



Au Naturel

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Schatzi's Design Gallery and Day Spa, LLC, 258 W. Millbrook Rd., Raleigh, NC 27609

Website: www.schatzisdayspa.com; Email: schatzis@clearwire.net; Phone: (919) 844-1933

Whose hair-story is it anyway?

By Schatzi McCarthy

INSIDE THIS ISSUE

- 1 Whose hair-story is it anyway?
- 2 Loc-care Tips from Natural Beauty Vying for Miss Universe Title
- 3 Poetically Speaking...
- 4 The Ancient Art of Massage

As those who know me will attest, I'm a lover of *things Asian*. I love Asian art, Asian movies and Asian food. Thai, Chinese, Vietnamese...it's all good!! In fact, many will be surprised to know that I was in a Korean dance troupe for four years and performed traditional Korean folk dance annually at the international festival in the Dorton Arena from 2002-2005. I'm a student of taekwondo, my backyard has an Asian-style fish pond and Asian screens accentuate the décor in my home. I've told my husband on several occasions that if there were such a thing as reincarnation, I was surely Asian in my previous life. It's that bad!! As for Asian hair...well, my view is that it looks best on Asian women. Give me my *textured tresses* any day!

Anyway, because of my involvement with taekwondo, I have come to interact with the Raleigh Korean community about as much as with the African-American community. One day, while speaking casually with a Korean friend, I spoke of my interest in starting *Schatzi's*. At that time, it was just a dream. I then proceeded to explain to her the vision of a natural hair salon and to "educate" her about Black hair, or so I thought. She listened attentively and nodded affirmation regularly. When I took a pause to reflect, she interjected, 'Black hair is very good business. African-Americans spend over \$1.2 billion on hair care products annually' (or something to that effect). She then continued to tout statistics like she was reading a book! These figures were a part of her. She could recite them off the top of her head. No hesitation. No pause. And to think that I thought I was educating her!! I then grew somewhat suspicious and wondered, "How does she know so much? Who's studying us and WHO'S HAIR-STORY IS IT ANYWAY?!" Well, it was an informative conversation to say the least.

*"Nature...
does not like
a vacuum."*

The next day while surfing the Net, I decided to Google search "Black hair" and "Korea." Why not?! Well, there were so many links that popped up that I was dumbstruck. I mean, I know that most of the beauty supply stores are owned by Asians, mostly Koreans, but this was too eerie! I then clicked on a few links, many of which were written in Korean. Having studied "한국말" (Korean) for one year at the Korean School on Duraleigh Road, I attempted to take a stab at the text..... Sorry Charlie!! No dice. One year of studying was certainly not long enough to tackle THAT text! While it was true that I could "read" everything on the screen, it was much like a first grader sounding out the text of Einstein's Theory of Relativity. I could say the words but don't ask me what in the world it meant!! I didn't know from Adam.

So, I decided to forget that idea and focus on English sources. What I quickly learned was that the principles of nature hold equally true for business. 'Nature (and business for that matter) does not like a vacuum.' Where a vacuum exists, the forces of nature will move quickly to fill the gap and restore balance. Where peoples of African descent fail to meet their own personal



Miss Jamaica Universe 2007, Zahra Redwood
Photo from Jamaica Observer

"She will journey to Mexico City, Mexico, where on May 29, she will vie for the Miss Universe title."

Loc-care Tips from Natural Beauty Vying for Miss Universe

Partial reprint of Article titled "Crown of Dreads" printed in the Jamaica Observer online newspaper, April 2, 2007.

Dread natty dreadlocks' sang Bob Marley in the 70's as he flashed his dreads on the international stage. Many Rastafarians might very well have done the same Sunday last (plus added Jah Rastafari) as Zahra Redwood became the nation's first dreadlock beauty to be crowned Miss Jamaica Universe with locks that fall to the waist.

With her win has come renewed interest in loc' care with many asking about the maintenance. Allwoman writer Debra Edwards caught Zahra with her locks down and also sought additional advice from Princess Dunn of Jus Natural Hair Studio [Kingston, Jamaica].

Tips for maintaining locks:

1. Wash - "I have been doing my own hair religiously since I was nine. I simply wash it about once a week with shampoo. My preference being Suave Balsam and Protein Shampoo, because I like the fragrance. Then I make sure that it is properly rinsed," shares Miss Jamaica Universe.
2. Dry - "Locks are already heavy so I try to ensure that I get as much water out of them as possible through towel drying", explains Redwood.
3. Moisturize - "Moisture is important for maintaining natural hair in general. But more so for locks." Princess Dunn of Jus Natural Hair Studio located at the Bob Marley Museum explains, "We use light moisturizers here such as liquid oils, because they absorb more into the lock. Our advice is to not use anything that will cake up in the hair. Miss Universe Zahra Redwood separates lock by lock, then uses castor oil, to ensure proper moisturization of the whole scalp.
4. Groom - "To achieve my look I simply twist my hair overnight and when I wake up pull the twists out," explains Zahra. Dunn add: "There are two ways that we groom locks here. The first called palm rolling which is basically as your hair grows out, using the palm of your hand to wrap around the new growth creating the lock at the root. Then pin and go under the dryer.

After the drying is done remove the pins, and you're set for about another 2-3 weeks until the next time you wash your hair. This procedure is not as long lasting as the method known as interlocking, where you are actually using a needle to create the lock from new growth. This results in a style that lasts some 4-6 weeks even when washed.

The grooming of locks is not a necessity because back in the day people never did that. But, these procedures just make it a lot easier to have visually appealing locks."

Note: As Miss Jamaica Universe 2007, Redwood wins \$200,000 in cash, a guaranteed modeling contract (valued at \$150,000) with Pulse, a trip to New York and other prizes. She will journey to Mexico City, Mexico, where on May 29, she will vie for the Miss Universe title.



Miss Jamaica Universe 2007, Zahra Redwood (centre) is flanked by her runners-up, Sydonie McBayne (left 2nd runner-up) and Sanique Vacciana (1st runner-up). Photo from Jamaica Observer

Poetically Speaking...

This month's session of Poetically Correct was certainly a refreshing and uplifting experience. I must say that with all of the rain we had, I didn't expect a fabulous turn-out. But die-hard poets are not to be outdone by the weather! Even though half of North Raleigh was without power, causing traffic congestion and confused travellers alike, 258 W. Millbrook Rd. was a veritable powerhouse of its own with energy radiating undaunted by the outside world. It was a peaceful experience.

I would like to thank all who attended for sharing their time and talents. Honourable mention goes to Noriko Kondo and her husband Yoshi. Noriko sang the original Japanese version of the Sukiyaki song (remade in the 80s by the group "A Taste of Honey") while her husband acted out the words. Very touching. Yoneka and I then sang the English version for our Japanese compatriots who had never heard it before now. Also, special thanks to Lloyd for gracing us with the powerful words of Alexander Pushkin, the Father of Russian literature (and of African descent—who knew?) and Claude McKay (Jamaican poet extraordinaire). Isha also shared some beautiful original pieces that can be found on www.poet.com. All the same, the group consensus was that Jasmine took the prize for *Comic Relief* with her original works. I personally was impressed because as my sister, I've known of Jasmine's artistic prowess with a paintbrush for some time now. But, give her pen and paper, and comic relief must abound! I must admit though, her delivery is EVERYTHING!! Check out two of her submissions below.

Road Rage

Don't honk at me.
I see your a--.
I'm tryin' to get over
I've got my signal on punk
And you steady tryin' a pass.
Don't make me pull over
And whoop yo' a--.

Stroke

In my pocket...
From the jeans I had on last weekend.
A stroke of luck...
I just found a buck.

Our next session of Poetically Correct will be on Friday, April 20th @ 7pm. As always, we look forward to seeing you there.

Hair-Story Continued...

appetites and demands, others will gladly fill the void. So, my encouragement to all: Strive to be entrepreneurs and work to fill the voids that exist within the African-American and wider communities. Many have strong entrepreneurial ideas but lack the confidence or means to follow through. As Gandhi once so eloquently stated, "You must be the change you wish to see in the world." Within the Raleigh community in particular, the time for action is now!

With the moral of this story now realized, I would like to encourage my brothers and sisters with the attached poem. Over the past few weeks, this poem has given me much encouragement and helped to restore a sense of inner peace. Many of you will recall the lines of this poem which were so eloquently recited by the protagonist in the recent blockbuster hit "Akeelah and the Bee." Keke Palmer did more than justice to that role!! If you haven't seen it, check it out!! It was fabulous!! No doubt. All the same, the poem, which was truly awe-inspiring upon recitation, was written by Marianne Williamson. Read and know.... And as I seek to free myself, may I likewise inspire you to be free. Amen.



Welcome to Schatzi's.

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A Return to Love

By: Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant,
gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking
so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

And as we let our own light shine, we unconsciously
give other people permission to do the same.

As we are liberated from our own fear,
our presence automatically liberates others.

The Ancient Art of Massage

Reprint of an article published on www.electronichealing.co.uk

Massage is one of the oldest therapies known to man. The earliest writings about massage come from China and date back to 3,000 BC. The ancient Greeks and Romans used massage to preserve health and aid healing. Homer wrote about an oily medium used for massage in 1,000 BC. Hippocrates, the father of modern medicine advised that an aromatic bath and fragrant massage should be had daily for the maintenance of health. Decadent as this sounds, it was based on Hippocrates research into the benefits of regular massage.

Today massage is used to relax the body and mind and relieve the stresses and strains of everyday life. Many modern health problems we suffer can be directly linked back to high stress levels. Touch stimulates the brain to produce endorphins, the body's natural mood elevators and pain suppressors, but massage is far more than just a treatment that makes us feel good. Studies show that massage enhances our immune function and lowers the level of our stress hormones.

Hippocrates is responsible for the medical code of ethics known as the 'Hippocratic Oath'. He also wrote about the effects of massage, stating that a physician should be versed in many things, but most assuredly in 'rubbing', for hard rubbing binds and much rubbing causes parts to waste. The actual word used by Hippocrates was anatripsis, which is Greek for 'friction' and is one of the main techniques used today in therapeutic massage.

Africa, the East & the Pacific

Massage has been used for healing throughout recorded history (and no doubt before that). There is a natural instinct to rub a sore spot or ache to make it

better, and cultures all over the world have built upon this to develop varied styles of massage. Massage is so ancient that the derivation of the word is uncertain - it may have come from the ancient Greek word "massin" (to knead), or the Arabic "mass" or the Hebrew "mashesh" (to press).

The earliest written reference to massage is in the "Nei Ching", the Yellow Emperor's Book of Medicine (written about 2700 BC in China), which describes many massage techniques and their use. Indian texts on Ayurvedic Medicine from about 1800 BC also describe massage. There are many references in the Old Testament of the Bible to the practice of people being "anointed with oil", particularly after a long journey. From about 500 BC, there are references to massage in medical texts from Egypt, Persia and Japan.

In Eastern systems of massage, the emphasis is on the idea of balancing energy in the body. Acupressure massage and stretches, was traditionally practiced by blind practitioners. Shiatsu combines this developed in China, based on the acupuncture energy meridians and points. It is often used in combination with other traditional systems such as "Anmo" (pressing and rubbing) and "Tuina" (pushing and pulling). In Japan "Amma" massage of pressing, rubbing, wringing with pressure techniques on acupuncture points. Thai massage also combines pressure, rubbing and stretches with techniques that work on the energy lines of the body.

In addition to its use by skilled professionals, massage has been used within families throughout Asia and Africa, particularly by mothers massaging babies, and head massage is an automatic part of a visit to the barber or hairdresser throughout much of North Africa and Asia. Massage also developed independently in other parts of the world. Many of the early European visitors to Pacific islands described the use of massage (such as the Hawaiian "Lomilomi"); Captain James Cook, on his third Pacific voyage in the late eighteenth century, had massage ("romee") in Tahiti to relieve sciatic pain.

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