

CELEBRATING THE LAUNCH OF **HEALTHY HAIR HAPPY BODY**

Healthy Hair Happy Body is the latest to hit our shelves in the world of health and beauty, from no other than **award-winning** wellness expert **Simone Thomas**, the founder of Simone Thomas Wellness and Simone Thomas salons and hair-loss clinics. If you are on the hunt for simple to follow, tried and tested tips and lifestyle advice to regain your full body health, this is the one to add to your latest reading list.

Simone introduces us to a comprehensive and motivational plan to transform your hair, and wellbeing from the ‘inside out’ for life. She shares her personal story that has taken her on a journey to changing her life. Through it all, she has grown tremendously and learnt countless lessons.

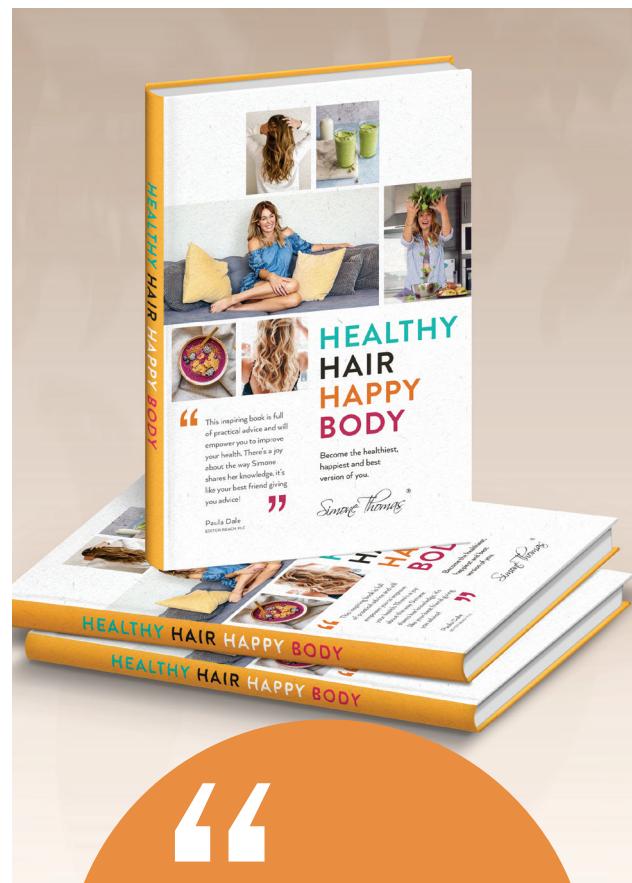
Simone has created a resource for those who are challenged with hair loss, skin conditions, gut health problems, B12 deficiency and endometriosis amongst others. This book aims to arm you with the knowledge she has honed over the years.

For most of us, the hair-mood phenomenon is all too real. If our hair is brittle, lank, limp, dull, frizzy, wiry or any other negative adjective that comes to mind, we feel unattractive, and short in confidence, likewise, when our hair is lustrous, shiny, bouncy, voluminous, cascading, glossy, or velvety, we feel great.

Ultimately, it is our hair that reflects our mental and physical wellbeing. So, why is this? Well, the truth is that our hair is not a vital organ or tissue. When it comes to our body sharing precious nutrients to ensure it is functioning at its optimum, our hair is a low priority. If we want to guarantee that our hair absorbs the nutrients it needs, we need to follow a balanced diet and lifestyle, and drink lots of water.

Simone shares with you how you can transform your life too. In each chapter she introduces concepts that provide insights into how your body functions, and what really makes a difference to achieving optimum wellbeing. She shares how making tiny adjustments over time, can lead to far better results.

What we eat is of huge importance when it comes to our wellness. A recent national food report was carried out and suggested that people should be encouraged to reduce their intake of salt and sugar, with a tax introduced on these goods to make us carefully consider the focus they play in our day-to-day diets.



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A must-read book. Simone has helped me so much on my wellness journey, you can totally trust her advice.

JESSICA WRIGHT



I am extremely excited to announce the release of my first book **Healthy Hair, Happy Body** – it has been a labour of love for me over these past years and I hope it will educate and inspire people from all walks of life. It truly is a dream come true to see the book stocked on my official website, as well as Amazon. I hope over the coming months to see it up and down leading bookshelves across the globe. Happy Reading!

SIMONE THOMAS

Simone has always encouraged clients to think about their intake of foods high in salt and sugar, to minimize these where possible. Instead, the introduction of naturally sweet fruit and colourful vegetables that contain a variety of skin and hair loving nutrients is the way to go.

Her journey to becoming an expert in hair loss, thinning hair and scalp conditions began more than a decade ago when Simone was diagnosed with a form of cervical cancer which led to her suffering from alopecia where her healthy, glossy hair began to fall out. After seeking advice from hairdressers and doctors, Simone became frustrated at the lack of help and support for hair loss sufferers and was left disappointed at the quality of wigs, wefts, and hairpieces available. She decided to turn her experience into her career.

Nutrition and exercise are two of Simone's passions. She has a diploma in Weight and Nutrition Management, helping clients to address their hair health from within. Simone balances nutritional advice, with the introduction of her multi-award-winning supplements to help her clients on the journey to recovery. She also holds a Vegan Nutritionist Diploma, Alkaline Nutritionist Diploma and hair loss certificates and qualifications.

ABOUT AUTHOR

Simone Thomas is a renowned and award-winning authority in the world of hair health and wellness. Sharing her knowledge as a leading nutrition and hair loss consultant and a bio-energetics practitioner, Simone has built an enviable reputation through her multi-award-winning hair salons and hair loss clinics, she is also the founder of multi-award-winning brand Simone Thomas Wellness. Her elite clientele includes royalty, celebrities, and CEOs from around the world. She lives with her family in Dorset.

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Healthy Hair Happy Body is on sale at Amazon or through simonethomaswellness.com with a percentage going to MNDA Motor Neurone Disease Association, in memory of Simone's mother, Veronica.