

# Change Is In The Air!

*October 1, 2021*

Fall is a season of transition. It helps us to transition from the hot summer days of t-shirts and sandals to the cold, snowy days of heavy coats and boots required by Winter's weather. Fall's weather starts out reminding us of the memories of the season before and progresses to hints of the season to come. However, it is not just the weather that changes in Fall. Young children go back to school (in a normal year). Young adults head to college. The shorter days with less and less sunlight, affect people's routines and schedules as well. Those of us who see the glass as half-empty start to bemoan the upcoming weather of Winter. It is easy to get caught up in a cycle of negative thinking. Which is why it is important to see Fall as a transformational opportunity and to embrace the gifts and rich traditions this season brings us.

One option is to change with the season. How about trying a new hairstyle? There are many lovely cuts trending now. And just as the seasons cycle, so does fashion and style. Some of the hottest cuts are redo's of the 70's with a smattering of the 90's thrown in. The following are five possible retro cuts to consider.

Curtain bangs - bangs cut short to long to blend with the rest of your cut. Gives you a vintage look while allowing you to keep what length of hair you want.

Farah Fawcett 70's - start with curtain bangs and long layers throughout.

70's shag - either internal layers or layers chipped with a razor rather than straight for a cool look with minimal styling.

Curly shag - a choice for those with curly hair that can be accommodated to any length of hair.

90's Crop bob - a one length cut to the chin length that can be air dried for effortless style.

Maybe a new hairstyle is not enough change for you or maybe it is too much. How about changing your color in addition to or instead of a new cut? Kevin Murphy has introduced a stunning line of colors reminiscent of Fall. They include Chocolate, Apricot Blonde, Cinnamon, Mahogany, Bronde (Blond and Brown) and Auburn. These

colors are luscious and earthy and look fantastic whether you are on a road trip to leaf peep, picking our pumpkins to carve for Halloween or dressing up for a Thanksgiving meal. Welcome Fall, it is a wonderful season in spite of and because of the changes it heralds. Contact us for an appointment if you choose to go with the flow and change with it.

"Notice how the trees do not cling to their leaves. Fall is about releasing the old to make way for the new." - [theburnedhand.com](http://theburnedhand.com)

"Life starts all over again when it gets crisp in the Fall." - F. Scott Fitzgerald

"Autumn leaves shower like gold, like rainbows as the winds of change begin to blow"  
- Dan Millman

"Autumn. . . the year's last, loveliest smile." William Cullen Bryant