

### Embrace not just the winter blues, but all winter colors

#### AND THIS YEAR THEY DAZZLE US WITH THEIR PERKY SHADES

We all know the feeling of "winter tiredness", a state of slight exhaustion that prevails when this season approaches. Embracing the true and playful colors of winter can be easy though, if we follow a handful of tricks in our everyday lives that help us beat winter slump.

Spending time in sunlight. Exposing ourselves to sunlight can make us joyful, either by taking long walks during the day or letting the sunlight fill our home.

Getting a good night sleep. Feeling well-rested and vibrant surely helps us seize the day. Aiming for seven to nine hours of sleep at the same time every day can minimize winter exhaustion.

Regular exercise. Working out helps our body release endorphins, the "happy hormones" that boost our spirit.

**Eating properly.** A healthy, balanced diet full of fruit and vegetables and with minimum amount of sugar can truly affect our energy levels.



OUR COLOR
PALETTES
FOR FALL/
WINTER
2021 - 2022

WEEKEND AT RUSTIC WINERY

THE ART OF MEDITATION

RARE WINTER SHADES

**AUTUMN FURRY TALES** 

#### weekend at rustic winery

SOFT BREEZE, RUBY
WINE, COLORS AND
AROMAS OF NATURE IS
JUST WHAT WE NEED

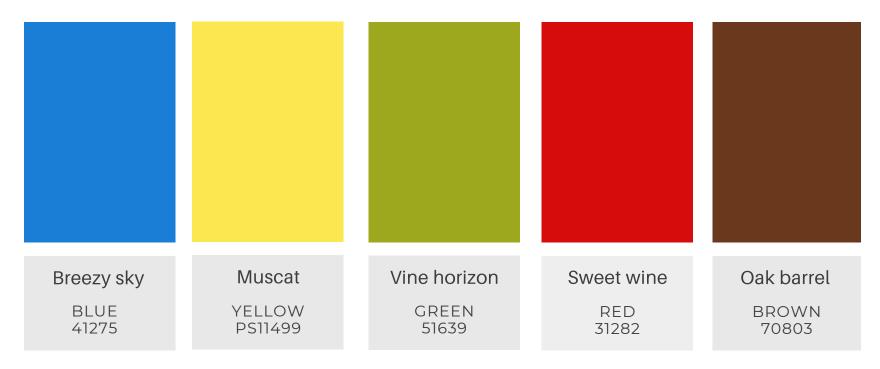








# weekend at rustic winery



## the art of meditation

ENHANCE PEACE,
SELF AWARENESS,
ACHIEVE A CLEAR
STATE OF MIND

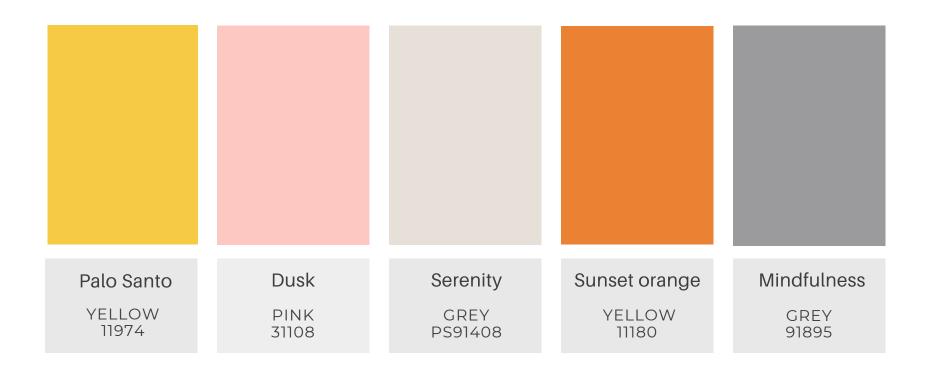








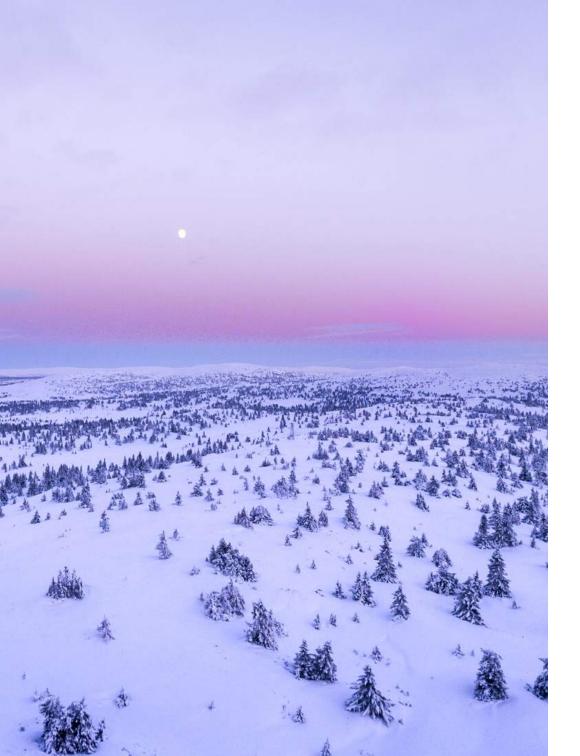
#### the art of meditation



#### rare winter shades

WE MAY NEED TO TRAVEL FAR AWAY FROM HOME, BUT THOSE SHADES ARE WORTH IT





#### mystical tones







#### rare winter shades





#### autumn furry tales

ONLY OUR FUZZY
FRIENDS CAN GIVE
THE EXCURSION A
TRUE BOOST OF
HAPPINESS



### autumn furry tales





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Global Colors colorists can develop these shades in different polymer carriers, depending on the end product requirements.

Each shade is expressed with a relevant Kritilen® color masterbatch.

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