Love your lunar locks

Avoid bad hair days and enhance your intuition with these simple haircare steps from 'Moon woman', **Tanishka...**

1. Embrace your moon time

Women are said to be more psychic during menstruation (otherwise known as their moon time), when they release the old energy their body has carried and prepare for reconnection to Mother Earth's fertility that they will carry into the next month.In some indigenous cultures, women gather in moon lodges with friends during this time to brush, braid and colour one another's hair to represent this time of change.

2. Go to bed early

An imbalanced root chakra could be one of the reasons for unhealthy hair. This is because this chakra governs our intuition, which is affected by our connection with the lunar cycle. You should aim to sleep before the heightened moon energy time (which begins at 10pm and lasts until 2am), to enhance your psychic abilities and hair health.

3. Get a cut or style after a break-up

Hair follicles are said to carry the cellular memory of our past. So after a relationship break-up, we often intuitively visit the hair salon and sport a new look to let go of the past. This helps us mark the end of a chapter, and is also why Australian aboriginals cut their hair when someone close to them has died.

4. To trim, or not to trim?

The best time to trim or cut your hair to promote growth is during the two weeks leading up to a full moon when the lunar energy is building. The best days are when the moon is moving through one of the three earth signs (Taurus, Virgo or Capricorn), as these are times that promote new growth cycles in your hair follicles that promote extra thickness.

PREVENT BAD HAIR DAYS WITH MOON POWER!

- Style your hair for an occasion during a Libra Moon, as this calm, relaxing sign will ensure a beautiful result.
- Colour or curl your tresses during a Virgo Moon to call on protective energy against the harmful impact of heat.
- To avoid frizz, don't wash your hair when the moon moves through water signs Cancer, Scorpio or Pisces to avoid build-up in the follicle which can create wiry strays.

Avoid cutting your hair when the moon is moving through fickle fire signs Aries, Leo or Sagittarius to prevent breakage.

Meet Tanishka...

Tanishka is a bestselling author of four books with over half a million followers of her daily guidance as Facebook's 'Moon Woman'. She contributes regularly to features in global press and publications, and appears frequently on radio and TV. As one of the leading proponents of the global Red Tent movement, she has been active in reclaiming the ancient traditions of women's circles, rite of passage initiations and archetypal teachings. For more information about Tanishka, visit starofishtar.com, or to register for The Star of Ishtar Red Tent Online Training Course, visit: starofishtar.com/redtent