

Barrhaven salon offers eco-friendly, chemical-free services

BY KIMBERLY LOCHHEAD
klochhead@thenewsemc.ca

In a world of increased illness and heightened awareness of health risks, many are turning towards more natural methods of healing and cleaning.

A new salon in Barrhaven called the Secret Garden Hair Studio, is offering eco-friendly services by using organic hair products and mineral makeup.

"I have allergies and I can't be around chemicals," explained Kim Simm, hairstylist and owner of the Secret Garden Hair Studio.

"I have been working out of my home and used to work in my basement. When my mother passed away, I was depressed and woke up one day and decided I was good at visualizing and wanted to design a nice salon with lots of light and a garden feel. I like to make people feel good and I enjoy spoiling my clients."

Ms. Simm uses Chi hair colours and lighteners that are ammonia-free, Chi and Nexxus organic hair products, and Ion Detox therapy. During the summer months, clients can sit outside and view her backyard garden

while waiting for their appointments.

For 43 years she has been a hair stylist and said that through word-of-mouth, she is now receiving clients who have allergies and want to relax and be stress-free.

"I love what I do," said Ms. Simm.

"I have an artistic flair and I love colouring. I listen and pick up on people's sensitivities because a lot of people have anxiety about going to the hairdresser and have had bad experiences. Clients are welcome to bring photographs of styles and I

try to do them or tell them why I cannot."

She added that she has been able to fix hair on clients who have had a bad cut and made them feel at ease.

"It's important how you treat people and people appreciate it. Life is too short, I believe in being happy and doing nice things for people."

While being pampered, Ms. Simm creates a tranquil environment for her clients with a water fountain and soothing nature sounds played in the background. She said she wants her cli-

ents to be relieved of daily stresses.

"People are educating themselves and don't want toxins on their skin because it's our biggest organ. There's a lot of information on cancer and disorders. We need to detox and cleanse."

For more information, please visit www.thesecretgardenhairstudio.com or contact 613-825-1554.

The Carp Ridge Healing House



Tour our new facility and let us show you how our *Healing House Hosts* provide holistic individualized home-based care.

613.839.1198
2386 Thomas Dolan Parkway
Carp, Ontario

Next Public Open House Dates:

Sat, Jan 17, 1-3 pm -- Special topic --
The Four Pillars of Health with Rebecca Word ND
Sat, Feb 21, 1-3 pm -- Special topic --
Natural Solutions for Depression with
Katherine Willow ND
www.healinghousecanada.com

248721/0109

The first independent dental hygiene office located in Kanata

Kanata Dental Hygiene
Welcoming You & Your Family

"IS IT TIME FOR YOUR TEETH CLEANING?"
Saturday Appointments Available

Elaine Russell
R.D.H.

www.kanatadentalhygiene.com
417B Hazeldean Rd. (next to Blockbuster) Kanata • 613-592-2044

Dr. Janet S. Leith
Dentist

- Cosmetic Dentistry (Crowns, Bridges, Veneers)
- Dental Implants
- Dentures (Complete and Partial)
- Root Canals
- Whitening
- General Dentistry - including Children
- Electronic X-Ray Processing
- Seniors Especially Welcome

613-723-1461
1600 Merivale Rd., Suite 212
www.drleith.ca • drjanetleith@bellnet.ca

Complete Care for the Entire Family



**ONE
DAY
FREE**

Must be 18+ years old and a first time visitor. Local ID required.

www.myfloridafitness.com

This January only...

Don't get locked in!

no contracts

no terms

free personal training



530 West Hunt Club
Brand New Gym
Indoor Track

**FLORIDA
FITNESS**



**St. Laurent
Shopping Center**
Indoor Pool
Hot Tub

613-727-5300
www.myfloridafitness.com

248265/0109