

## HEALTHY HAIR HABBITS

- Brush your hair before you shower wet hair is more vulnerable to breakage.
- Apply Conditioner to ends of hair, then work your way up to your scalp.
- Take time for hair masks atleast once a week.
- Be mindful of key ingredients.
- Eat a blanced diet (fish, meat, eggs & beans)
- Take a deep breath! Your hair is an outgrowth of your body; if your stressed, your skin will be stressed.
- Turn down the temperature of your shower, do a cold quick rince at the end of your shower.
- Shield strands from the sun, and apply a leave in styler to protect your strands.
- Sleep on silk! It protect the cuticles in your hair by reducing the amoutn of friction between hair and the fabric.
- Style smarter to minimize damage from heat styling.
- Get a trim.

**OPENING SOON IN OCTOBER!!!**

Contact owner hairstylist Myla at Ali Vei Salon, 1245 Old Jolly Bay Road, #A-104 (214)354-7552. Call for your appointment today!



A little about me...Hmmm... I'll begin by stating, the decision to become a stylist was one of the best ones I've ever made. I come from a family of artists and being artistic was a gift realized early on. I moved to Dallas, Tx back in 2004 and began a career in Marketing & Public Relations. After a stint in that for a while I realized I hated working the corporate life and needed more work/life balance. So, I pursued another passion, Hair! After 16 years in the great state of Texas, I've finally found my way back home to the Emerald Coast. I truly love what I do, I'm able to exercise my artistic talents, meet and get to know fantastic people, laugh and have fun, all the while running my own business!

LIFE IS GOOD!

**What if you could see what I feel?**

**First, what is lupus?**

Lupus is an autoimmune disease

Lupus is the latin word for "wolf" and is common medical lore that the butterfly rash seen on the cheeks of many lupus patients is so similar to the facial markings of a wolf.

This wolf inside me just won't let me be.

**Have you everseen a dead animal carcass being picked apart?**

A person with lupus expeirences this internal scavegring. The immune system goes rogue and treats healthy organs like dead tissue and begins to feed on them. It has made me stronger while it rips me apart inside.

A lupus warrior has to wade through a complicated series of options and processes in this life or death battle for, quit simply put, more time.

In conclusion, the above is a small idea of what it's like being a lupus warrior. I can be exhausting trying to learn your body and figure out how to modify your life to fit your new normal.

Lupus is a lifelong fight and until a cure is found, a lupus warrior's fight will continue daily.

Never judge what you don't understand

For more information on lupus go to our website at [www.nwflupus.org](http://www.nwflupus.org) or to the Lupus Foundation of America [www.lupus.org](http://www.lupus.org)