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A Season of Renewal

As summer begins to settle into Santa Clarita, I find myself reflecting on what this season has always represented for me: renewal.

Summer has a way of inviting us to slow down, breathe a little deeper, and reconnect with the parts of ourselves that may have gotten lost in the busyness of everyday life. That spirit of renewal was alive and well during our recent Thermal Horizons retreat in Yosemite.



There are some experiences that are difficult to put into words, and this was certainly one of them. Surrounded by towering trees, breathtaking landscapes, and the incredible energy of our community, we shared laughter, movement, reflection, connection, and more than a few tears. The beauty of Yosemite was unforgettable, but what touched me most was witnessing the growth, vulnerability, and support that unfolded among the people who attended.



If you see someone who joined us on the retreat, I encourage you to ask them about their experience. No two journeys were exactly alike, yet everyone seemed to return home carrying something meaningful with them. Watching our community connect in such a powerful way was a beautiful reminder of why Thermal Horizons exists. [You can book your spot for the 2027 Yosemite Retreat today.](#)



As I look around the studio today, I continue to be inspired by the growth happening not only within our community, but within the individuals who make it so special. Every month I have the privilege of witnessing people step outside their comfort zones, discover new strengths, support one another, and create genuine connections. It is one of the greatest joys of my life.

This month's newsletter features someone who embodies many of the values we hold dear at Thermal Horizons: Lizzy, owner of Thermal Dry Bar.

From the moment I met Lizzy, I admired her passion, work ethic, and commitment to creating a space where everyone feels welcome. As a young business owner, she has built something truly special—not just a salon, but a place where people feel cared for, supported, and seen. I have watched her lead with heart, integrity, and a genuine desire to serve others, and I could not be more proud to have her as part of our community.

I firmly believe that leaders like Lizzy are helping shape the future of Santa Clarita. When businesses are built on inclusion, kindness, belonging, and authentic human connection, they create ripples that extend far beyond their walls. Those ripples become communities. Those communities become movements. And those movements help make the world a little softer, a little kinder, and a little more connected.



As we move into this season of sunshine, growth, and possibility, I hope you'll take a moment to reflect on how far you've come. Celebrate the small victories, the big transformations, and all the moments in between. Stay open to the new experiences, connections, and opportunities that may be waiting just around the corner.

As we celebrate Thermal Horizons' 4th Birthday, I invite you to take advantage of our [special birthday membership offerings](#). There has never been a better time to deepen your commitment to yourself, your health, and this incredible



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community. These specials are available for a limited time and are our way of saying thank you for being part of this journey.



Thank you for showing up for yourselves and for one another. Thank you for trusting us with your wellness journey. And thank you for helping create the magic that makes Thermal Horizons so much more than a studio—it is a place where community, connection, healing, and possibility come alive every day.

Here's to four beautiful years and to everything still waiting to unfold. ✨

With gratitude,

More Than a Blowout!



How Lizzy Created a Salon Where Everyone Belongs

When Lizzy talks about hair, she isn't really talking about hair. She's talking about confidence. Comfort. Community. The feeling of walking into a space where you can simply be yourself.

That vision is what led her to create Thermal Dry Bar inside Thermal Horizons, a salon designed to welcome everyone, regardless of age, hair texture, health journey, or life stage.

"It was always important to me to create a salon where everyone was welcome," Lizzy says. "No matter your hair texture, hormone changes, whether you're going through chemotherapy, pregnancy, or postpartum—you belong here." As it turns out, that vision aligned perfectly with the dream Jaime and Ben had for the growing Thermal Horizons community.

The idea for Thermal Dry Bar was born from a shared belief that wellness should be accessible, supportive, and inclusive. Lizzy recalls conversations with Jaime about her mother's experience with ovarian cancer and the desire to create a place where people facing health challenges could still feel beautiful, cared for, and seen.

"Jaime always wanted her mom to have a place where she could go and get her hair done and feel welcome," Lizzy says. "When we started talking, we realized we both had the exact same vision."

Today, that vision has become one of the most unique salon experiences in Santa Clarita.

A Different Kind of Salon



Walk into Thermal Dry Bar and you'll notice something immediately.

People are smiling.

Clients greet one another by name. Conversations flow naturally between stylists, guests, and members walking through the studio. It feels less like a business and more like a gathering place.

"We're just one big happy family," Lizzy says. "Our clients talk to each other. We talk to each other's clients. People start recognizing one another because they come in on similar schedules. It's just a really good vibe."

For Lizzy, that atmosphere is what sets Thermal Dry Bar apart from traditional salon environments.

"You walk in and feel cozy. You feel at home. You can decompress and relax. It's not a huge salon where everyone is rushing around. There's a sense of community here that I've never experienced anywhere else."

That sense of belonging extends beyond the salon walls.



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Guests frequently arrive early for appointments to enjoy the studio's amenities, attend a yoga class, spend time in the red-light room, use the sauna, or simply sit quietly in the peaceful environment before their service.

One client recently pointed out something Lizzy had never considered.

"They told me they love arriving early to enjoy everything Thermal Horizons has to offer before their appointment," she says. "You can come in, relax, decompress, maybe do a class, and then get your hair done. It really becomes a self-care experience."

Beauty Meets Wellness



While the welcoming atmosphere draws people in, Lizzy's commitment to healthier beauty practices keeps them coming back.

Thermal Dry Bar specializes in non-toxic hair care and coloring services designed to minimize exposure to harsh chemicals without sacrificing results.

"We're ammonia-free, PPD-free, and focused on products that are gentler for our clients," Lizzy explains.

That means many guests who may have concerns about traditional hair color—including those who are pregnant, breastfeeding, experiencing hormonal changes, or navigating certain health conditions, have options available to them.

"We did a lot of research when opening the salon because we wanted to make sure we could truly serve everyone," she says.

The salon's specialties include lived-in color, brunettes, blonding, extensions, haircuts, glosses, treatments, and customized color services tailored to each client.

Unlike many traditional salons, Thermal Dry Bar doesn't rely on heated processing dryers. Instead, Lizzy and her team focus on techniques and products that allow color to process naturally while still delivering beautiful results, including gray coverage and dramatic color transformations.

For clients seeking a salon experience that aligns with their overall wellness goals, that distinction matters.

Meet the Team Behind Thermal Dry Bar



While Lizzy's vision guides the salon, she is quick to point out that the experience clients love is made possible by an exceptional team of stylists who share the same commitment to inclusivity, education, and client care.

Each stylist brings their own expertise while contributing to the collaborative culture that makes Thermal Dry Bar unique.

Lizzy specializes in lived-in color and brunette transformations, helping clients achieve dimensional, natural-looking color that grows out beautifully.

Brandy is known for her expertise in extensions and blonding services, creating everything from subtle enhancements to dramatic transformations.

Kristin specializes in all things color and extensions, helping clients achieve customized looks that fit their lifestyle and personal style.

Kyra brings expertise in color services and haircutting, offering personalized looks designed to complement each client's features and goals.

"We all have different specialties, but we work together as a team," Lizzy says. "There's never any competition. We all want the best for each other and for our clients."

Leading With Heart

Eight years into her career and just over a year into the Thermal Dry Bar location, Lizzy remains deeply committed to supporting not only her clients, but also the stylists who work alongside her.

Her leadership philosophy is refreshingly simple.

"I just want my girls to be happy and successful," she says. "Whether that's with me or eventually somewhere else, I want them to succeed."

Rather than taking a hands-off approach, Lizzy invests heavily in mentorship, professional development, and team culture.

"We do monthly meetings. We talk about goals. We work on client marketing. We really get into what each stylist wants for their career."

The result is a team culture built on collaboration rather than competition.



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"We're all very team-oriented. We're all in this together."

A Summer Reset for Hair and Soul

The connection between beauty and wellness is perhaps most visible in Thermal Dry Bar's newest seasonal offering.

[This summer, Lizzy and her team are inviting clients to refresh, detox, hydrate, and glow with the salon's Summer Reset Package.](#)

[The package includes:](#)

- [Non-toxic hair gloss](#)
- [Scalp detox treatment](#)
- [Deep hydrating treatment](#)
- [Signature blowout](#)

[Normally valued at \\$170, the Summer Reset Package is available for \\$135 for a limited time.](#)

For Lizzy, the package reflects the salon's philosophy that self-care should be restorative, not rushed.

"It's about giving people a chance to take care of themselves," she says. "You can come early, enjoy everything Thermal Horizons has to offer, decompress, and then leave feeling refreshed inside and out."

It's an experience that few traditional salons can offer.

Guests often arrive before their appointments to take a yoga class, relax in the red-light room, enjoy the sauna, or simply spend time in the calming atmosphere that defines Thermal Horizons.

"It's really become more than a hair appointment," Lizzy says. "It's an opportunity to slow down and take care of yourself."

A Full-Circle Journey



Perhaps the most meaningful part of Lizzy's story is how closely it connects to the space itself.

Long before she owned Thermal Dry Bar, she was a young woman dreaming about becoming a hairstylist.

The stylist who inspired her worked at Priscilla's Salon; the very space that would eventually become part of the Thermal Horizons expansion.

"One thing that feels especially full circle for me is that when I first decided I wanted to become a hairstylist, I used to go to a stylist who worked in this space," Lizzy says. "Now being able

to own a salon in the place that inspired me to pursue this career feels incredibly meaningful."

It's a fitting reflection of what makes Thermal Horizons special.

People come here seeking wellness, healing, community, and connection. Sometimes they discover a new passion.

Sometimes they find a new friend. Sometimes they simply find a place where they feel welcome.

For Lizzy, that's exactly what Thermal Dry Bar was always meant to be.

"We wanted a place where everyone feels welcome," she says. "That's always been the goal."

And after spending just a few minutes inside Thermal Dry Bar, it's easy to see that goal has become a reality.

At Thermal Horizons, wellness comes in many forms.

Sometimes it's a yoga class. Sometimes it's a sauna session. Sometimes it's a meaningful conversation with a friend.

And sometimes, it's sitting in Lizzy's chair, taking a deep breath, and remembering that caring for yourself is never a luxury, it's an essential part of living well.

Trails and Triumphs of a Newbie Yogi



Episode 11: Jill Attempts Meditation (And Her Brain Has Other Ideas)

Jill had faced slipping mats, rogue ducks, and disloyal yoga pants. But nothing had prepared her for... silence.

"Today," said Skybeam, her voice floating like herbal mist, "we're diving into meditation. Thirty minutes of stillness, breath, and presence."

Thirty.

Minutes.

Of nothing?

Jill's brain immediately screamed: "We're going to die."



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The Setup: Cushions, Candles, and Catastrophe

The room was dim, the air smelled like lavender and possibly baked yams, and everyone was seated on round cushions shaped like tranquil cinnamon rolls.

Jill settled in, closed her eyes, and waited for peace to arrive. It did not.

Instead, her brain decided to hold a mental garage sale.

- “Did I leave the oven on?”
- “What was that weird thing I said in 2009?”
- “Do squirrels know they’re being watched?”
- “Is my left foot asleep or dying?”

She cracked one eye open. Everyone else looked serene. One woman was levitating (okay, maybe just really good posture).

Jill shifted. Her cushion made a sound like a duck sneezing. A few eyes opened. She froze. The cushion, traitorous as always, sighed again.

Monkey Mind Madness

Skybeam guided the group:

“Observe your thoughts... and let them go.”

Jill tried. But her thoughts weren’t just drifting by like clouds. They were doing karate.

One minute she was breathing deeply, the next she was making a mental grocery list, rewatching old arguments in her head, and composing a jingle about socks.

Focus.

Focus.

“Return to the breath,” Skybeam whispered.

Jill did—then immediately coughed. A dry, echoing HAAACK that startled a man three cushions over into hiccuping. The room shook with quiet ripples of suppressed laughter.

Meditation: shattered.

Stillness, Interrupted

Just when Jill thought it couldn’t get worse, her stomach betrayed her. Loudly.

Not a growl. A full orca-song of protest.

BWAAAAAMP.

A woman across the room opened one eye, smiled in solidarity, and patted her own belly.

Jill nodded. They were now bonded in digestive shame.

Eventually... a Moment

Somewhere around minute twenty-six, just as she was about to give up and mentally rearrange her sock drawer again... something shifted.

Jill’s thoughts slowed. Her breath deepened.

And suddenly — there it was.

A moment of actual stillness.

Not perfection. Not enlightenment. But one honest second of peace.

It was enough.

Takeaway

Meditation isn’t about emptying your mind. It’s about sitting through the noise until the volume drops. Or at least becomes background jazz.

💬 Meditation Mishaps Welcome

Ever tried meditating and ended up daydreaming, snoring, or questioning duck consciousness?

Share your chaotic stillness moments below. We see you, mind-wanderers.