



Au Naturel

Special features at Schatzi's!

Gift Certificates are Now Available!

Spa Gift Sets featuring *Jinsa WOW* natural-based fragrances and oils are Now Available!

Visit our website at www.schatzisdayspa.com for service pricing. Our site is being upgraded over the coming weeks.

Massage Therapy Services are Now Available!

Newsletter Highlights:

Happy Holidays...Page 1

What Can I Do About Baldness or Thinning Hair...Page 1

Why a Natural Hair Salon & Day Spa...Page 2

Partnering 101...Page 3

Winter Hair Care Tips...Page 3



Our Consultation Room Awaits You!

**December 2006
Volume I, Issue 4**

Schatzi's Design Gallery & Day Spa

Happy Holidays from Schatzi's Design Gallery & Day

Holiday Greetings from the Staff and Management of *Schatzi's Design Gallery & Day Spa*! We are truly pleased to bring to you the December issue of our *Au Naturel* Newsletter. This edition has useful hair care and massage therapy information for our readers, as well as photos of our beautiful facility. We

look forward to the opportunity to serve you in whatever way possible for this year and the next. As stated above, "our consultation room awaits you." Consultations are free.

Wishing you a joyful holiday season and a prosperous new year! As always, Embrace the Beauty of You!

What Can I Do About Baldness or Thinning Hair?

Here at *Schatzi's*, we receive numerous questions from people on curing the effects of baldness. Many ladies believe that their baldness is caused by aging or heredity. While this may be true, these are not the predominant causes. So, we've pulled the following abstract by Raj Pandey from www.haircairedirectory.com for your information. Enjoy and learn...

[O]ver-treated hair is the leading cause of hair loss in women. Take a break from hair dyes, perms, relaxers, and the likes. According to the FDA, over the counter dyes and chemical treatments tend to be the highest of all complaints. Are you one of the many people that dyed their hair, only to have it fall out in clumps? You're not alone. It has happened to many people. Now, what can we do about it?

Stop using relaxers. Whether these products

contain lye, or are lye-free, they still do serious damage to you hair. Both products contain chemicals that 'fry' your hair. While that may sound harsh, it's simply the truth. If you must use a relaxer, take precaution. Read the directions and follow them thoroughly. If you have sensitive skin, apply a thin layer of petroleum jelly to the scalp to prevent irritation.

Unfortunately, there's very little you can do to bring your [existing] hair back to its natural state. If you've noticed thinning and bald patches from excessive hair dyeing, stop dyeing your hair! Let your hair heal itself. It will take several weeks before you notice re-growth, unless, of course-you do more damage during the healing process. Then it will take longer. The moral of the story: be good to your hair, and it will heal itself over time.

[Article title: Hair Loss from Straighteners or Dyes]

Why a Natural Hair Salon & Day Spa?



Climb the Stairway to Heaven...by ascending to our second floor massage therapy oasis.



Enjoy the comfort of our beautiful styling area, designed with you in mind.



Since Schatzi's opening, people ask "why a natural hair salon and day spa?" with emphasis on the day spa. Well, the simple answer to that question is "for you and your overall health and well-being." At Schatzi's, our focus is on natural-based hair care procedures and products to foster the health and vitality of your amazing system. But, these products and procedures tend to be externally focused. The most debilitating African-American ailments and health concerns however are internal: high blood pressure, diabetes, heart disease, etc. For this reason, the day spa is a must for your overall health and well-being. We've pulled an abstract from the article titled "Massage Therapy on the Rise in the African American Community" by the American Massage Therapy Association to provide further evidence of why the day spa is important...

(Evanston, IL - October 18, 2004) - A consumer survey released...by the American Massage Therapy Association® (AMTA®) reveals that African-Americans, more than any other segment of the population, are increasingly using massage therapy to manage and relieve pain and reduce stress. While 21 percent of the overall adult population said they had received massage from a massage therapist during the last 12 months, **more than one in four (26 percent) African-Americans surveyed indicated they'd visited a massage therapist at least once during the previous year, an increase of 12 percentage points since 2003.**

One reason more African-American consumers may be seeking out massage therapy is because of recommendations and encouragement from their doctors and healthcare providers. While clinical research has shown that massage is effective in caring for a broad range of ailments, physicians and healthcare providers have been particularly effective in communicating the health benefits of massage therapy to their African-American patients in the last year. Among African-American respondents who discussed massage therapy with their

physicians or other healthcare providers, 83 percent said massage was strongly recommended or encouraged for them, compared to 47 percent in 2003 and 62 percent of the general population this year. **Specifically, the percentage of physicians and physical therapists who recommended massage for their African-American patients has grown dramatically.** The number of physicians recommending massage for their African-American patients has grown from 46 percent in 2003 to 59 percent in 2004, and among physical therapists that number jumped from 41 percent last year to 76 percent this year.

With so many healthcare providers informing African-Americans that massage therapy may benefit them, it's no wonder that African-Americans turn to massage for medical reasons at a higher level than the overall population. While 36 percent of all adults who had a massage in the past five years indicated having a massage for medical reasons, 43 percent of African-American adults in that group did so. African-Americans are more likely to have received a massage for injury recover or rehabilitation (23 percent) during the last five years than the general population (11 percent) and for stress relief and relaxation (22 percent compared to 18 percent of all respondents).

"While massage therapy continues to be popular among all adults, this year's survey findings demonstrate that African-American consumers and their healthcare providers are increasingly recognizing that massage therapy has real health benefits, including the ability to help manage and relieve pain," said Laurel J. Freeman, president of AMTA. "Studies have shown that massage is effective in caring for a broad range of ailments, and can be more effective for chronic back pain than other complementary therapies. It can help alleviate the perception of pain and anxiety in cancer patients, lessen pain in those who have undergone heart bypass surgery, and stimulate the brain to produce endorphins." Massage therapy also can help relieve stress and help reduce heart rate and blood pressure. Research has shown that massage can boost the body's immune system functioning and increase the body's natural "killer cells" activity....

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

Phone:
(919) 844-1933

Fax:
(919) 844-1933

E-Mail:
schatzis@clearwire.net

Embrace the Beauty of You!

We're on the Web!

Visit us at:
www.schatzisdayspa.com

Pampering 101!

With the holidays in full swing, remember to take the time to relax. Some suggestions include: curling up with a good book or your favorite magazine with mellow jazz playing in the background, viewing a matinee showing of the latest blockbuster hit, or taking a nice, long bubble bath with scented soaps or fragrant oils. Schatzi's now has Jinsa spa gift sets available for as little as \$20 for your gift-giving needs, **including yourself**. Schatzi's is designed with pampering in mind.

Our kids' favorite Christmas joke:

What do you call a person who is afraid of Santa Claus?

Claustrophobic!

Winter Hair Care Tips – reprinted from hairecareguide.com

- ♦ Wear a scarf, hat or cap to protect your hair from the cold and wind, but make sure that it's not so tight that it will restrict circulation in your scalp.
- ♦ Once you have your hair moist, lock in the moisture by running your hair through cold water, this will also give your hair an extra shine.
- ♦ Don't go outside with your hair wet, you risk breakage; your hair will freeze if it's cold enough outside and may break.
- ♦ Limit your use of "hot" items on your hair such as a blow dryers and curling irons.
- ♦ If you need to use a "hot" item, use a leave in conditioner before using the item on your hair.
- ♦ Avoid taking hot showers or washing your hair in hot water, use warm or cool water instead, the heat can dry out and/or damage your hair and skin.



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



Email Distribution List