Sunday Salon Encourages Online Consultations for Winter Lived-In Color

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Raleigh, North Carolina - November 03, 2026 -
Sunday Salon is encouraging clients planning a winter change to their lived-in color to begin with its online virtual consultation tool, so that placement, depth and brightness can be worked through before they arrive at the Raleigh salon. Every lived-in color appointment at Sunday Salon already opens with a personalized consultation, and the online tool lets clients start that conversation from home as summer brightness grows out and they decide whether to stay light or move deeper.

Sunday Salon provides lived-in color for clients in Mordecai and nearby Historic Oakwood from its salon on East Whitaker Mill Road. The salon describes the service as a low-maintenance approach to color, with softly blended placement that its stylists plan to grow out gradually. Stylists apply the approach across the salon's color types, including blondes, brunettes and reds.

At the start of each lived-in color appointment, the stylist and client discuss the client's natural base, the brightness they want and how much upkeep fits their schedule, along with any color work the hair has already had. The stylist also considers how the client usually wears their hair, since placement that suits hair worn down may need adjusting for hair that is often worn up. Add-ons and any extra color or lightener are agreed at the same stage, before any color is mixed.

Clients reach the virtual tool from the "Start A Virtual Consultation" button on the salon's website and can describe their current color and what they want from it before choosing an appointment. The tool asks clients to create and share a short video with the salon, and it covers any service the salon offers, not only color. Clients unsure which appointment to book can also use it to ask before committing to a service, and the stylist picks up the discussion in the chair with the client's goals already on record.

Starting online responds to a concern the salon's stylists hear often from new color clients: color that grew out awkwardly and needed frequent upkeep to look right. According to Lisa Edwards, President & Creative Director of Sunday Salon, settling placement, depth and brightness in advance is how the salon's stylists aim to avoid that, rather than relying on a return visit to correct the shape of the color.

A root melt or shadow root is the main technique the salon uses for managing regrowth. It softens the transition between the natural base and lighter lengths, and the salon's stylists use it to help new growth blend in. The root depth is adjusted for clients who want more contrast or a softer result.

Collaboration between stylists supports the planning. Stylists at Sunday Salon regularly consult one another while planning color, sharing ideas and checking a plan with a colleague when a client's goals call for it, and every stylist on the team takes part in ongoing training and mentorship. Clients can book lived-in color with a Stylist, Master Stylist or Master Colorist, and the level they choose reflects experience and price rather than who can deliver the service.

"Lived-in color is decided before anything is mixed, not halfway through the appointment," Edwards said. "We have always opened with that conversation. What the virtual tool changes is where it starts, because a client can begin it at home before they ever walk in. The goal is color that suits someone's real routine and how often they want to come back."

Through the winter, the salon's stylists will continue to open each lived-in color appointment with a plan built around the client's natural base, routine and upkeep goals. Recent lived-in color results from the team are shared on the salon's Instagram profile.

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Sunday Salon

Sunday Salon is a full-service hair salon based in Raleigh's Iron Works district, providing hair color, haircuts, and hair extension services to clients throughout the Triangle.

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