



What is Hairapy?

Hairstylist. Therapist. Hairapist. Hairapy.

Hairapy is Michael Blomsterberg's new, compassionate, and invigorating approach for those experiencing life's challenges and feeling unable to cope. It empowers them with the tools to gain self-acceptance and self-appreciation.

Throughout his 22 years as a professional "hairapist," Michael Blomsterberg spent countless hours lovingly tending to the locks of his Southern California clientele. But great looking hair was not the only thing they took away from the salon. Always nurturing and understanding, Blomsterberg created a safe space and guided his clients with his warm humor and insight.

Now a Master Certified Life Coach, Blomsterberg's salon chair has turned into the couch, but his practice of hairapy remains the same: "to appreciate and love his clients for the magnificent beings they truly are, and to provide a safe space for them to make the subtle, simple changes that transform life from the automatic to the authentic."

While many of us define ourselves by our accomplishments, our results, our physicality, and our outcomes; we (unconsciously) run as fast as we can from feelings that threaten to overwhelm us at our core. The heart of Blomsterberg's philosophy and hairapy is that "we are all perfect, beautiful, and whole exactly as we are."

With hairapy, Blomsterberg's clients gain the confidence to trust themselves, their instincts, their intuition, and their inner voice. With his compassionate listening and Master Certified Life Coach experience, he guides them to welcome new experiences, new beliefs, new opportunities, and new friendships.

While Blomsterberg does not claim to have the answers, he opens the doors through hairapy and *Hairapy: Deeper than the Roots*. Those willing to walk through will discover whatever their truth may be – who they are, why they are here, and what truly matters.