

Up Your Hair Salon

A Full Service Salon and Blowout Bar

Located in the heart of Key Largo a FULL SERVICE Salon and Blowout Bar 24 hour online booking www.upyourhair.com

UNLIMITED BLOWOUTS \$175**

Come in as often as you wish for 30 days, enjoy a glass of wine, fresh brewed coffee, or infused water.

FEBRUARY SPECIALS

Exfoliating Scalp Treatment just \$32*
*usually \$48

Free Gift With All Up Dos \$20 Value*
*Upon Request

For More Information on these Services
Please go to www.upyourhair.com or call

305-282-9533

Happy Valentines Day

*Mon-Fri 9:30am - 6:00pm 99228 Overseas Highway
Sat 9:00am - 2:00pm Key Largo, FL 33037
* Seasonal Hours MM 99.2 Bayside
**ADD'L \$10 Monday & Saturday

Love Your Look for February

Up Your Hair is here to tell you this month's beauty trends. Hair, makeup, and nails, find out how to get that runway look here!

What goes up must come down, and why not take it down into a loose "barely there" bohemian chic wave? A natural effect with light wavy curls is rocking runways and the Keys. Pull this look together with a



Anne Hathaway sports the Pixie.

hair embellishment to give it that couture effect - flowers, lace, headbands, or a crystal pin.

Trying out the edgy pixie cut is a must for this month's fashion dos. Think "low-maintenance chic."

As Valentine's Day is upon us, how can you go wrong with the bombshell red? From nails to lips, get away with glamour! When we hear red, we think bright, but that's not always true. Try a dark red lip color with your up-do or a light pink with your beachy waves. Whichever you choose, you can't go wrong.

Mark the month of whimsy and try a few new looks, after all it's the season of love and why not love the new you?!

If you're looking for a change or need advice, call or stop by the salon or check out www.upyourhair.com to set up a free consultation.

SATURDAY 14 FEB 2015
GILBERT'S RESORT PRESENTS
PARROTHEAD DAY
LIVE MUSICAL PERFORMANCES BY
THE SAUCE BOSS

2:00PM 5:00PM

7:00PM 11:00PM

JIMMY STOWE & THE STOWAWAYS

GILBERT'S RESORT PRESENTS

INTERNATIONALLY ACCLAIMED
IGOR & RED ELVISES
First ever appearance in the Upper Keys!

"WHAT A SHOW!"
Unique humor, and screamin' rock 'n' roll!

NO COVER CHARGE

SUNDAY 1-6pm
MARCH 1
AT GILBERT'S RESORT
MM 108

107900 Overseas Hwy. Key Largo, FL 33037
305-451-1133

Red Elvises started as a Russian group, playing what they dubbed "Siberian Surf Rock." This group is constantly evolving as singer, songwriter, guitarist and showman extraordinaire Igor Yuzov travels the world finding wildly talented, entertaining musicians to bring into the band.

Dance, Scream, Shout!
Wherever Igor & Red Elvises go, they bring the party with them.

Time to Quit!

One of the greatest feelings in the world is to inspire others to do something positive for themselves. It has been a year and a half since I quit smoking. I did not intend to quit when I quit, I was only testing out the Ego brand vaporizers my friends Howie and AJ are selling at Keys Vapors (next to the Dollar Tree).

I never, in a million years, thought I could quit a 3-pack-a-day habit. From the minute I carefully measured the right nicotine level, I never picked up another cigarette. I never even wanted one. It has now been 18 months.

Approx. \$70 a week x 78 weeks = \$5,460 in cigarette savings. That isn't counting what I save on health insurance as a non smoker. My

lungs feel more clear every day. Yes, I gained weight, but if I can quit smoking I can do anything.

These are some of the justifications I have heard against quitting this easy way:

Q. Those vaporizers are expensive aren't they?

A. The starter kit is about \$50. You will naturally add batteries and try out different flavors but you will still be saving money!

Q. Those chemicals are supposed to be bad for you.

A. Anything in excess is bad for you, even water! The cigarette companies are losing money from all the people successfully quitting with this method so they are spreading negative propoganda to reinforce your addiction to nicotine and smoking.

The chemicals in cigarettes are a lot worse.*

Q. They say people can get pneumonia from the vapor.

A. Really? Do you know anyone who got it directly from the vaporizer? Theoretically it could happen, but I don't know anyone it happened to. I suppose you could find a million excuses to keep smoking.

If you don't do it for yourself do it for the ones you love.

*Breathing even a little tobacco smoke can be harmful. Of the more than 7,000 chemicals in tobacco smoke, at least 250 are known to be harmful, including hydrogen cyanide, carbon monoxide, and ammonia. Among the 250 known harmful chemicals in tobacco smoke, at least 69 can cause cancer.

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Call to schedule your appointment - or stop in today at MM 99.2
(Inside the Hair Studio: "Up Your Hair")
99228 Overseas Hwy, Key Largo, FL 33037

MAKE IT A
Valentine's Day
TO REMEMBER

Hours
Mon-Thurs 10-4
Friday 10-6
Saturday 10-4

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