

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.