

Au Naturel

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Community News and Events

This month is our Customer Appreciation month in celebration of 3 years of operation. We hope that all are able to participate in our Saturday activities. So far, we have had healthful eating consults, aromatherapy, facials and skin care consults. Thanks to Ms. Collins, Roxanne and Andrea for all of their hard work. We are also planning for yoga day on the 22nd and our Hair Show Mix & Mingle on the 29th from 7-9:30pm. Hope to see you there! Hair Show Tickets = \$20.

Beautiful Jewelry

Looking for inspired gift ideas? Well, Zandria Lee of crafted4jewelry.com invites you to visit her website to experience the beauty of her jewelry-making craft. For more information, please email zoelalee@aol.com.

Women's Writing Circle

Women's Wisdom Ltd is sponsoring the next writing circle here at Schatzi's on Sat., Sept. 26th from 4-5:30pm. Come with your pen, paper and creative energy!!

Hair Show 2009 Coming Soon!!



Wow, this summer has flown by like a whirlwind! It's hard to believe its back-to-school time again! With one son enrolled in college and the other in 11th grade, my back-to-school costs just seem to keep rising!! Do you remember the day when you could actually attend college and use the school's computer facilities and not need to have one of your own?! I imagine that sounds like the dark ages to my kids!! And don't bother trying to buy a computer with the school's specifications. My girlfriend got one for her son and it rounded up to a cool \$2Gs. Well, if I have never owned a computer over \$1,000, my student (ie, **child**) certainly won't have one! After all, the likelihood of theirs being lost or stolen is certainly much greater than mine. So needless to say, I found a better deal. But, my word!! Is it all really necessary!

All the same, I've enjoyed the summer months. My house has been alive with activity. On any given day, I could come home and find as many as 10 teenage boys in my house. Some on the ground floor in a Monopoly match, others in the 2nd floor game room playing X-Box, and the random individuals sitting at a laptop answering email or crouched in a corner texting and *waiting a turn*. It was rather interesting to observe the "right of passage" rituals of this generation. Needless to say, we had to have LOADS of snacks on hand!! My girlfriend thought we were crazy to feed all of those kids. But the truth of the matter is, I was glad to know that they felt comfortable in our home and most importantly, that I could see what they were doing!! Teen boys can get into a LOT of mischief but honestly, there was none to be found all summer!! So, why fret about food? Their entertainment was fun and wholesome (excusing of course the dead bodies being blasted to smithereens on the TV screens). With the summer wrapping up and classes soon to commence, the traffic has died down tremendously. But I feel that as they continue on their separate paths of life, they will all share the common



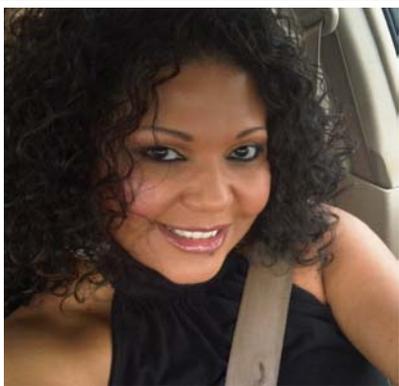
memory of a summer that was uniquely and unapologetically their own. Their lives will be filled with responsibility and worries soon enough. But the summer of 2009 was one that I believe they will always remember. Godspeed boys!

As for salon happenings, we are a few days shy of Hair Show 2009!! It's not too late to get tickets. The night promises to be a memorable one. We'll have music, lots of food (I believe in eating—what can I say?) and our Model Hair Parade. If you were not able to attend last year's show, you'll definitely want to come out for this year's event. The night will be warm and intimate. At *Schatzi's*, that's how we aim to do *all things!* Hope to see you there! Peace.

Have You Ever Had a Spa Facial?

Reprint of an Article titled "Benefits of Getting a Facial" by Deborah Schwabe posted on associatedcontent.com on July 24, 2006.

"A facial helps increase circulation and stimulates the skin. It can also help slow down premature aging by custom-targeting your skin care."



Wash and Go Waves

Note: The model featured here is my dear friend and also a licensed aesthetician. She looks exactly like she did @* years ago when we were in high school!! And that wasn't yesterday!! ☺ Through her tutelage, I've become a believer in a regular skin care regimen to include spa facials.

When was the last time you treated yourself to a spa facial? A facial is a great way to treat your skin. Getting facials will help you achieve a clear complexion and a nice glow.

A facial can offer many benefits. The face is always subject to the elements such as the sun, maybe smoke or an improper at home regime. Facials offer you the opportunity to work with a professional skin care specialist who will analyze your skin, help you improve your complexion and show you how to take proper care of your skin.

A facial includes cleansing as well as exfoliation which can help to unclog your pores. Extracting open comedones will also help rid the skin of acne. Your skin care specialist will help soften the skin with steam, hot moist

towels, and enzymes or other exfoliants.

A skin care specialist or esthetician will choose the ingredients to help your skin type. The esthetician may choose a mask to detoxify your skin or hydrate your skin. By getting a proper analysis you will not only learn your skin type, but an esthetician will be able to create a facial experience that addresses your skin's needs.

A facial helps increase circulation and stimulates the skin. It can also help slow down premature aging by custom-targeting your skin care. Facials are a great preventative treatment to help you beat wrinkles before they occur. Keeping your skin hydrated will help keep the skin moist and stop dehydration.

A facial may help you understand the proper skin care products for your skin. Most importantly a facial will relax you. A spa offers a serene environment that encourages stress reduction. Facials not only help your skin, but can be soothing. When you are comfortable with your skin, that confidence comes through in a natural glow. Many people have never experienced a facial. A facial makes a great gift for someone you love. Facials are great for both men and women, and a facial is a great introduction to skin care for a teenager.

Licensed aesthetician, Andrea Richardson, is now available at Schatzi's to provide spa facial services.

Style of the Month: Wash and Go Waves

The above photo is of my girlfriend from high school, Inez. She is one of the coolest people you'd ever meet! Being of African and Mexican ancestry, Inez' hair texture is classified as wavy. When growing up, she was often encouraged to relax her locks. But, she was a natural girl in the day—and still is when she's not sporting a wig for fashion!! LOL!! Anyway, I am

amazed at the number of clients who come into the salon with locks like Inez, but who are transitioning from a relaxer. I constantly tell clients that relaxer systems were never necessary for anyone...just convenient. As long as you're willing to accept your hair's texture and work with it, it will reward you with bounce and life and good health. For ethnic hair, useful

wash and go tips are shampoo/condition, comb in the shower only, apply leave-in conditioner, apply styling product (gel, mousse, crème), shape, dry, add shine. For more detailed wash and go tips for ethnic hair check out the following link: <http://www.long-healthy-hair-advisor.com/natural-ethnic-hair-style.html>. It's good stuff. Let me know how it works out for you!

Poetically Speaking...

*The following prose is my response to a writing prompt simply labeled "my creativity." Please join us at the next writing circle sponsored by Women's Wisdom Ltd to experience the active creativity of wise women like yourself. See the **Community Events** section for more details.*

My creativity is the window to my soul.

It starts as an innocent idea hanging on the edge of reality. Teasing me, taunting me, encouraging me to be.

It turns and twists in my mind looking for connectivity. Once

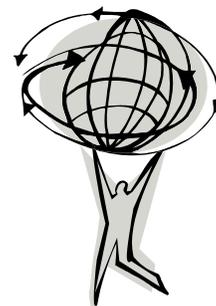
the synergy is found, it bounds towards my heart for inspiration and life.

My heart plays with the idea, embraces and caresses it; then devours and becomes one with it. Then, the idea is a part of me.

It churns in my gut and becomes manifest in word and deed. Touch my hand. Can you feel the pulse of creative energy? It is dancing on the cusp of potential and kinetic truth.

But needs just one more boost.

So, my soul, now enamored with the melody of my heart decides that its time to release this idea back into the universe. Working with the material plane of my physicality, soul creates a symphony that becomes visible and alive. Blowing the breath of life into a simple concept of the ages, my creativity becomes life and mirrors the spirit which brought it into being...Namely ME.



"So, my soul, now enamored with the melody of my heart decides that its time to release this idea back into the universe."

Food for Spiritual Thought (aka *Schatzi's Musings*)

Is time always linear? I ask the question because the older I get, the more convinced I am that it is NOT always. Case in point: One Saturday while driving to Hampton, VA to visit my Dad and stepmother, I had a very strong thought that I would love to have some peaches. Peaches are not a fruit that I think of very often but the feeling was strong and it registered heavily in my psyche. When I got to Hampton and walked into the kitchen in the

early evening, there was a plate of peaches on the table!! (I had never seen peaches in their home before that time.) Daddy said he got them for me earlier in the day (seemingly BEFORE I had the thought about them). My thought was: Did my soul register awareness of his purchase and thus create a desire for the peaches, or did my desire for the peaches and thus my soul transmit the thought to him at an

appropriate time for him to act upon it (within his social construct and place in time) though my soul only registered consciousness of the desire/want AFTER he had carried through with his action. Maybe it was all just coincidence or preference. If it was okra, I'd say it was preference 'cause Dad knows what I like! But PEACHES??!! Chalk it up to things that make you go Hmm.

Why Won't My Hair Grow?

Extract of an article of the same title posted on justnaturalessentials.wordpress.com

There are many myths that surround black hair. The one I consider most ridiculous is 'black hair doesn't grow'. All hair grows an average minimum of a ¼ inch per month. If you are not seeing that growth it is probably because you do not have a healthy hair regime established.

Some important tips I can give you whether relaxed or natural are:

~Clip those split ends! I know how hard it is to part with hair

especially when you are already losing some. The ends are the oldest part of your hair and you need to trim to prevent further damage.

~Moisturize your hair daily. I know you relaxed sisters can't tolerate a lot of moisture, but it will benefit you in the long run. Hair is extremely thirsty and craves moisture, whether relaxed or natural.

~Avoid products containing petroleum, mineral oil, alcohol, and SLS in shampoos. They clog the pores, attract dirt, have harmful chemicals, and are drying to the scalp.

~Tie your hair up at night with a silk or satin scarf. Or even a silk/satin pillow.

~Eat healthy, drink plenty of water, and take quality vitamins. Hair can't grow to its potential if you are not taking care of yourselves.

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Schatzi's is a natural hair and personal care salon with a warm and nurturing ambiance for clients to "Embrace the Beauty of You." Schatzi's is located in the Park on Millbrook Condominium complex, near the intersection of Six Forks and Millbrook Rds.

Schatzi's design gallery provides services that nurture natural hair care with talented stylists who are happy to guide you through and beyond the naturalization process. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services, including massage therapy, facials and other skin care services. Our two floor art gallery is provided courtesy of local artist Jasmine Hawthorne.

Au Naturel newsletter, an essential part of our information sharing services, is a wondrous labor of love that is a joy to create and a gift to you our valued clients and to the public at large.

Embrace the Beauty of You.

Embrace the Beauty of You.



We're on the Web!

www.schatzisdayspa.com

Aromatherapy Tip for the Office

Extract of an article titled "Cool Down Your Body and Wake Up Your Brain!" by Val Weaver posted on www.delish.com on August 10, 1009.

Does just the thought of tackling your to-do list put you into an energy coma? Have a Junior Mint. Or a piece of peppermint gum. Or one of those red-and-white hard candies.

It's not the sugar you're after. It's the scent of peppermint. It acts like a mental drill sergeant, telling your brain to "Wake up and focus!" Personally, I think it's why Altoids became such a phenomenon. Peppermint makes you pay attention to must-do jobs. It's the perfect eye-opener when you need a pick-me-up but can't chug

yet another mug of coffee.

So the next time you're mentally fading fast, pop a peppermint and then listen to your brain say, "Can do!"

Why does it work? Some scents stimulate different parts of the brain. Lavender, for instance, tends to make you go "Ahhh," and relax. With peppermint, it's alertness that gets triggered. Scientists have found that when there's a hint of mint wafting through a room, people perform better, especially on jobs that involve detail work.

Until a few years ago, the evidence behind aromatherapy -- using a scent to produce a specific response -- was largely anecdotal. But more and more research now suggests that aromatherapy may have real psychological and medical benefits.

Traditional aromatherapy involves either inhaling or massaging in scented oils. But if you're falling asleep in front of your computer, a sweet peppermint treat is a quick, easy way to snap out of that post-lunch stupor.