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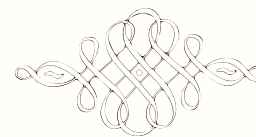
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**Step into Who
You Really Are**

THE HAIR HEALERS OF ANN ARBOR



Cynthia Reedy, Grace Morand, Vicki Honeyman and Jeanne Adwani

Photography by Rachael Waring

Welcome to Ann Arbor — a town where your local hair stylist moonlights as the director of the Ann Arbor Film Festival, or as one of the songstresses of the Chenille Sisters, or as an artist who crafts mixed-media goddesses. In Crazy Wisdom’s Ann Arbor, many of your favorite hair cutters are hair healers in disguise – nourishing your soul, entertaining you, laughing with you, and [hopefully] sending you on your way looking pretty or professional or bouncy or Republican.

And, not to be outdone, your local hair therapists are eco-friendly, too!

With credit to Renaissance Woman Jeanne Adwani for coining the phrase “Hair Healer,” we invite you to soak up the wisdom of four hair healers, and then to read about 6 great places to find Green Salons and Green Hairstylists.



Jeanne Adwani, Be Hair Now Salon

flowers, or mango banana. I do this so I can give your hair bounce, fullness, curl, smoothness, and a little somethin'-somethin' special. And in the finale, I arrange them, scramble them, tease them, smooth them, blow them, roll them, or let them air-dry on a sunny day.

My goal is always, and in all ways, to have you feeling your best when you look in that mirror's reflection, leaving my salon with a hug and smile. That is one part of what I call my "hair healing": the making-pretty, and the feel-good part.

Another essential experience of my hair-caring profession is that, during all of the above, we are chatting. There is an exchange of wisdom between us that gathers us at creation's portal and invites us in. It starts as soon as we greet. I sit you down in my purple chair, swivel you to the mirror's question, and we talk about what I will be doing for you today.

I try to listen to your needs: your hair conflicts, what worked and what didn't from the last time we were together, and proceed accordingly. I let myself tune in to how you're feeling: happy, sad, melancholy, feisty, critical, indifferent, cranky, or whiney. The truth is...you want to tell me what's going on with your life beyond your hair-care issues. I want to hear it. I just have to ask.

"How are you doing? What's going on in your world?" Sometimes the floodgates open and you give it to me raw and uncut. Sometimes, it's a giggle and whisper on the quest for the perfect lover. Sometimes...it's years of every five-to-six weeks of getting together here, just friends catching up. Sometimes, you need to have me just make you laugh a little, or hear one of my historic, fanciful stories to distract you from your life. You know I have a story to kick-start our time together.

I am she-who-knows-about your work crisis, your children's joys and struggles, your partnership, your grief, your workout regime, your culinary expertise, your trip to Peru. I know some of your deep secrets: of love, betrayal, desire, unworthiness, shame, fear. I know you in a way many don't, which I honor with my silence.

I know all this stuff because this intimate setting of me, you, and hair, all the lathering and conditioning, snipping, clipping, slathering, fondling of follicle, somehow seduces personal stories out of you. Not to say that I'm not a clever woman and have a knack for that sort of seduction — I believe I do. You amaze me. I desire to dig a little deeper into your psyche, if you let me, so that we can uncover the reasons we're here and the why and wherefore of life on this planet.

I learn more about myself because of the wonder of getting to know you. It is through relationship that I grow to become my highest self, my best self. I am honored with the opportunity for this to happen between us, and grateful for the trust you give me. I hold your stories as sacred information. You can count on me to embrace the truth of you and keep it safe.



I am she-who-knows-about-your-work-crisis, your children's joys and struggles, your partnership, your grief, your workout regime, your culinary expertise, your trip to Peru...I know you in a way many don't, which I honor with my silence.

Jeanne Adwani, owner of Be Hair Now, has been a hair stylist for 22 years. She describes herself as "a hair healer, writer, story teller, artist, thinker, metaphysician, and Kaizen Muse Creativity Coach." Jeanne is a collector who "recycles" the treasures she finds — many of which she has available for sale in her shop, along with the art of her two co-workers, Andrea McCuiston and Karin Lindstrom. Jeanne grew up in East Lansing and has lived and traveled extensively in the U.S., as well as living in London, England, for five years. She has been in Ann Arbor since 1985. The name of her salon was inspired by the seminal book, Be Here Now, by American spiritual teacher Ram Dass. She became a hair artist because "it is creative and fun, giving me time to do my other artistic endeavors and connect more deeply with people in a one-on-one experience." Jeanne is also an established mixed-media craftswoman whose works have appeared at local galleries, and a Tarot reader and teacher.

I am a hair healer, hair artist, hair dresser, beauty operator, cosmetologist. I am she-who-coifs-the-hairs-on-your-head, some of you for over twenty years. I cut you, color you, treat you with essential products that stimulate your scalp, give love to your hair, tweak your olfactory senses in lavender, spice,

The truth is, you want to tell me what's going on with your life beyond your hair-care issues. And I want to hear it. I just have to ask.

This is an essential part of what I call "hair healing." It isn't just that I alter your appearance with a cut and style, then send you out into your world with a bit of "feel-good" coursing through your veins. It's also about the healing effect of giving yourself to nurturance. For a short time, it's All About You. You entrust yourself to me to care for you, listen to you, comfort you, laugh with you, cry with you, maybe get all politically riled up with you; so many things can and do happen in our time together.

There is, in my opinion, a healing consequence of this for both of us. I get to serve and support you, I get your trust, I get to be creative, and I get your smile...I am rewarded for my services beyond what you pay me for our experience together.

I am grateful every day for this opportunity we share. Thank you. Be sure to book your appointment a few weeks ahead, I don't want to miss our time together.

Be Hair Now is located at 202 Miller Road, Ann Arbor. For appointments, call 734-260-0629.

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Cynthia Reedy, Studio 44 Hair Design

Cynthia Reedy has been a hair stylist since her early 20's, after attending Cosmetology School in San Diego, California. She grew up in the Detroit area and came to Ann Arbor almost 20 years ago. In February of this year she opened her own salon in Ann Arbor, called Studio 44 Hair Design. Prior to this, she worked at Identity Salon, and Campus Barbers before that. During that time, she took off 18 months from doing hair to work in Media Artist Relations for the Raven Gallery in Northville, promoting local folk musicians.

What an honor it is to be asked to write about what has truly been an adventurous journey and career as a hair artist...and, as some would say, a "hair healer." In my experience, there IS a gentle magic that occurs in the world of "hair caring," where creativity and connection between hair stylist and client meet and mingle. As with any profession where touch is present, a unique and intimate energy exchange takes place. This has been a real bonus that I didn't expect upon entering into the field.

Hair styling is like sculpture to me and ever so satisfying... like "art on demand," [it] keeps me on my creative toes!

I chose hair styling because it seemed fun. I wanted another skill under my belt while working towards my bachelor's degree. I had been working for the City Attorney's Office in San Diego and, although interesting, it was way too stressful. I took to all aspects of cosmetology very well, i.e., anatomy, chemistry, physics, psychology, and art, and found the field to be fascinating, fun, and flexible. I enjoyed the many hair competitions (winning a few) and hair shows I attended while living out in California - and still enjoy continuing education to this day!

I'm thrilled by my career because I get to be myself, trust my intuition, and serve people creatively and professionally. Having that kind of freedom is very important to me. My intention and commitment along the way has been to create a comfortable and relaxed atmosphere in which to really hear people.

Recently I expanded upon this idea and opened my own hair studio. I purposely selected a peaceful location on the seventh floor of a majestic, art deco-style building. The studio has huge windows facing south over the city and I marvel every day at the rising and setting sun, the shadows, and the constantly changing spiritual light...it inspires me and evokes even more creativity.

Hair styling is like sculpture to me and ever so satisfying! I find it to be similar in approach to my other artistic interests, such as working in ceramic clay, silver clay, photography, and jewelry making. They all help to keep my creative eye alive. Hair styling is like "art on demand" and keeps me on my creative toes - the design, texture, and color possibilities are endless. When working with clients, we may co-create a new look together, or my client may say, "Do whatever you want, I totally trust you." Either way, both bring me joy in seeing the finished results and true smiles of appreciation.

Deeper than that, and past the physical transformation of hair, it is a wonderful experience when people feel relaxed enough to open up and share who they are: their dreams, joys, sorrows, and insights. It allows me to see multiple and diverse slices of life, which have revealed to me a profound depth in humanity. I am privileged to witness how beautiful people really are at their core, regardless of their creed or culture. It restores my faith daily.

When I think about the amazing people I have met in almost two decades here in Ann Arbor, I feel very fortunate indeed. How interesting it has been to talk with people from all walks of life and locations around the world. Working close to the University of Michigan has certainly exposed me to every sort of profession, personality, and nationality, and has brought a wonderful bouquet: philosophers, writers, scientists, artists, and so on. What a personal inspiration and education it has been.



...Past the physical transformation of hair, it is a wonderful experience when people feel relaxed enough to open up and share who they are: their dreams, joys, sorrows, and insights.



As with any profession where touch is present, a unique and intimate energy exchange takes place. This has been a real bonus that I didn't expect when entering into the field.

I acknowledge that having this exposure inspired me to actually finish my bachelor's of science degree in communications/fine arts (graduating from Eastern Michigan University in 2005). My areas of study were interpersonal communication, listening skills, assertiveness training, and organizational communication. For now, I use my degree with my work, by incorporating these skills and ideas with the people I meet and serve.

Life is good and I feel honored by the people I've met along the way — their grace, wisdom, kindness, and support have added to the richness of my life. Going full circle, if I have contributed to my clients' lives in any way, then I am definitely better for it.

Studio 44 Hair Design is located at 202 E. Washington, Suite 710, Ann Arbor. For appointments, email studio44hairdesign@gmail.com or call 248-767-4437.

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Vicki Honeyman, Vicki's Wash & Wear Haircuts

I became licensed to cut hair professionally in 1980, and then I worked with Raven and Kish inside the Saguaro Plants store for five years. I loved being inside that magical environment! There were cats, rabbits, a huge aviary full of finches, reptiles, and lots of green plants that produced lots of oxygen — it was a very healthy and very fun place to work.

When Saguaro closed in 1985, I opened Vicki's Wash & Wear Haircuts on E. Ann St. (in the original Crazy Wisdom space!). It had different energy from Saguaro, but was a fun, 50's-decor environment with lots of light, and the antithesis of a hair salon ambience. Like Saguaro, it was an alternative place to get a haircut, a place that did not look or smell like a hair salon.

My clients know me to be outgoing and outspoken. I appreciate — and look forward to — the intelligent conversations we have, often about politics and literature. We share not only book titles and film and music recommendations but, more importantly, our life stories. I still have clients from over 25 years ago, as far back as my Saguaro Plants days.

The depth of the client/haircutter relationship is not one to be taken lightly. We have a huge responsibility, we hair people! Not only must we do good work on each and every client, we have to be good — and hopefully objective — listeners. We want our clients to like us and to love the way we've made them look and feel about themselves!

I'm fortunate to have developed strong lifetime friendships with some of my clients, some of whom have become friends I see outside of my shop. Others have become my friends at work, like one client who comes in every two weeks, without fail, hoping upon hope that I will finally tell her I've met my perfect match!

I have developed an intimacy with those long-term clients that is unlike other relationships. My clients and I have weathered many of life's experiences — we have watched each other mature, get sick, experience losses and deaths, celebrated pivotal birthdays. We've laughed together and we've cried together. I've learned about their families, empathized with them about their job losses, divorces, and breakups, but also shared their joys and good news....plus, I've both given AND received advice from my clients.

In 2003, ten months after I left my position as director of the Ann Arbor Film Festival, I was diagnosed with breast cancer. I spent the next year-and-a-half undergoing treatment. My clients were extremely upset and concerned about my recovery. At the time of my diagnosis and treatment, Grace Morand was cutting hair in the back room of my shop. I was most fortunate that she was able to take over my clientele for the time that I was unable to work.

Some of my clients became my BC (breast cancer) sisters, guiding me through treatment that they also experienced with their own bout of breast cancer. Many brought me food. Many donated money. Unable to work because the treatment made me so ill, at one point my friends held a weekend-long rummage sale to raise money for me. The *Ann Arbor News* was extremely helpful in bringing the community together to assist me. I am still humbled by the level of support and love that came my way.

We have a huge responsibility, we hair people! Not only must we do good work on each and every client, we have to be good — and hopefully objective — listeners.

I've been cancer-free for the past 7-1/2 years. I am grateful to be one of the lucky ones who got through the barbaric treatment, but I can also say it was life-changing because of how supportive our Ann Arbor community was of me.

It was just several months before the diagnosis that I decided to fill the empty space where the Festival office had been, in the back room of my haircutting shop, with items to sell — and thus my gallery/gift shop, Heavenly Metal, was born. Now my hair clients AND my store customers have blended together. New relationships and new stories have been developed.

I can honestly say that, at 60 years old, I love my work and I relish going into my shop every day! The space I've created is so lovely — and so are my clients!

Vicki's Wash & Wear Haircuts is located at 207 E. Ann St., Ann Arbor, 734-663-4247.



I have developed an intimacy with my long-term clients that is unlike other relationships. My clients and I have weathered many of life's experiences...plus, I've both given AND received advice from my clients.

Vicki Honeyman has been cutting hair for over 30 years, always in her own business. She came to Ann Arbor in 1970 when she transferred to the University of Michigan for her sophomore year, after growing up in Detroit and spending her freshman year at Oakland University. She received a bachelor of general studies degree with a film concentration from the University of Michigan, and then had several jobs around the state relating to film. She is well-known in southeastern Michigan for having been the director of the esteemed Ann Arbor Film Festival for 15 years. She is also known for jitterbug (50's rock and roll) dancing, which she and Jim Kruz taught for many years around Ann Arbor, as well as performing together in public.

"Hair healer": What a huge responsibility! Given the task to look at myself and my work in that light, I have to say that, first of all, I am not a "hair stylist." I've always offered straight-forward, "wash and wear" haircuts, which means I do not "style" hair. I don't wash or blow dry, use a curling iron, or give perms or color treatments.

I encourage my clients to stop using blow dryers and brushes, so they can get their hair in good natural condition AND gain a sense of freedom from spending more time than necessary on their hair.

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Grace Morand, Salon Vertigo

Grace Morand grew up in Detroit and attended Marygrove College there. She came to Ann Arbor in 1976 when she transferred to the University of Michigan, where she studied English and drama. Grace got into hair styling when her friend, actress and former hair stylist Sandy Storrer, encouraged her to go to beauty school — because, Sandy said, doing hair is “creative, satisfying, good money, and the scheduling makes it really flexible for artists.” So in 1985, Grace became a hair stylist and also joined the acclaimed singing trio, The Chenille Sisters. She eventually took a 16-year hiatus from doing hair to tour full-time with the Chenilles. Grace has been a stylist at Salon Vertigo for five years and has also worked at Vicki’s Wash and Wear Haircuts. The Chenilles continue to record CDs and perform concerts locally and around the country.

The thing I have loved about being a “hair healer” is getting to know my clients. I feel like I’m family to most of them. Some of my clients spend more time with me in a given year than they do with extended family members.

I hear people’s secrets and I maintain strict stylist-client confidentiality. I know their dreams, their family stories, their pet stories and lots and lots about their lives. The talking and laughing and bonding that we do at each appointment are part of the package for both of us. We grow close and I end up loving my clients.

I also hear deathbed, divorce, addiction, and family crisis stories. There is a trust that I feel honored to have won from people who share these intimate and sometimes painful moments. The sharing, both joyful and sad, is healing for my clients and me. I feel privileged to be a part of their lives.

My favorite stories from clients are the ones about them falling in love. It’s amazing to work with someone who gives you monthly installments about a blooming relationship. I get a wonderful, vicarious thrill from it! I have one woman who just got engaged and I’ve been listening to her story since the moment she met her husband-to-be. I just did a bride’s hair on her wedding day and it was delightful to be a part of that joy.

It’s all about love. Everything — even doing people’s hair — is all about love. We can offer loving energy to each other in every interaction we have.

I also understand how much our hair is a part of our self-image and that when we don’t like our hair, or even just are having a day where we think our hair looks good or bad, it really affects us. I can help people with that. That’s pretty powerful!

When my clients come to me, I try to give them a space and a period of time where they can just be — they can just feel however they feel, and be OK.

But we also play in our salon. I love that. Sometimes I wear a tiara. Sometimes we have little parties right while we’re working. Each of my co-workers is a little off-center, a little eccentric, and our salon has a very comfortable vibe. I’ve had clients say they could just hang around all day!

A [woman] complained that she had “Elvis on the top and Colonel Sanders on the sides.” I assured her, when I was done, that both Elvis and the Colonel had left the building!

One of the things that I have been amused by for years now is the way that my clients describe how their hair looks, or how they want it *not* to look. One woman thought she looked like Davey Jones from The Monkees and wanted me to fix that. Another complained that she had “Elvis on the top and Colonel Sanders on the sides.” I assured her, when I was done, that both Elvis and the Colonel had left the building!



I’ve had to fix someone’s hair who got it cut elsewhere and thought she ended up looking like the mom from “The Brady Bunch” television show. She actually did.

I asked one of my young clients how she’d like her hair, and she replied that, when she skips, she wants it to be “bouncy.”

A five-year old girl once came to see me with her Mom and was very proud that she was going to tell me exactly what she wanted. They had made a deal that if she could brush her own hair, she could decide how she wanted it. So she told me that she didn’t want a big haircut, just to cut the “scrips.”

I told her that I didn’t know what “scrips” were. She said, “You know how when you have a spiral



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notebook and you can rip out a page with a straight edge, but you leave all those curly bits of paper? Those curly parts are scrips. That’s how much I want you to cut off.”

I was so impressed that a child who is too young to even understand measurements could give me such a precise image of an amount! I told her I understood exactly what she wanted, but I had never heard the word before. She said that was because she had made it up.

My all-time favorite was the woman who said, “Please don’t make me look like a Republican.”

The funniest thing of all is that, somehow, I am able to translate these instructions into a hairstyle that pleases them!

Seeing people on such a regular basis is a real slice of life. I know their ups and downs and I watch them grow and change. It’s pretty fascinating. What we’re doing with their hair is just the icing on the cake.

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