



HAIRSTROLOGY

The 2026 Lunar Hair Calendar

Cut with the moon. Grow with intention.



A free guide from Hairstrology

✦ thehairstrology.com



How to cut with the moon

For centuries, people have timed their haircuts to the moon. It is folklore, not science — but it is a beautiful way to bring intention to change. Here is the simple rhythm:



Waxing Moon • New → Full

The moon is growing. Cut now for faster, thicker, stronger growth.



Full Moon

Peak energy. Cut in the day or two before for the most thickness and volume.



Waning Moon • Full → New

The moon is releasing. Cut to slow regrowth and hold your shape longer — great for maintaining a style or thinning.



New Moon

A fresh start. A symbolic time for a new look or to set an intention for your hair.

A gentle note: lunar timing is for intention and fun. Always book around your stylist's schedule and what your hair actually needs.



2026 LUNAR HAIR CALENDAR

January — April

January



Full Moon • Jan 3

Peak growth — cut the days before for thickness



New Moon • Jan 18

Fresh start — a new look or intention

February



Full Moon • Feb 1

Peak growth — cut the days before for thickness



New Moon • Feb 17

Fresh start — a new look or intention

March



Full Moon • Mar 3

Peak growth — cut the days before for thickness



New Moon • Mar 19

Fresh start — a new look or intention

April



Full Moon • Apr 2

Peak growth — cut the days before for thickness



New Moon • Apr 17

Fresh start — a new look or intention



2026 LUNAR HAIR CALENDAR

May — August



May

-  **Full Moon • May 1 & May 31**
Peak growth — cut the days before for thickness
 -  **New Moon • May 16**
Fresh start — a new look or intention
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June

-  **Full Moon • Jun 30**
Peak growth — cut the days before for thickness
 -  **New Moon • Jun 15**
Fresh start — a new look or intention
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July

-  **Full Moon • Jul 29**
Peak growth — cut the days before for thickness
 -  **New Moon • Jul 14**
Fresh start — a new look or intention
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August

-  **Full Moon • Aug 28**
Peak growth — cut the days before for thickness
-  **New Moon • Aug 12**
Fresh start — a new look or intention



2026 LUNAR HAIR CALENDAR

September — December

September



Full Moon • Sep 26

Peak growth — cut the days before for thickness



New Moon • Sep 11

Fresh start — a new look or intention

October



Full Moon • Oct 26

Peak growth — cut the days before for thickness



New Moon • Oct 10

Fresh start — a new look or intention

November



Full Moon • Nov 24

Peak growth — cut the days before for thickness



New Moon • Nov 9

Fresh start — a new look or intention

December



Full Moon • Dec 24

Peak growth — cut the days before for thickness



New Moon • Dec 9

Fresh start — a new look or intention



Your hair has a rhythm. So do you.

Want your timing made personal? Inside The Mirror you get the moon's daily mood, your own chart, and a reflection made just for you — every day.

Open The Mirror, free in early access

thehairstrology.com



Hairstrology

where beauty meets the stars