

**SALON 244  
IS NOW...**

# TRANSITIONS STUDIO

HEALTH AND BEAUTY NATURALLY

## The Transition...

A transition is defined as a change or passage from one place, action, mood or topic to another. Transition, best describes the process we here at the salon have been engaged in.

Carlo Turavani, salon owner and operator, has been a hair stylist since obtaining his license in 1980. He established his own salon in 1986, called Salon 244. The usually array of services were provided such as haircuts and colors.

In 1992, his life was profoundly changed when a friend passed away from cancer. He began his transition at that time...to where we currently are today. He is now a stylist that operates with a full sense of beauty and not with a false pretense of what beauty should or should not be. Beauty truly begins on the inside and with self confidence; people can gain the ability to express their beauty on the outside. ...HEALTH AND BEAUTY NATURALLY



## Inside This Issue

The Transition	1
Further Developments	1
Look Good, Feel Better	2
The Evolutions	2
A Natural Decision	3
Our Product	3
Hours of Operations	4
Special Offer	4

## Further Developments

In 1993, Carlo received his cosmetic certificate and worked with men, women and children who have lost their hair due to cancer, burns, premature baldness, alopecia and other medically related hair loss. A separate part of the salon was created called Transitions, to respect the client's privacy and to help maintain dignity, as some of these clients were having a difficult time dealing with their hair loss.

Wigs for Kids, a non profit organization which supports children who have hair loss, started out of the salon in 1997. This is provided to them at no cost to the families that participate in the program.

Children in need of a hair prosthetic are referred to Carlo from Medical doctors and social workers, mostly from the Niagara region. After meeting with the child, Carlo is able to fashion a hair piece with donated hair, made specifically for that child. The child is then fitted with the hair piece and sent home with directions on how to care for it. The remarkable change that takes place for a child when they receive their hair is nothing but remarkable.

[Transitions Studio](http://www.transitionsstudio.ca)

244 Grantham Avenue. St. Catharines, On. L2M 2Z6

Email: [contactus@transitionsstudio.ca](mailto:contactus@transitionsstudio.ca)

## Look Good Feel Better!

Tina Turavani, who is an Esthetician, got involved with the Look Good Feel Better Program, in 1996. This program is offered through Wellspring, after the passing of her friend who had cancer.

The Look Good Feel Better Program is a wonderful program which provides women who are undergoing cancer treatment with the opportunity to learn make up and hair techniques, which can be more challenging to women when they are undergoing treatment.

As volunteers for 16 years, Carlo and Tina have had the chance to meet many amazing women who have beaten the odds and are now cancer free, but life is still a journey of discovery....



## The Evolution

As the years passed, the salon stayed busy, Carlo and Tina's children grew and stress began to take hold of their lives. Carlo began to experience chronic pain, as a result of having his arms up all day and being on his feet. He was told to try Yoga, to help ease the pain.

What he has learned, through yoga, has given him the energy he needs to stay in business and to live a life without chronic pain. In yoga, you learn there is a strong connection between the mind and the body and this connection is a big part of the healing process.

As Carlo began to appreciate his new skills through Yoga and sports training, space in his building became available - and as a result the Yoga Studio and Body Awareness evolved and was created, in 2000.

Body Awareness is a program that combines yoga, sports training and breathing into a relaxing, personally challenging endeavor.

Students, men, women and teenagers of all ages from 15-80 have participated. The program exposes the

*"In yoga, you learn there is a strong connection between the mind and the body and this connection is a big part of the healing process."*

participants to techniques that help improve stamina, flexibility and the cleansing of the mind.

The program has had amazing results for people who are suffering from medical ailments, but who have an emphasis on health.

Carlo and Tina could feel their business taking on a new life. They began to feel that their clients could benefit from all that they have learned and experienced and wanted to incorporate this into the whole business, which would include *the Yoga Studio, the hair replacement services and salon services*. This combination began to be seen as the Whole Person Approach and to Transitions Studio as  
...HEALTH AND BEAUTY NATURALLY.



[Transitions Studio](#)

244 Grantham Avenue. St. Catharines, On. L2M 2Z6

Email: [contactus@transitionsstudio.ca](mailto:contactus@transitionsstudio.ca)

## A Natural Decision

It was a natural decision to name the combined venture Transitions. Carlo and Tina see the Studio as a place in which people experience a transition in mood. Not only was the business moving to another place, but so where they, personally, professionally and individually.

To reflect these changes, they have made changes to the physical space in the salon. The next time you visit, you will notice the unique seating area. All of the wood is reclaimed wood and no chemicals, thinners, or glues have been used. The wood has been stained with linseed oil, milk and water.

The selenite crystal lamps ensure a peaceful atmosphere. The Studio has been repainted all with lead free paint, which is healthier and reduces less toxins in the air. The paint colour and accessories are intended to invoke a feeling of calm in our clients, while offering a cleaner salon environment.



## Our Products

In the news there has been plenty of talk about the toxins in our environment in the foods we eat, the products we use in our homes and on our bodies.

The products that Carlo and Tina have chosen to bring into the Transitions Studio have been reviewed and sampled extensively. The intent is to have a product line that is chemical free.

They are now offering shampoos that are SLS free, paraben free, wheat free coming in both scented and unscented options.

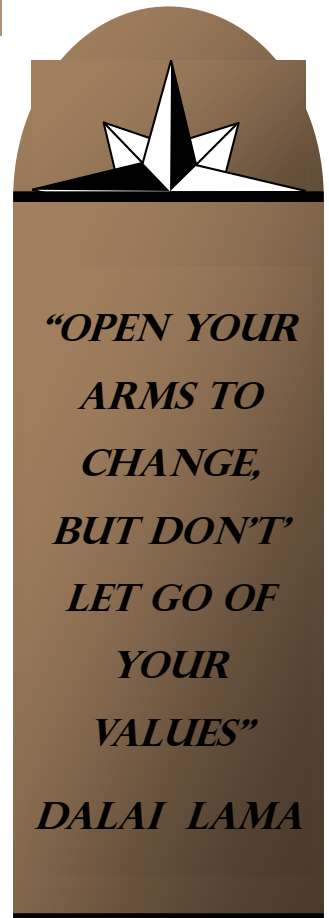
Transitions Studio is also offering colour treatments that are ammonia free, and there is no scent, no para-phenilanedamine. Zoya nail polish has been brought in, which is one of the leading companies now offering a safer alternative to pregnant moms and women who want to have their nails done, without all the chemicals and side effects. Zoya Nail polish is Formaldehyde free, DBP and Toluene free. Can you really afford to continue using what you are using now!

You will be able to benefit from Gogi berries, vitamins made from whole foods and supplements. Clients are also offered organic free trade coffee and tea, which tastes better, is better for the environment, the person drinking it and does not harm the workers with dangerous chemicals.

Upon leaving the STUDIO you will be able to take a small token home with you, either by purchasing a bees wax candle, a beautiful salt lamp from the mountains of the Himalayan's, or you may want some of the lovely tea you sampled, or those wonderful berries. All are available for purchase if you feel you would benefit from their cleansing qualities.

It took the death of a friend to prompt me to begin my journey. And along the way I've witnessed the positive results of combining good health and beauty naturally.

It is my hope that you will visit Transitions Studio to experience a transition of your own!



[Transitions Studio](#)

244 Grantham Avenue. St. Catharines, On. L2M 2Z6

Email: [contactus@transitionstudio.ca](mailto:contactus@transitionstudio.ca)

**Stay tune for our next Newsletter  
and our Open House...**

**Hours of Operation**

Monday—Closed

Tuesday—9-5pm

Wednesday 9-5pm

Thursday 9-7pm

Friday 7-5pm

Saturday 8am—1pm



**Transitions Studio**

**\$3.00 off**

**Coupon must be presented, for discount**

Purchase 10.00 in retail products or over and receive \$3.00 off

**244 Grantham Ave. St. Catharines. On. L2M 4Z4**

Tel: 905: 937-1623

Expiration Date: November 30, 2008

[Transitions Studio](#)

244 Grantham Avenue. St. Catharines, On. L2M 2Z6

Email: [contactus@transitionsstudio.ca](mailto:contactus@transitionsstudio.ca)