's lifestyle.

"Shiny, healthy hair starts with a shiny, healthy lifestyle," he says.

Our hair is fed by our blood, so a healthy diet and exercise is as just as important for our hair as it is for our bodies. For that same reason, changes in your hair can sometimes be a symptom of other health problems. Stress, for example, can cause hair loss as well as other issues.

While your hair can be an indication of your overall physical health, your hairstyle can help with your inner health and self-confidence.

Since Red Lemon opened in 2006, Ruso and his staff have been working with their clients to help them create a hairstyle that looks good and, most importantly, one they can reproduce at home.

"If you struggle with your hair in the morning, it can set a negative tone for the rest of the day," he says.

To help their clients avoid these bad hair days, Ruso and his staff host classes a couple of times each year where customers learn how to effectively use styling tools and hair products to create stylist looks each day.

Ruso says these classes can be an empowering experience.

"Women have knowledge of the stock market and finance, now we're giving them knowledge about their hair," he says. "It's all about having control of your look and having control of your life."

Vince Ruso, the owner of Red Lemon Hair Salon, works on client Michelle McEachern. To help their clients avoid these bad hair days, Ruso and his staff host classes a couple of times each year where customers learn how to effectively use styling tools and hair products to create stylist looks each day.

Photo by Eamonn Maher

**RADIANCE**  
dental hygiene clinic  
A DIVISION OF RADIANCE WHITENING CLINIC

Call Today! 905-873-2121  
www.radiancewhiteningclinic.com  
Main Miller Plaza  
221 Miller Drive • Unit 3 (off 8th Line)  
Georgetown, ON

VISA MasterCard Insurance Plans welcome

### Radiance Hygiene Clinic Open House

Saturday October 25, 11am - 2pm

Join all Main & Miller businesses for • Free food & drinks • Prizes

Fill out a ballot to win...

- FREE sportsguard
- FREE electric toothbrush
- FREE microdermabrasion facial treatment

Come and meet the Tooth Fairy!

Hope to see you there!

