

*A few things
to keep close*

If you ever need them, they are here.

You do not have to use any of these.

You do not have to use all of them.

You do not have to use them in order.

They are not a programme.

They are what I keep on my own mirror
for the days I forget.

— *Lora*

The Mirror Check

When the mirror feels like a courtroom

When something catches — the brush, the colour, the way it falls — and the voice starts (*why did I let it get to this, other women manage*) — there is a different question here.

Not *what is wrong with me*.

What is my hair showing me today — and what might I be carrying?

Crown is what you can see. The hair. The handling. The heat. The rush.

Core is what you have been carrying. The sleep. The stress. The months of putting yourself last. The season.

Your hair lives where the two meet.

So ask:

Is this Crown, or Core, or the meeting point between them?

That question stops you from blaming yourself for the wrong thing. And from buying a product to solve something a product cannot solve.

One question. One minute. A lens, not a task.

What I Keep on My Own Mirror

Small anchors for the day you need one

AT THE MIRROR

Stop for ten seconds. Not to assess. Not to fix. Just to look.

Ask what my hair is showing me, and what I might be carrying.

Notice one thing about my hair today. Just one. Tomorrow, another.

If my hair were a person, what would I say about her today? Her character is not my failure.

BEFORE A DECISION

Am I running from something, or am I arriving somewhere? If arriving, the chair is ready. If running, the mirror has more to show me first.

What do I want my hair to say? Does this work with my face and body? Can I live with it in my real life?

What am I trying to do with this colour — refresh, change, or cover? Am I asking colour to do something colour cannot?

Before colour at home: is this new growth, or overlap? If new growth, work only there. If overlap, put the bottle down.

WHEN SOMETHING FEELS OFF

Is this a season, or a signal that needs a doctor? If a season — am I waiting for my body to rebound, or learning a new version of my hair?

Before I buy something new: is this solving a real signal I can name, or answering a fear I have not examined? If I cannot answer clearly, I will wait.

WHEN THE MORNING IS AGAINST ME

Do the front. Loosen the pull. Let the rest be enough.

The wash works on the scalp, not the lengths. Conditioner on mid and ends, not the roots. Mask when the hair tells me, not the calendar.

Before You Pay

There is room to pause

Five quiet questions. Use the ones that fit.

What is actually being promised? Softer, fuller, less breakage, less shedding — these are not the same thing. Find the real promise under the mood of the label.

Who benefits if I believe it? Follow the push. If it leads into a subscription, a bundle, a code, a hurry — that tells you something. If cancelling is harder than ordering, that tells you something too.

What can this kind of thing actually do, and how long does it take? Softness you may feel quickly. Fullness, growth, shedding — those live on the hair cycle, and the hair cycle takes months.

Does this match what is really happening now? A clever product can still be the wrong choice if the picture is blurred. Read before you buy.

Is this permanent money for a temporary season? A hard stretch is often when the boldest promise looks most convincing. A temporary season rarely needs a permanent decision.

If you cannot answer clearly, there is room to wait.

When This Isn't a Book Question Anymore

There is help beyond these pages

Some things are not seasons. They are signals that need a person, not a page.

See your GP first if any of these are happening:

- Pain, itch, or burning on the scalp that does not settle.
- Inflammation, redness, crusting, or sores.
- Sudden patchy loss, or hair coming away in a shape you have not seen before.
- Shedding much heavier than any season can explain, or building week after week.
- A widening parting or visible crown change that is upsetting you, even if someone has told you it's normal. Your distress is reason enough.
- Hair change that arrived with other body changes — new fatigue, weight change, skin change, cycle change, mood shifts. The hair may be one piece of a bigger picture.

Your GP can examine, run bloods, and refer you on to a dermatologist or trichologist if you need one.

Books are company. Books are language. Books are permission.

Books are not a substitute for the person who can look at your scalp and tell you what a page cannot.

There is room to ask.

This is not medical advice. If you are worried about your hair or scalp, see your GP.

Not fixed.

Not perfected.

Returned.

— *Lora*