

## HOW TO CUT YOUR HAIR

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Cutting your hair is vital for optimal hair health. Using Anthony Morrocco's Blunt Snip technique and the Morrocco Method Lunar Hair Chart, you will holistically promote strong, luxurious hair.

### What is Blunt Snip?

Blunt Snip Hair Cutting Technique is a method of cutting hair Anthony Morrocco mastered while at Kenneth's Salon of New York City, where he used this technique on such clients as Jackie Kennedy and Lauren Bacall. It involves trimming the hair straight across, "blunting" the ends, while keeping natural whorls, cowlicks, and facial/cranial shapes in mind.

#### **Keys to a Great Haircut:**

- Always cut your hair wet
- Keep feet flat on floor to keep spine straight and chi flowing, insuring a straight cut
- Cut little (1/2 inch or less), but often (maximum once a month)
- Split hair into many sections to prevent a "chopped" look
- If your hair isn't uniformly one length, hold sectioned strands out and trim on the same inclined angle
- Avoid undercutting, layers and bangs/fringes (unless hair is very short)
- Never use a razor or thinning shears to trim or cut, always use sharp, straight scissors
- Don't allow the hair stylist to be distracted with socializing
- Cut on proper Lunar Hair Chart dates

For video tutorials and more information, please visit: [morroccomethod.com/haircuts](http://morroccomethod.com/haircuts)

### What is the Lunar Hair Chart?

Created from the Mayan Lunar Calendar, this chart utilizes the moon's natural cycle and applies it to hair care. Using in conjunction with the Blunt Snip technique provides the ultimate haircut for any hair type. The Lunar Hair Chart highlights days each month that promote five hair goals:

- **Lengthen** – Overall length of hair
- **Strengthen** – Individual strand strength
- **Thicken** – Number of producing hair follicles
- **Root Work** – Overall scalp health
- **Beautify** – Overall shine, wave, and body

Cutting on a specific date will promote that specific hair goal. The most powerful dates to cut hair are on the Lunar Hair Chart's full moons, solstices, and equinoxes. Some dates have two or three possible dates — while all three are good, pick whichever one is closest to the Lunar Hair Chart's Full Moon for optimum results.

You might notice these dates don't sync with the astrological calendar. This is because modern calendars are based on a 12 moon cycle, and the Mayan Lunar Calendar uses 13 moon phases. The Lunar Hair Chart is optimized for haircutting.

### **Time Zones and Hemispheres**

The Lunar Hair Chart is calculated for Pacific Standard/Daylight Time (UTC-0:800) in the Northern Hemisphere (California). If you are in a different time zone, just account for it.

- Example: July 12 is the Full Moon, and you are in London, UK. You are 8 hours ahead of California, so you can cut any time between July 12 at 8:00 am (midnight July 12 in California) and July 13 at 7:59 am (11:50 pm July 12 in California).

If you are located in the Southern Hemisphere — Australia or Brazil, for instance — California's Summer Solstice would be your Winter Solstice, California's Spring Equinox your Fall Equinox, and vice versa. You would still cut your hair on this very powerful date, but you might have different rituals or observances to go with the season.

### **Lunar Goal Combinations**

Like our shampoos, it is crucial to rotate your hair goals to keep your hair healthy and to optimize your haircuts. Rotating with Root Work insures that you have a solid foundation. Here are some goal combinations for various results:

- **For Hair Loss:** Strengthen, Thicken, Root Work
- **For Longer Hair:** Lengthen, Root Work
- **For Thicker Hair:** Thicken, Beautify, Root Work
- **For More Natural Wave:** Beautify, Root Work

### **Acupuncture Treatments**

Each date is the equivalent to a number of acupuncture treatments for hair health, increasing exponentially on the date chosen:

- **Average Cutting Day:** 6-10
- **Full Moon:** 8-12
- **Solstice/Equinox:** 10-15
- **Full Moon & Solstice/Equinox:** 12-16

### **Frequently Asked Questions**

**Does my birthday have anything to do with lunar-based haircuts?**

- If the cycle falls directly on your birthday, by all means do the cut on that day for optimum results! Otherwise, choose the most convenient date noted on the calendar.

### **Can I trim my hair on a non-Lunar date?**

- Dates not on the Lunar Hair Chart are considered the best days for *retarding* hair growth. So these are ideal for waxing, plucking and shaving unwanted hair.

### **Will my hair improve if I just use the Lunar Hair Chart and nothing else?**

- Cutting your hair is just one aspect of healthy hair care. Think of Morrocco Method as spokes in a Wheel to optimum hair health. Using MM products, cutting your hair properly, eating a nutritional diet, and keeping stress down are spokes in a wheel that create the greatest structural integrity for hair health.

### **The date I wanted to cut was yesterday! Can I cut my hair still?**

- It is better just to wait for the next date on the Lunar Hair Chart than to cut off the chart.

To get your Lunar Hair Chart, please visit: [morroccomethod.com/lunar-hair-chart](http://morroccomethod.com/lunar-hair-chart)

### **Words from the Hair Shaman:**

Think of your head of hair as a work of art—to which the artisan must apply enough skill and respect to **stop** when creation is complete. Making a conscious decision to quiet your mind beforehand and/or doing silent meditation during the session are much more preferable to what usually goes on at a salon.

If you politely explain that you'd like a tranquil atmosphere, most stylists will understand. Many of them secretly welcome a reprieve from the ceaseless chatter and nerve-wracking decibel levels so prevalent in modern salons! If you want to do some extracurricular "friending" with your hair care person, fine. But make a coffee date for after hours instead, when you can both enjoy a chance to relax and chat — without jeopardizing the outcome of your haircut.

While doing research in Central America, I studied with respected shamans. These healers, who preserve mythic traditions of their indigenous kinsmen, are specifically trained to understand the subtleties of the Moon's energy field. I observed that the Moon's influence appears in every culture worldwide. Farmer's Almanac, for example, contains detailed lunar phase data which is used all across the USA to determine best times for crop irrigation, sowing and reaping.

Even home hobbyists know that pruning their gardens on certain days leads to more bountiful blooms. While integrating the Moon's phases into hair care is not entirely unknown, I succeeded in developing Morrocco Method to incorporate previously undocumented practices from around the world. Initially, I sought to investigate the principles for the sole benefit of my personal hair care clients. But I was later compelled to carefully record each methodology for inclusion in my comprehensive Morrocco Method educational system.