



# The Key

Issue #006 | Winter 2017

A Publication of The Happiness Project of Reading/Berks

**FREE!**



Beat Winter  
Blues  
Pg. 2

Picasso Salon  
Back Cover

# Five Ways to Stay Happy this Winter Season

by Nancy Clark

## The winter season can get us feeling down...

The weather is cold which creates a lack of energy. Shorter days and less sunlight in winter may actually cause depression in many Americans. However, as Sonja Lyubomirsky, PhD, a professor of psychology at the University of California, Riverside, and author of *The How of Happiness* states, “There are simple things you can do to stay positive during the winter months. It’s important to keep your mood up because it can help you avoid everything from gaining extra pounds to feeling lethargic and depressed.” These are a few suggested techniques to stay happy and ward off the winter blues all season long.

### 1. Get Some Sunshine and Fresh Air

As the days get shorter, it is easy to miss getting out in the sunshine. Sunlight provides us with Vitamin D which improves our mood! Beyond the D factor, sunlight increases levels of serotonin and also works to suppress melatonin, a chemical that makes us drowsy, explains Norman Rosenthal, MD, author of *Winter Blues*.

Simply getting more sunlight can keep our mood elevated and keep the blahs away. Morning sunlight is most beneficial, so try to take an early morning walk to work or prior to work. Another idea is to take a quick walk on your lunch break and ensure you get out on the weekend.

### 2. Exercise Makes You Happy

Let’s face it, to muster the motivation to make it to the gym when the temperature is below zero can be tough. But “exercise can boost your mood, and you need that lift even more during the winter,” says Patricia Laguna, PhD,



a professor of kinesiology at California State University, Fullerton.

Endorphins, which are our body’s natural ‘feel good hormone’, are released during and after exercise and help make us feel elevated and content. Regular exercise will give us more energy. It will help to release inner tensions, anxiety and stress. A regular exercise schedule will make it easier to stay relaxed, positive and get through the winter blues.

### 3. Eat Healthy

When it’s cold, dark and damp it’s easy to get off track and succumb to fatty, sugary foods that we think will make us feel better. They might make us feel better for half an hour, but ultimately they will zap our energy and affect our mood causing lack of concentration, mood swings and a general feeling of lethargy. Instead of eating the traditional “comfort foods,” try eating whole grains, nuts, seeds, fruits and vegetables.

### 4. Be Social

Humans were not meant to hibernate as bears. Even though we may feel like hunkering down in our house until spring, socializing is a very powerful way to boost our mood, says Esther Sternberg, MD, author of *The Balance Within*.

Try setting aside some time each day for a “buddy moment,” whether that’s grabbing a quick lunch with a co-worker or spending time with friends and family. As tempting as it is to sit on the sofa and watch our favorite TV show, doing this alone will likely only lead to lower mood. However, by surrounding ourselves with people that we can have fun with will uplift our mood.

### 5. Enjoy Winter’s Pleasures and Embrace the Season

Warm woolen mittens! Ice-skating! Making snowmen! Taking the time to savor the most

amazing things about this season can make us more content, Lyubomirsky says. “When you enjoy rather than dread what’s around you, your optimistic thoughts will start trumping your negative ones,” she explains. Next time your mind starts to drift toward your numb toes and nose, refocus on the positive—you’ll be able to sip tea in front of a crackling fire as soon as you get home.

Here are just a few ideas to get you started:

- Brew your favorite herbal tea and curl up with a blanket and favorite book or magazine. Start a fire if you have a fire place or just light candle.
- Take a mid-day stretch
- Work on an art or craft you love
- Turn on some good music, close your eyes and relax. Go ahead and sing out loud if you feel like it!
- Give yourself a foot or neck massage with a scented oil
- Take a warm, long bubble bath after the kids are asleep. Don’t forget to say, “Ah yes, I deserve this!”
- Stroll through a bookstore, museum, art gallery, or thrift shop
- Drive around and look at the Christmas lights
- Rent your favorite movie and pop popcorn
- Bake cookies
- Take a brisk walk in the afternoon when the sun is out
- Watch the snow falling from a different perspective. Look out the window and really appreciate the idea of each snowflake being beautiful and unique. Go for a walk at night as the snow is still falling, feeling and hearing the crisp crunch under your feet and admiring the clean fresh fallen snow sparkling like diamonds on the ground

What things would make YOU feel good this winter? ⚙

# Living With Less and Having More

by Sue Hain

When I was a young adult, I dreamed of living in the country surrounded by lots of land and wildlife. I also wanted to work from home doing something I had a passion for and loved. I visualized myself living in an old farmhouse or log home. I imagined myself enjoying the wildlife and farm animals every day. I saw myself keeping myself busy through numerous projects. I envisioned myself living a life full of happiness and contentment. Without consciously being aware of it, I had a dream of living with less and choosing voluntary simplicity.

In a few years, I purchased my dream home. It was a farmhouse, sitting on 20 acres of land. I built my dream business at home, and raised many different farm animals as well as enjoyed all the wildlife surrounding me. At this point, I had all the material possessions that I had hoped for and dreamed.

However, through time, something changed and I got into a common path of wanting and desiring more. I soon desired more “stuff”, more convenience, more technology and more money. In order to support this desire for more material possessions, I needed to work more to finance all of these things. Therefore, not only did I run my own business with long hours, I worked a 40-hour week at an outside job along with one or two other part time jobs. Although I felt successful in many ways, I really never felt satisfied or truly happy. I knew that something was missing.

For several years I lived in survival mode. I had no time for contemplating a different life or for pursuing new dreams. I felt stuck. I knew I had to change something in my life so that I didn't feel frustrated with where I was at and what I was doing.

I started by observing my pets. I quickly identified how they always appeared content and happy with simple things. The cats appeared happiest when playing with a string, batting a crumbled piece of paper around the house, or being curled up and purring in a sunbeam coming through a window. The pups also appeared happiest when throwing around, or tugging on, the rattiest, worn out old, de-stuffed, de-squeaked, toy. They loved riding in the car with their head out of the window while their ears and jowls flapped in the wind. They were perfectly content just snuggled next to me or on me while I was sitting on the recliner. No matter what season, holiday, or day of the week, they woke up every morning appreciating their life. They simply appreciated their breakfast no matter what the contents and enthusiastically started to enjoy their



The author and an animal friend | Photo by Sue Hain

experiences of the day. I quickly realized that this is the way that I wanted to feel in my life. This didn't mean I wanted to start playing with string or hanging my head out a car window, but that I wanted to start enjoying and appreciating those simple experiences rather than taking them for granted or not taking the time to realize they were even occurring.

The biggest challenge with starting a life with more simplicity is having the right mindset. It also means understanding what living “simply” means and doesn't mean. Living simply, or with less, doesn't mean sacrifice or lack or denying or just existing in the world. It means experiencing, enjoying, and appreciating what we DO have. This is much easier to accomplish when there are fewer distractions in our life.

Here are just a few ways to begin your journey of living a simpler life full of appreciation and enjoyment:

## #1 Let go of the false beliefs

Let go of the false belief that more is always better and that more material possessions are needed to be happy. Realize that the more content and joy we experience inward is worth far more than all those material possessions on the outside.

## #2 Take inventory and examine your values

Decide what is most important in your life. Is it spending time with family, increasing or maintaining your health, or enjoying a hobby?

## #3 Become aware of your spending habits

Keep track of the money that you spend and how you spend it. If we are spending money on things that are not necessities, are they increasing our level of enjoyment in life or can this money be spent on something else more beneficial to our happiness?

## #4 Downsize your material possessions

Start to eliminate the things you don't need. Sell, donate or trash the things you haven't used or touched in years. Continue to do this on a regular basis.

The path to living simply can look different for each person. It can be as drastic as downsizing from a larger home to a smaller one, going from a job of working 70 hours per week to working a part time job. It can also be as simple as taking a few moments out of each day to stop to realize, appreciate, and enjoy the simple beauty of nature. ✨



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# Thank You

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Anna Sarko  
Barbara Schaeffer

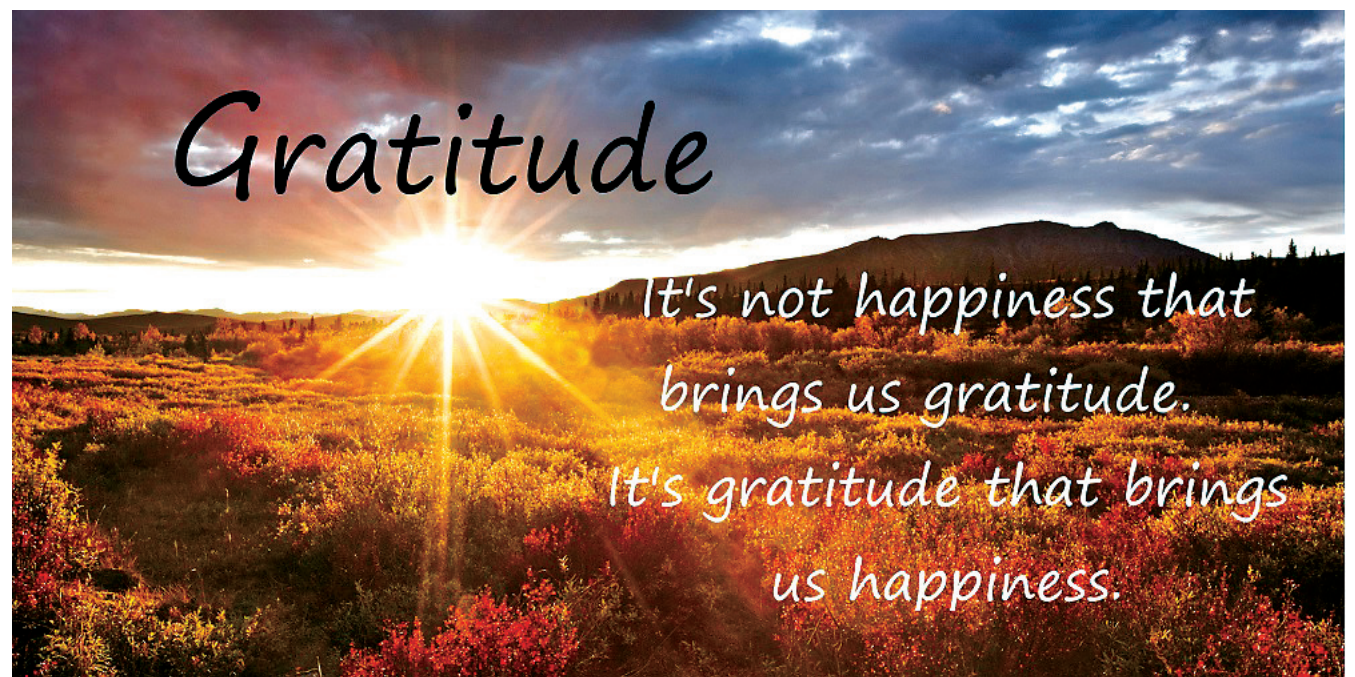
Art Hilt  
Rochelle Hess  
Diane Young  
Rick VonNeida

# Gratitude – Science Is Proving The Benefits

by Jan Orcutt

“Spending two minutes a day being consciously, deliberately, mindfully grateful is perhaps THE secret to happiness and a longer life.”

- Lazlo Bock, Google’s Senior Vice President of People Operations



As it turns out, the benefits of practicing and expressing gratitude go far beyond an immediate positive emotion as experienced with exchanging "thank you's".

Gratitude improves physical health. This is a personal favorite, since I credit gratitude with kick-starting my healing from cancer 5 years ago. A 2012 study published in *Personality and Individual Differences* found that people who express gratitude tend to experience fewer aches and pains, exercise more, and report feeling healthier than other people.<sup>1</sup>

Gratitude boosts self-esteem and performance. A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athlete’s self-esteem, which is an essential element to optimal performance.<sup>2</sup>

Grateful people sleep better. Grateful thoughts help you get a great night’s sleep. That’s the message of a recent study in *Applied Psychology: Health and Well-Being*, led by psychology professor Nancy Digdon. You may sleep better and longer by spending just 15 minutes every night jotting down your grateful sentiments.<sup>3</sup>

Gratitude improves relationships. In fact, Adam R. Smith wrote his entire scholarly dissertation on this at the University of Miami in 2014. His research shows that gratitude both initiates and strengthens interpersonal relationships.<sup>4</sup>

Gratitude rewires your brain. Time and again, studies have shown that performing simple gratitude exercises, like keeping a gratitude diary or writing letters of thanks, can bring a range of benefits, such as feelings of increased well-being

and reduced depression, that often linger well after the exercises are finished.

Now a brain-scanning study in *NeuroImage* brings us a little closer to understanding why these exercises have these effects. The results suggest that even months after a simple, short gratitude writing task, people’s brains are still wired to feel extra thankful. The implication is that gratitude tasks work, at least in part, because they have a self-perpetuating nature: The more you practice gratitude, the more attuned you are to it and the more you can enjoy its psychological benefits.<sup>5</sup>

Improving your awareness of gratitude and cultivating this attitude may be one of the easiest ways to increase your happiness and satisfaction with life! ✨

1,2,3 Forbes 2014, 7 *Scientifically Proven Benefits of Gratitude That Will Motivate You To Give Thanks Year-Round*, Amy Morin, psychotherapist and author of *13 Things Mentally Strong People Don’t Do*

4 Smith, Adam R., “Gratitude: a Basic Human Emotion for Initiating and Strengthening Interpersonal Relationships” (2014). Open Access Dissertations. Paper 1251.

5 Science of Us, “How Expressing Gratitude Might Change Your Brain” by Dr. Christian Jarrett, editor of the British Psychological Society’s Research Digest blog. His latest book is *Great Myths of the Brain*.



## WORDS OF WISDOM:



“Plenty of people miss their share of happiness, not because they never found it, but because they don’t stop to enjoy it.”

- William Feather



# An Introduction to Community Poetry

## One Picture at a Time

by Jennifer Hetrick



icy fence | Photo by Jennifer Hetrick

The Key invites our readers to submit original poetry to be featured in our upcoming issues.

People who know me probably realize there's hardly much I could adore in this life more than poetry. With this in mind, as a writer and editor, I am grateful to understand that language is a powerful tool to get through to people. It is also carved into what's creative in us. And our world is brimming with inspiration which is often missed because of how busy, stressed, and distracted we are.

In teaching poetry locally, I've learned just how valuable it can be to pair captivating photography with what's bardic in our days. As a quick vocabulary lesson, "bard" means "poet," so "bardic" is an adjective to describe all things poetry-related.

I love the eye-savvy lure of photography, too. It just makes sense to pair poetry with pictures as a practice (alliteration station maximum, yes!). So I am thrilled to introduce readers of The Key to my concept of Community Poetry One

Picture at a Time. I'm also happy to promote the healing-oriented aspects of this endeavor, as it is an automatic benefit to anyone who tests it out.

I launched this concept in summertime on my blog and Facebook page. Through it, I share one of my own locally taken photographs, and I welcome people of all ages, backgrounds, and places to write their own poem whisked into existence by this glimpsing. I publish all of the poems online, as I believe in the importance of all voices being heard as much as possible when art is created in this often messy-minded world of ours. Having diversity across perspectives and language of varied voices in the art of words through eye-scenes is a great way to promote positives in life today.

Readers are welcome to submit one original poem which they write. I will publish all poems on my blog and Facebook page. The Key will choose and publish at least one poem in this

section in our next issue.

Submitted poems can be written in any form or style. Include your poem's title, your name, and your town of residence.

Send your poems to:

[poetrywithjenniferhetrick@yahoo.com](mailto:poetrywithjenniferhetrick@yahoo.com)

or

[thekeyofberks@gmail.com](mailto:thekeyofberks@gmail.com).

To see all poems published online, visit—

Blog:

<http://poetrywithjenniferhetrick.blogspot.com>

Facebook:

[Poetry with Jennifer Hetrick](#)

And on the next page is the first poem to start this new endeavor, inspired by the picture above.

## the blur after wind by jennifer hetrick

edges of cold keep  
molecules in maps  
across worn wood.

some of us follow  
fences with our eyes  
during the deep hull

of winter. we forget  
that this wood had its  
own stories before it

knew milling, that  
since water carries  
information\*, this

ice knew memories  
before it left sky  
for my backyard.

\*This is in reference to Masaru Emoto's research which was based in Japan. He died in 2014 but studied water crystals and wrote several books about his findings.

**The Key wants to hear  
from you!**

**Submit a poem  
inspired by the Spring  
image below for our  
next issue.**

**All poems will be  
featured online, and  
some will be included  
in print.**

**Send your poems to :  
[poetrywithjenniferhetrick@yahoo.com](mailto:poetrywithjenniferhetrick@yahoo.com)  
OR [thekeyofberks@gmail.com](mailto:thekeyofberks@gmail.com).**

## Spring Inspiration

The spring eye-scene inspiration is three charming pigs chomping down at meal time but from a view away from their iconic little snouts. The photograph was taken at Eckerton Hill Farm in Rockland Township.

We look forward to receiving your submissions.



three charming pigs | Photo by Jennifer Hetrick



## Wintry Apple Salad

Recipe & Photograph  
by Jennifer Hetrick

### Ingredients

2 Granny Smith apples  
a good throw of gorgonzola  
honey balsamic vinaigrette  
dried cranberries  
protein-savvy pecans

### Instructions

1. Slice the 2 apples (sour-types are a must for best flavor-ways) into tiny bites.
2. Mix together the rest of it all with as much of each ingredient as you like; shake up, like Elvis.
3. Enjoy swimmingly.



## Yes Virginia...

“Is There a Santa Claus?” is a letter to the editor and the editor’s response originally printed in the September 21, 1897 edition of The New York Sun. Even though this was written over 119 years ago, the wisdom is so pertinent in today’s world!

Dear Editor—

I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, “If you see it in The Sun, it’s so.” Please tell me the truth, is there a Santa Claus?

Virginia O’Hanlon  
115 West Ninety Fifth Street



Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men’s or children’s, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence.

We should have no enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that’s no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby’s rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! He lives and lives forever. A thousand years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

It is the hope and wish of everyone from the Happiness Project and The Key that all who read this maintain that child-like belief in their hearts. Know that it truly is the “love and generosity and devotion” of individuals which is the Spirit of the holidays. Please remember to keep this spirit of the holidays, the spirit of love, joy, giving, appreciation and unity, alive throughout the year! Happy Holidays to ALL!

## Christmas is for Love

Author Unknown

Christmas is for love. It is for joy, for giving and sharing, for laughter, for reuniting with family and friends, for tinsel and brightly decorated packages. But mostly, Christmas is for love. I had not believed this until a small elf-like student with wide-eyed innocent eyes and soft rosy cheeks gave me a wondrous gift one Christmas.

Mark was an 11 year old orphan who lived with his aunt, a bitter middle aged woman greatly annoyed with the burden of caring for her dead sister's son. She never failed to remind young Mark, if it hadn't been for her generosity, he would be a vagrant, homeless waif. Still, with all the scolding and chilliness at home, he was a sweet and gentle child.

I had not noticed Mark particularly until he began staying after class each day (at the risk of arousing his aunt's anger, I later found) to help me straighten up the room. We did this quietly and comfortably, not speaking much, but enjoying the solitude of that hour of the day. When we did talk, Mark spoke mostly of his mother. Though he was quite small when she died, he remembered a kind, gentle, loving

woman, who always spent much time with him.

As Christmas drew near however, Mark failed to stay after school each day. I looked forward to his coming, and when the days passed and he continued to scamper hurriedly from the room after class, I stopped him one afternoon and asked why he no longer helped me in the room. I told him how I had missed him, and his large gray eyes lit up eagerly as he replied, "Did you really miss me?"

I explained how he had been my best helper. "I was making you a surprise," he whispered confidentially. "It's for Christmas." With that, he became embarrassed and dashed from the room. He didn't stay after school any more after that.

Finally came the last school day before Christmas. Mark crept slowly into the room late that afternoon with his hands concealing something behind his back. "I have your present," he said timidly when I looked up. "I hope you like it." He held out his hands, and there lying in his small palms was a tiny wooden box.

"It's beautiful, Mark. Is there something in it?" I asked opening the top to look inside. "

"Oh you can't see what's in it," He replied, "and you can't touch it, or taste it or feel it, but mother always said it makes you feel good all the time, warm on cold nights, and safe when you're all alone."

I gazed into the empty box. "What is it Mark," I asked gently, "that will make me feel so good?" "It's love," he whispered softly, "and mother always said it's best when you give it away." And he turned and quietly left the room.

So now I keep a small box crudely made of scraps of wood on the piano in my living room and only smile as inquiring friends raise quizzical eyebrows when I explain to them that there is love in it.

Yes, Christmas is for gaiety, mirth and song, for good and wondrous gifts. But mostly, Christmas is for love.

The love in your heart wasn't put there to stay; Love isn't love until you give it away! This year, remember what is most important, not only during the Holiday season, but all year round. LIFE is for sharing love! ✨

## Bridge of Hope: Introduction

by Jan Orcutt

*This article is Part 1 of a 2 part series.*

Bridge of Hope is a local non-profit organization dedicated to helping to end family homelessness. They define homelessness as a condition in which individuals have no residence, owned or leased, in which they can live safely and legally both night and day and in which they can meet their basic needs with privacy and dignity.

They serve single mothers who are presently homeless or at immediate risk of becoming homeless. Most families are referred to Bridge of Hope by social services agencies although local churches often refer families to Bridge of Hope as well. Interested mothers go through an application process. Primary criteria for acceptance into their program includes:

- A willingness to work toward financial stability through employment
- A desire to build relationships with mentors to make constructive life changes
- Minimum of 12 months of sobriety with a documented abuse recovery history
- Must be at least 20 years old with one or more children

Once accepted, Bridge of Hope provides professionally qualified case management

services, help with career counseling, goal setting, and life skills training in areas such as budgeting and parenting. During visits and regular meetings, each woman develops a plan for financial stability that includes specific goals and action steps. The plan becomes part of an individualized service agreement and provides accountability.

Their approach is not only unique but as Jody Widing, Special Events and Grants Coordinator explained to me, thoroughly holistic in nature. It includes a three way partnership with a single mother, a Bridge of Hope Social Worker, and a church-based mentoring group. This holistic approach she described is deep not broad, meaning that they work with just five or six families at a time and are not just providing a place to sleep for a few nights, but rather a program of one to two years in duration. During this time, they are working together and doing things that are changing families' lives forever. They become completely self-sufficient in several aspects: physically, emotionally, socially, spiritually, and economically.

Stay tuned for Part 2 which will include interviews with a Bridge of Hope graduate, her case manager, and members of a mentoring group. ✨

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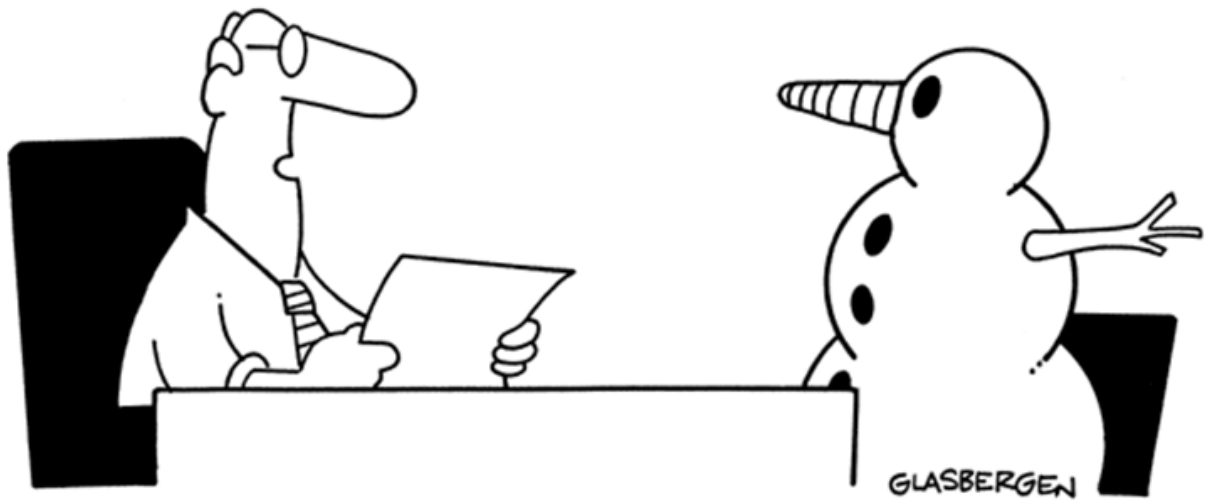
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**"They're looking for someone who's well rounded and knows how to keep a cool head."**

A week before Christmas, a department store manager overheard one of her cashiers tell a customer, "We haven't had that for a while, and I doubt we'll be getting any this year." Horrified, she rushed over to apologize and insisted the store would have the desired item before the holiday.

After the customer left with a surprised look on her face, the manager yelled to the cashier, "Never tell the customer that we're out of anything, tell them we'll order it on rush! Now, what was it that she wanted?"

The cashier couldn't help but smile as he gave his answer: "Snow."



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Dauberville: Country Chapel Beauty Salon

Douglasville: Kaleidoscope Angels, Kimberton Whole Foods

Exeter: Panera Bread

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Kutztown: Second Nature Health Food Store

Leesport: Farmer's Market, Hoss' Steak House,

Mohnton: Cumru Township Bldg

Morgantown: Goin' Postal, State Farm Ins., Holiday Inn, BB's Food Outlet

Muhlenberg/Temple: Buy Right Liquidators (Blandon), Grocery Outlet 5th St, 5th St. Diner, Health Cupboard, Offices of Senator Judy Schwank, Unity of Reading

Oley: Creekside Pleasantville Diner

Pottstown: Enlightend Path

Reading: Exeter Family Diner, Goggle Works, Mi Casa Su Casa, Queen City Restaurant, Reading Recreation Commission (3rd Street), BCTV studio (13th Street), St. Joseph's Hospital (lobby), Reading YMCA, Car Tech, Pets PurrFur Pet Store

Robesonia: Heidleberg Family Restaurant

Shoemakersville: Quick Shopp, Kuzan's True Hardware, Rovin' Hollow Kennels

Sinking Spring: YMCA

Strausstown: Wellness Center for Pets & Their People, Inc.

Wernersville: Phoebe Berks

West Lawn: Skin Sanctuary Spa

West Reading: Reading Hospital-Main Lobby, West Reading Diner, Integrative Healing Studio

Wyomissing: Cloud Nine Café, Reading Rehabilitation Hospital, VA Clinic, Wyomissing Library, Wyomissing Family Diner, Gold's Gym, Tokyo Hibachi

## Last Laugh

I think my neighbor is way too nosy. She's even been googling my name on her computer. It's true...I saw it through my telescope last night!

# Picasso Salon and Day Spa

by Jan Orcutt

Pottstown salon features artful style and products with natural ingredients.

The Salon's name, "Picasso" (Salon and Day Spa) was inspired by the artist, but its' owner, Robin Harooni, thinks of herself more as part artist and part doctor. Your personal hair doctor. More about that in a moment. After interviewing her for this article, I'd have to add, "and part inspirational teacher." The latter description fits into her mix of talents because she sees part of her job as empowering her clients to be the best that they can be, beyond just looking good.

While it may begin with a great hair style or color, she views the goal as one of helping to give each person the confidence to 'go for it' in their own lives. She has had great experience with coaching and encouraging women – having raised three daughters. Two of them are studying medicine. The third, Sabrina, is following in her mother's footsteps by becoming a local entrepreneur. Her business, "Sabrina's closet", will feature consignment fashion and will open shortly in Pottstown. Robin has not only coached her daughters, but has also helped several local women to "get back on their feet" after falling on hard times. In more than one case, this included assisting with housing and helping to find employment. She is clearly a role model for the socially conscious entrepreneur.

Robin embodies the definition of an 'empowered woman.' She not only owns her salon; she even owns the strip mall where it is located on Charlotte Street in Pottstown. After working for other salons, she purchased the shopping plaza in 2010, and opened her own business. The growth of her business has been a bit of a family affair, too. Although not living

nearby, her brothers have helped with the build out and remodeling of her salon over time by traveling here and working on weekends to do so.

Now back to the hair doctor. Robin works on all types of hair and focuses on helping to improve the health of client's hair without chemical based products. She proudly described one client's journey to healthy hair. When the client first came to Picasso, her hair was thinning and her scalp visible through it. After nine months of care and treatment at Picasso, her hair is full and shiny, visibly healthy. The hair products carried in the shop and for sale are sulfate-free, no alcohol or parabens, and natural ingredients. Even the color contains either no, or low ammonia-based ingredients.

In addition to hair products, the shop carries two lines of natural makeup which incorporate vitamins as primary ingredients. Dozens of other salon services are offered such as manicures, pedicures, waxing, and threading. In the Spa area, you may treat yourself to an Infra-Red Sauna. This is the same Infra-Red Sauna as the one featured on Dr. Oz! This type of sauna is not only good for arthritis and any kind of muscle aches, but also great for your skin and for regulating blood pressure!

Picasso stylists can service wedding parties and are happy to travel to provide onsite hair & makeup for the big day.

If a Holiday Party is on your calendar, you may want to consider mentioning The Key to save on your next service at Picasso.

## Picasso Salon & Day Spa



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## About The Key

The Key is a free, positive community newspaper published by The Happiness Project of Reading, PA, a 501C3 non-profit organization. Its articles showcase the many good things that are happening all around us in Reading and Berks County as well as highlight positive psychology and how to increase our health, well-being, and quality of life.

Advertising in The Key will not only reach thousands of residents of Reading and Berks County, but will also serve to associate your business with positivity and act as a stellar reference for who you are and what you do for your customers and our community. We look forward to you enjoying much prosperity while making a positive difference.