

# AU NATUREL

## TIME FLIES WHEN...

### Celebrating 6 years of service to you!

Well, August 2012 marks exactly six years since we first hung up our "shingle" and said "we're open for business!" The time seems to have flown by. In some way, I can remember each year and how it distinguished itself but then again, they all seem like one continuous procession. In honor of our 6 year anniversary, we're offering some smokin' hot specials to take you through the remainder of the summer!! We hope you enjoy these great deals!

### GREAT OLYMPIC MOMENTS

On a more personal note, the Olympics most definitely has my attention as I'm sure it does yours. It's hard to believe that four years have raced by

### SIX YEAR ANNIVERSARY SPECIALS:

- 1) Back to School Savings - Kids Extension Braid Styles-\$100.00! (Senegalese Twists not included)
- 2) Fashionista Special - Natural hair style + Deep Condition, Trim or Lock Style + "Better than a Pedicure" Reiki Foot Therapy-\$80.00!
- 3) Natural Look Hair Weave (full-sew-in) & "Better than a Pedicure" Reiki foot therapy for only \$100.00!

### HIGHLIGHTS OF THIS ISSUE:

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### EVENTS AT SCHATZI'S:

- 1) Thursday Night at Schatzi's - Yoga Night on Aug. 9<sup>th</sup> and Aug. 23<sup>rd</sup> at 7pm. Participation is free. Please bring a towel or a yoga mat.
- 2) Spa Party on August 25<sup>th</sup> - Details on page 3!

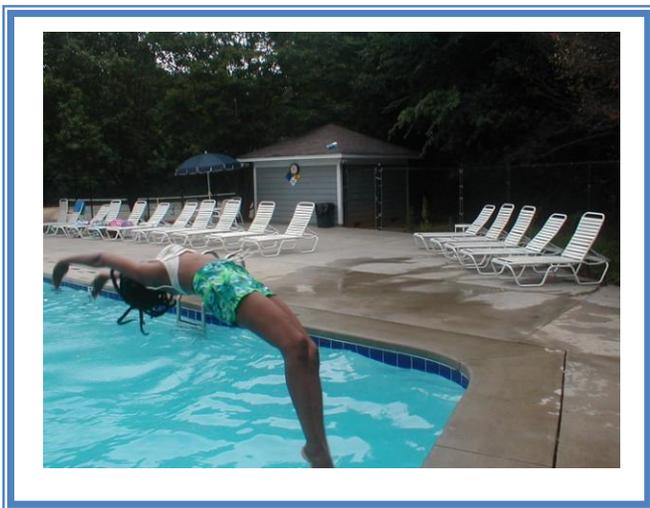
## TRIBUTE TO GABBY DOUGLAS

Okay, I was so totally psyched and inspired by Gabby Douglas during this year's Olympic games. I was a big Nadia Comaneci fan back in the day. I wanted to be Nadia! Now, I just watch and marvel at the discipline, determination and ability to manage enormous pressure that these young people have. It's amazing. Well after Gabby led the US team to victory on July 31<sup>st</sup>, I looked her up on the Internet. Check out the attached video link about her journey.

**TOTALLY AWESOME!!!** I found these other [two links](#) following her individual gold victory on August 2nd. I was so moved by her words in an interview immediately after taking individual gold "All praise goes up to God and the blessings fall down on me." Wow! And she's a poet! Incidentally, she's the first American woman (period!) to take team and individual gold in gymnastics!!! All I can say is, when a child knows what they want to do in life, make a way and WATCH OUT!!! Gabby, I'm 40+ years old and you've inspired me. Live well!

since [Usain Bolt](#) made the rest of the field look like they were walking in the 100m. I love track & field!! In fine fashion, he did a repeat. It's amazing how breaking a mental barrier can push others to excel beyond their own expectations! Apparently, this year's 100m race was the 1<sup>st</sup> time in history that five men ran below 9.90. Let's hope Bolt has the juice for a three-peat as the great Michael Phelps did. But then, if he doesn't, that's cool. Other athletes work and train just as hard and deserve a chance as well. When Phelps was foiled in the 200m Butterfly, I was disappointed for about 5 seconds, until I saw the look on the face of Chad Le Clos' (the gold medalist of this event) dad. For a real treat, check out the brief video of [Bert Le Clos' interview with BBC](#).

Can you tell I'm also a lover of swimming and



diving events? In fact in honor of the Olympic spirit, I changed my Facebook cover photo (above) to claim solidarity with the world's youth! Okay, it doesn't warrant a 10 but I'm totally untrained so work with me! ☺ This photo was taken on the day of my eldest son's graduation (2009). Yes, I was ecstatic! Can't you tell? ☺ Well, the day I see a naturally twisted sister on the synchronized high dive platform, I'm going to SCREAM!!!! ☺ Hmmm, maybe it's not too late for me to have a daughter. ☺ Just kidding. I'm pretty happy with the men in my life. Besides, I have absolutely NO desire to repeat

THAT phase of life! It's a wonder that I'm still lucid and *sans* straitjacket. Really! I give God thanks for great mercies, as well as the faith and the will to endure ([Philippians 4:11-13](#)).

## NOT SO GREAT OLYMPIC MOMENTS

As I was most impressed by Gabby Douglas at this year's Olympics, I included a tribute to her on page 1. If you were as impressed with her as I was, check out the links which tell her story quite eloquently. She's truly an inspiration. But as with all things, there's a dark side (yes, I said DARK!!!!) to life; and unfortunately, the dark side of Gabby's Olympic moment arose as a result of Black women dogging her on Twitter about her hair! I was disappointed but most assuredly NOT surprised. Jealousy rears its head in the most base and the most telling of ways. Sadly in dogging her, they only showed their own ignorance. I personally heard about the hoopla when it came out, and I roundly ignored it. People tried to talk to me about it, and I quickly said "I don't want to talk about foolishness!" I didn't even want to entertain the topic and I'm someone in the hair business. But, after seeing the article on Page 3 (Gabby's response) and viewing the [video segment that was done on Fox Sports as a result](#), I am compelled to shine light on this issue and give audience to ignorance. The only reason that I have chosen to do so is because the light of truth shines brighter than any light that we will know on this side of heaven. And sometimes...well...you've just got to call A SPADE A SPADE. Pun most assuredly intended!

For context, I want to say that Gabby Douglas does not wear natural hair, and I could give a flying flip about that fact. It is totally irrelevant. But the video most eloquently defines why *Schatzi's* was established. The collective mind of Black women is sick and in need of renewal. I have known about

this sickness for quite some time. I felt COMPELLED to try to help in the spirit of Gandhi's great words "Be the change you wish to see in the world." We have become our own worst enemy. When I was a teen in college and would temporarily press out my long, natural hair, I saw such jealousy and envy in other Black women's eyes that it was frightening. They knew it was my hair because weaves did not abound back then. I remember thinking, 'God I don't want to see that look from anyone. I don't want women to envy my hair.' So in many ways, natural hair became a refuge for me. Somehow with my natural hair, other women didn't feel like I had anything "over on" them. I was subsequently quite happy with the collective mind feeling and thinking that way because I didn't have to see the green eye of envy. On the converse, I did see the red eye of anger from those who felt that I reminded the world what we really look like and subsequently wanted me to change my hair with all due haste. But, I knew they wanted to see my straight hair even less than they wanted to see it natural, so I modeled an alternative lifestyle and lived quite happily below the radar. Ironically, the blow to the psyche that I was making by modeling natural hair in the 80s was deeper and more profound and totally non-threatening. Only God could have orchestrated that reality.

So, in the spirit of [Proverbs 14:23-24](#), read the article and know why Olympic champions like Gabby are a very rare breed. And as an ABSOLUTE MUST, listen to the video and understand why *Schatzi's* is here and will continue to be here (through triumphs and trials) until God alone says otherwise. As a side note, I want to say that I don't agree with all of

## DOUGLAS CONFUSED OVER HAIR COMMENTS

Reprint of an [article](#) posted on Foxsports.com on Aug. 5, 2012

Women's gymnastics all-around champion Gabby Douglas likes her hairstyle just fine, thanks.

**SPA PARTY DETAILS:**

**BRING YOUR FRIENDS OR JUST COME OUT TO ENJOY A NATURAL SISTER'S DAY OF PAMPERING (9AM-5PM)!**

**WHAT DO YOU GET?**

- **HAIR CARE SERVICE (CHOOSE ONE)**
  - **LOCKS OR ALL NATURAL STYLE**
    - **LOCK MAINTENANCE**
    - **TWO STRAND TWIST**
    - **CORNROWS OR OTHER**
  - **WEAVE HAIR CARE SERVICE**
    - **FULL SEW-IN SERVICE**
- **REIKI FOOT THERAPY TREATMENT**
  - **INCLUDES FOOT CLEANSING, MASSAGE & MOISTURIZING**
- **MELLOW MUSIC, WINE & CHEESE**
- **CARD AND BOARD GAMES**
- **LUNCH ORDERED LOCALLY**
- **GREAT AMBIANCE & COMPANY!!**

**COST: \$90 FOR NATURAL STYLES; \$110 FOR WEAVE SERVICES.**

**CALL (919) 844-1933 FOR MORE INFORMATION. PLEASE RSVP BY SATURDAY, AUGUST 18<sup>TH</sup> TO RESERVE YOUR SPACE. LIMITED AVAILABILITY!**

Dominique Dawes' comments. She is newly natural and so, feels enthusiastic to enlighten others. But the truth of the matter is, everything is not for everyone, and all relaxed hair will not experience the challenges that she did. Gabby does not need to wear natural hair to be great. SHE IS! Period. To Gabby, you are beautiful and your hair is beautiful. But then, you already know that. ☺ SOAR ON, Gabby! You are blessed.

The 16-year-old said Sunday she was a little confused when she logged onto her computer after winning

her second gold medal in three days and discovered people were debating her pulled-back look.

"I don't know where this is coming from. What's wrong with my hair?" said Douglas, the first U.S. gymnast to win gold in team and all-around competition. "I'm like, 'I just made history and people are focused on my hair?' It can be bald or short, it doesn't matter about (my) hair."

Douglas uses gel, clips and a ponytail holder to keep things in place while she competes, a style she's worn for years.

"Nothing is going to change," she said. "I'm going to wear my hair like this during beam and bar finals. You might as well just stop talking about it."

The bubbly teenager is the first African-American gymnast to win her sport's biggest prize. She had no idea she was lighting up social media until she Googled herself hours after winning her gold medal.

"I don't think people should be worried about that," she said. "We're all champions and we're all winners. I just say that it's kind of, a stupid and crazy thought to think about my hair."

## SHOULD I COLOR MY HAIR? Thoughtful Considerations for those Considering

Well, as more ladies embrace their natural hair, many are wondering whether they should color their hair. Some want to add a bit of "spice" to life while others want to look as carefree and natural as possible. Whatever your reason for coloring, there are several careful considerations that you will want to weigh before making your final decision. Below are just a few of the main points.

### **What are your primary reasons for coloring?**

**If you're coloring to hide gray hair**, then your primary question is really: how long do you want the color to last? This question requires deciding whether you want your color to be permanent or temporary. First, it's important to note that there is no "permanent" color because you will always have to touch-up new growth that emerges from the roots. The term "permanent" is more of a reference to how long the color lasts for hair that has been treated. Permanent color cannot be reversed. Semi- or demi-permanent color last from 6-24 shampoos (with demi-permanent color lasting longer) and a rinse lasts from 1-2 shampoos. As a general rule, I tell women who seek advance in our salon to get permanent shampoo. Anything less on dark hair is almost a waste of time. Why? Because your lifestyle often means that you shampoo your hair more frequently than when you were relaxed AND you may be apt to be caught in the rain or to go swimming. If either of these situations prevails, you will most definitely be roundly embarrassed by a rinse. And a demi- or semi-permanent color will be short-lived. So, embrace your decision and go for the gusto. But know that once your new growth comes in, it's almost like having a relaxer: **YOU MUST GO BACK FOR A TOUCH-UP REGULARLY.** So, if you're cool with that, do you.

**If you're coloring for more pizzazz or to have a different look**, you will need to decide whether you want to go darker or lighter. For most women with dark hair, the easy answer is "go lighter." If lighter hair is your intention, then you will be limited to permanent or spray-in hair colors. Firstly, I have never seen light rinses used effectively on dark hair. Some products claim differently. While the technology is changing constantly, I remain skeptical about semi- or demi-permanent colors effectively lightening dark, natural hair. Check out

this [video on Bigen semi-permanent hair color](#). As much as I love and use, Bigen permanent hair color in our salon, this video is false advertisement in my opinion. I would assure you that the photo that pops up at the end of the video is not the model's hair that was video-taped AT ALL!! It's very misleading, and I think totally fraudulent as the model's final results are not shown. But, I'm not the one to try to sue over the matter. So, I'll just say: let the buyer beware! Jazzing is a rinse that is commonly used but proves most effective on hair that has already been bleached. Bold one-time colors, like spray-in colors, are more for costume parties or special events and may wreak havoc with your wardrobe as they merely coat the hair. So, use these with caution. As for my personal recommendation, I would again suggest permanent color if you want a bold look that requires lightening.

Once you're clear about why you would like to color, you'll want to consider your lifestyle. Many women who wear natural hair have also adopted a more natural or holistic way of life. They use sulfate-free, paraben free products, some are very physically active and many are vegetarian, vegan or some variation therein. Your philosophy of life will help to elucidate those most pressing concerns that you may have about hair color. So think carefully about your personal philosophy coupled with what you hope to achieve from color.

### **What are your primary concerns about coloring?**

**If your concerns about color are grounded in a general angst about exposing your body to more chemicals**, you may want to seriously consider whether coloring is right for you. First, I want to say that I am not opposed to hair color. People like change and because the hair is much like the nails, it can be colored, cut and coiffed into many different looks to complete your personal sense of style. Be as bold and daring as you want. But in all honesty, I know of only two truly all-natural methods to add highlights to hair: for reddish to burgundy tints on dark hair, treat your hair with all natural [henna](#); or for golden to light brown highlights on dark hair, treat your hair with [lemon juice](#). With the lemon juice method, you will want to give yourself a deep-condition each time you shampoo to avoid dryness and the process may require several applications. This method strips the hair and can be a bit harsh but is not as invasive as hair color. If you've seen how locks can lighten over time from sun and salt water exposure, you will have a perspective about how lemon juice works.

Hair color, particularly where lightening is considered, has much to do with chemicals. Lemon juice is a chemical. It just happens to be all-natural and therefore, more easily tolerated by the body. So, the question is: what does a chemical mean to you? If you fundamentally do not want the health and integrity of your hair altered, you will want to stick with henna and lemon highlights. If you want lighter, bolder hues, you're likely want to consider permanent color and relinquish the commitment to "chemical-free" color. There are many companies now marketing new, natural hair care products, but I haven't see one product that does cause a heat-reactive process to take place when color is applied for lightening purposes. When your hair heats up during the coloring process, **a chemical reaction is taking place**. So understand the science and embrace it, if you choose to make the color decision.

**If your concerns emanate from a fear of damaging your hair**, know that natural hair is much stronger than relaxed or permed hair. As a result, the long-term effects and possible damage of adding hair dye is significantly less than it would be if your hair were not natural. However, you will want to consider the type

of hair dye that you are using before making your final decision. But know this: effective hair color for dark hair REQUIRES lifting the current hair color and possibly bleaching the hair to achieve lighter hues.

Procedurally, lightening hair color products work by: 1) lifting the cuticle layer—the scaly outer layer of the hair strand, to expose the hair cortex; 2) neutralizing the melanin which defines the current hair color in the cortex; 3) depositing the new color into the cortex; and 4) re-closing the cuticle layer of the hair. As this process is invasive, the cuticle layer NEVER closes as tightly as before the hair was treated. As a result, the hair is more likely to become dry when colored due to moisture escaping through the “almost” sealed cuticle. When I explain this process to people, many opt out of coloring but again, that’s a personal choice. Some change we’re willing to live with. Others we are not. I just like for people to make informed decisions.

What this process means from a product perspective is that while your hair color may NOT have ammonia or hydrogen peroxide, there is some other chemical that is being used to achieve the effect of hair lightening. Melanin is no joke. It is coded into the DNA strand of the hair as well as the skin. When you attempt to alter its effect, it doesn’t go without a fuss. Thus, the heat-reactive process that I mentioned above is an imperative. The sole exception is henna, which does not effectively color dark hair. It is most effective at transforming light hues to dark, providing red highlights to dark hair or coloring gray hair. So, carefully consider these concerns when making your decision. It is for this reason that a color consultation is always advised before the service is actually rendered. If you take months and sometimes years to grow out your natural locks, take the necessary time to make an informed decision about color. You can’t go wrong there.

SCHATZI'S IS RALEIGH'S 1<sup>ST</sup> FULL SERVICE NATURAL HAIR SALON AND IS YOUR GATEWAY TO NATURAL HAIR CARE BEAUTY. EMBRACE THE BEAUTY OF YOU.

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