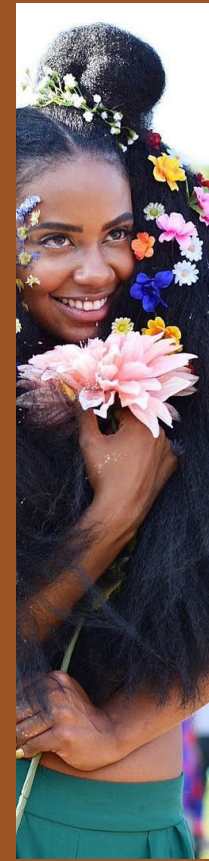


# SEASONAL



How different seasons (fall, winter, spring & summer) impact your hair

# FALL HAIR

Who knew that seasonal hair is a thing?

What we know is that everything from temperature to pollution can contribute to changes in your skin and body. Your hair is indeed included in that.

Look at the color key below to see how it impacts your hair!

**Red:** Most Concerning Difference

**Yellow:** A notable difference that is not concerning

**Green:** A notable difference that can aid in your haircare



- Coming from very hot temperatures of the summer to the sudden drop in the fall, our hair goes from humidity to cool temps which can cause sudden dryness of scalp and hair breakage

- Fall is has become an amazing time to switch up your hair color, be sure that you communicate with a professional for acheiving your desired look in order to prevent overprocessing

- Style to your hearts desire! Styling is great in the spring becuase the temps ( typically) are rather warm, not too hot or too cold.

# WINTER HAIR

Who knew that seasonal hair is a thing?

What we know is that everything from temperature to pollution can contribute to changes in your skin and body. Your hair is indeed included in that.

Look at the color key below to see how it impacts your hair!

**Red:** A notable difference that can be concerning

**Yellow:** A notable difference that is not concerning, but you should be mindful of

**Green:** A notable difference that can aid in your haircare



- Frigid Temps are the worst for hair. Why? Because it soaks up the moisture in our hair, so do high heat from heaters. Be mindful of this as your selecting styling or select

- Hats & Scarves! Bundling up and layering on hats keep you warm but the friction can cause havoc on our hair cause dryness and breakage. Use a satin lined hat to help the moisture & style last,

- Due to the lack of moisture, straightening your hair and curling your hair in the winter last longer! Def a bonus
- Protective styles during winter is also another plus to consider. Keeping your hair braided or twisted up prevent the constant manipulation helps,

**#HairOnPurpose**

# SPRING HAIR

Who knew that seasonal hair is a thing?

What we know is that everything from temperature to pollution can contribute to changes in your skin and body. Your hair is indeed included in that.

Look at the color key below to see how it impacts your hair!

**Red:** A notable difference that can be concerning

**Yellow:** A notable difference that is not concerning, but you should be mindful of

**Green:** A notable difference that can aid in your haircare



- No major flags for spring in particular other than the temps may still be cooler than expected.
- Rain! Rain Go Away! April showers bring May flowers, but what about our hairstyles. It's always a good idea to have a hair
- Style to your hearts desire! Styling is great in the spring because the temps ( typically) are rather warm, not too hot or too cold.

# SUMMER HAIR

Who knew that seasonal hair is a thing?

What we know is that everything from temperature to pollution can contribute to changes in your skin and body. Your hair is indeed included in that.

Look at the color key below to see how it impacts your hair!

**Red:** A notable difference that can be concerning

**Yellow:** A notable difference that is not concerning, but you should be mindful of

**Green:** A notable difference that can aid in your haircare



- More humidity which means that your hair is most likely to frizz
- The sun is out and UV Rays are the strongest in summer months and it can degrade the protein of your hair, making it more fragile and prone to breakage.
- Beware of chlorinated and salt water and swimming in these can cause dryness and breakage if not handled well after.
- Sweat! You sweat more in the summer as your body attempts to regulate the body temperature. Perspiration on the scalp leads to more build up on the scalp, so for your protective styles that you plan to keep in for 6 weeks, we recommend washing your hair every 2 weeks to maintain good scalp care
- Moisture is your BFF especially during the summer months! The humidity mentioned before that causes frizz is the very moisture that helps to keep your hair moisturized and less prone to breakage.