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JOLIE COPIN, SASHA DIMARE, AND ANDY LEONHARDT



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The Great IN-BETWEEN

SUMMER'S END INVITES NEW BEGINNINGS

BY TAMMY FENDER

Transitions tend to be tricky, but with a little care, the shift from summer into autumn can be a true, deep-in-the-bones delight. While it's natural to feel stagnant when stuck in summer's sticky, hot slowdown, I prefer to approach this time with intention and pursue practices to prepare myself for all the busyness that comes with fall.

This approach can include many components that work together holistically. During September, I book more spa treatments for myself, I prioritize sleep to support my body's natural reparations, and I recommit to my meditation practice, which can get a little loose during summer travels. This year, I'm signing up for a series of Pilates sessions during this moment of seasonal pause, when I can get in more time for exercise than I normally would. Every year, I re-envision my medicinal tea garden and select the seeds that I will plant in October.

Now is a great time to plan a weekend getaway to see an old friend or distant relative. It doesn't have to be an epic undertaking; I've loved meeting my cousins in the mountains of North Carolina for a few days spent cooking and walking together, chatting about the books we're reading and catching up. Those are the special one-on-one memories that no amount of texting can replace.

During these in-between weeks, it's also beneficial to focus on your skin. Stay hydrated and spend as many days as you can makeup-free to give your face a chance to breathe. The skin takes around 28 days to renew itself, and dedicating a month to supporting that process can have remarkable results. As you set these new routines, you increase the likelihood that you'll stick with what's best, even when you're distracted by life's demands.

An investment in your downtime helps set the pace for how you'd like the rest of the year to blossom. At this cusp, consider jumping into something you're curious about, such as a class, lifestyle shift, or book you previously couldn't tackle. The key is to commit to a goal and then give yourself the extra time and care that will carry you into fall with momentum, battery fully recharged. And what a generous gift this is—not only for yourself, but for everyone around you. <<

