

How to be a Healthy Hairdresser

Aromatherapy Associates nutritional life coach, **Yvonne R. Wake**, shares her five simple steps to help your salon staff develop a mindful eating technique that will increase energy and lead to better overall health

1 The mindful eating technique

If you and your salon team practise a mindful eating technique you will learn how to make positive food choices. This will lead to better health and more energy. Paying attention to what you purchase, how you cook your food, and eating slowly will create healthier eating patterns and prevent endless unhealthy snacking while on the go in the salon. Mindfulness means concentrating and being smart about what we consume. Have mindful awareness around food and try not to spend all day discussing the subject. Having a positive relationship around food is key to making sure you eat mindfully and not mindlessly.

2 Portion control

It is essential to eat to live rather than to feel full and bloated. Confine meals to the 12-hour window, such as 8am to 8pm. Only eat when you feel hungry and remember that food is fuel. Take the appropriate breaks so that you can sit calmly at a table and eat properly. Steer clear of processed and fast food as it's a false economy – you will not be nourished by this and you will need refuelling every hour.

3 What to eat

The best foods for health promotion and boosting energy are raw, organic, in-season and plant-based such as fruits, vegetables, nuts, seeds, wholegrain breads, pulses (lentils and beans), herbs and some spices like turmeric and ginger. Home cooked foods are preferable. Vegetables should be top of your list and add garlic to everything as it's a



superfood and a healing food. Some of the worst offenders are processed such as anything in a packet that has been produced in a factory. This includes ham, salami, fast-food, deep fried food, white bread and white rice/pasta, sweets, cakes, biscuits and pies.

4 Eat 85% fresh food

The food you eat should not be from the shelves of a supermarket. In other words, it should be fresh or stored in the fridge. If you buy lunch from a local shop, make sure it's a wholefood or health food shop. This should mean you will have a wider choice of foods containing the correct nutrients.

5 Never leave home without breakfast

Try to eat low GI foods for breakfast such as porridge or oats as this will keep you going until lunchtime. Low GI foods allow energy to enter the bloodstream slowly and you will feel satisfied for longer. 🍳

Find out more by going to aromatherapyassociates.com/wellbeing-experts or following @aromatherapyassociatesuk on Instagram.

The nutritional coach says:



"Mindful eating means eating becomes a more pleasant experience and a ritual to look forward to. You

will learn how food affects your mood and your energy highs and lows, which you can control better with what you eat and when you eat. It will also make you more in tune about when you need to refuel, so you will know when you are hungry and learn how to stop eating when you are full. You will also learn how to really taste healthy foods and start to dislike the taste of unhealthy, processed foods."

The salon owner says:



Christel Lundqvist STIL Salon's director says healthy eating has a positive impact on

stress levels and will help you perform better in the salon. "We work with nutritionists to show our staff how a healthy diet supports the body on a deeper level. We're all busy so it's important to eat correctly during the week to lower stress levels and cope with our busy columns. My team bring in food so they can refuel healthily. We also have herbal teas and I encourage the team to start the day with hot water and lemon."

The art of mindful eating

Why you should create a dedicated space for staff to eat in your salon

- It's difficult to create extra space within a salon for the team to sit and enjoy a 15-minute break or eat lunch slowly, but it is worth it. The benefits of slow eating in a calm space outweigh the challenges brought on by not eating correctly or not allowing food to digest properly. Moreover, eating intelligently will increase and improve the health and energy levels of you and your team.

- The number of sickness days taken by your individual team members could be reduced if your team were better nourished during the day. Eating food too quickly is a 21st century madness. All too often, we either skip lunch or we eat on the hoof and our gut does not like it. A top tip is to provide a small space with a table and chairs for your team to relax and eat well sourced healthy foods.