



Photos from Hair Show 2008

## Newsletter Highlights:

- Client Testimonial...Pg 1
- Future Madame C.J. Walker?: 13 yr old CEO.....Pg 2
- Healthy Holiday Eating Tips.....Pg 3
- Favorite Holiday Recipes.....Pg 3
- Style of the Month...Pg 4

## Community Events:

**Schatzi's will be hosting an aromatherapy party featuring natural hair and skin care products by Roxanne London. Her products are healthy and smell absolutely wonderful! The party will be on Friday, Jan. 16, 2009 from 7-9pm. For more information, phone 623- 4079 or email [locstyle@hotmail.com](mailto:locstyle@hotmail.com). There is no cost for this event so we ask that you RSVP. See you there!**

## Happy holidays from our family to yours!

Greetings one and all!

We wish you all a most joyous holiday season!! With gas prices at a wonderful low, there's certainly ample opportunity to travel to see friends and family alike. I'm looking forward to having a few days off to appreciate the simple pleasures of life. Please be advised that the salon will be closed on Thursday, Dec. 25<sup>th</sup> and Friday, Dec. 26<sup>th</sup> as well as Thurs. Jan. 1<sup>st</sup>. We will re-open on Friday, Jan. 2<sup>nd</sup> with all the hope for a wonderful New Year!

In the way of salon updates, please be advised that our locitian Etheoepa Balogun will be taking over receptionist duties as of January 2, 2009. She will be

servicing in this capacity during our usual 12pm-4pm office reception hours. She will continue to showcase her styling prowess outside of these work hours. We are delighted that she is willing to serve in this dual capacity. Tamioka Vick likewise will continue to serve her clients, working primarily on the weekends. As always, Tonya Barbee's schedule remains flexible and will be focused on styling. We look forward to seeing you next year!

This issue of Au Naturel is dedicated to holiday cheer! We hope you enjoy it.

Embrace the Beauty of You.



## Client Testimonial (Printed with Permission)

Ms. McCarthy,

I had a consultation and service with Tonya on the 19<sup>th</sup> (of November) and I wanted to express my appreciation and love for your vision with your salon. It has been quite a while since I've been to any salon where my time was actually "my time." The truly personal service and attentiveness to my desires and hair care needs was wonderfully refreshing—I plan to take positive

advantage of the sense of serenity and overall well-being that you, your talented team, and salon so thoughtfully promote.

Signed,

Karlise Crawford  
November 30, 2008

Thanks so much, Karlise. Your words of appreciation are an inspiration. We are delighted to be of service to you! ☺

Photo from Hair Show 2008



## Extract from Leanna's Web site [www.leannashair.com](http://www.leannashair.com)

"Since a young age, my mom put a hair pomade that my great grandmother created and as I grew older, it became obvious to me that the compliments that I was receiving from strangers about my beautiful locks had something to do with the pomade, the more I thought about it the more it became obvious that making this recipe available could benefit both me and the potential customers. But I had to find a way to convince my parents not only to listen to my idea but to also help me accomplish it. At first when I brought it to their attention, the response that I got was "it's a great idea but we don't have time or the knowledge about running a business". I was told to wait when I get older, but I was convinced that anyone using this product would have the same result that I was getting. So what I did was, every time my great grandmother makes a batch of hair products, I would take some samples in a Gerber food jar to my friends with the pomade and sure enough my strategy worked. The response was almost immediate: we started getting phone calls and people sending checks for larger amounts. Now I had enough ammunition to convince my parents to help me. My research on the internet on how to obtain a business license and a Tax ID was already completed: I gave them to my parents. They were so impressed that the next sentence out of their mouth was "what are we going to call this company", I said Leanna's and that was it. In June 2005, Leanna's Inc. was created and started selling Hair and Body products that consist of a Hair dressing, Hair Dressing with Shea Butter, Hair Oil Treatment, Shampoo, Conditioner, Deep Conditioner, Moisturizing Hair Mist, Pure Shea Butter for the skin, Scented Hand and Body lotions, Facial Mask, French Green Clay Mask, Scented Dead Sea Salts.

businesses while they're still doing homework.

"Generation Y entrepreneurs enjoy taking risks," says Sean C. Rush, president and chief executive of Junior Achievement, an organization dedicated to inspiring young people to become successful in business.

"Younger would-be entrepreneurs, even as young as 8 years old, indicate an interest in starting their own businesses, in order to use their skills and abilities, to be their own boss and to build something for the future."

Leanna works seven days a week to keep her business going. On weekends, she makes and packages the products at home with her parents' help. During the week -- after completing her homework -- she packs boxes for the orders she receives daily on her Web site ([www.leannashair.com](http://www.leannashair.com)).

"I want to let kids know that if I can do it, they can too," Leanna says, adding that poet Maya Angelou is one of her role models. "I want to go to schools all over the U.S. and let kids know that they can become anything they want to be. They just have to believe."

## Future Madam CJ Walker? Abstract of an Article Titled "3 Kid CEOs making big buck" by Abby Ellin

*Note from Schatzi: I first became aware of this young lady on [www.fearless.msn.com](http://www.fearless.msn.com) on Nov. 22, 2008. Her profile was moving! Unfortunately, I didn't think quickly enough to snag the bio. By the time I went back online on Nov. 23, 2008 at 12:48am to find it....Sorry Charlie! ☹ After a bit more perusing, I found the following extract cited on April 10, 2008 postings on [www.NowUKnowOnline.com](http://www.NowUKnowOnline.com) & [www.entrepreneurnewsonline.com](http://www.entrepreneurnewsonline.com). Is this young lady destined to be the future Madam CJ Walker? I don't know but I don't mind helping her by spreading the word. I personally am not a big fan of products working miracles. For me, the secret to beautiful hair is proper care and maintenance. That cannot be purchased in a bottle. All the same, quality products will make the process of care and maintenance much easier. You decide for yourself if the products are what she claims. Embrace the Beauty of You.*

Leanna Archer, an honor student in Islip, N.Y., was 8 when she first

tried to make a batch of homemade, natural hair products just like her mom's. Soon she began selling them in the neighborhood and then to stores.

Today the 12-year-old Leanna is the owner and CEO of Leanna's Inc., which sells hair-oil treatments, shampoos, conditioners and deep conditioners. Her products are sold online and in stores across the country, and she expects 2008 revenues to reach \$150,000 -- up from \$45,000 in 2007.

But while Leanna is clearly a high achiever, she's hardly alone. Often inspired by their parents, an increasing number of kids are starting their first



Leanna Archer – Thirteen year old CEO





## Spiced Vegan Oatmeal Cranberry Cookies

(from [www.vegetarian.about.com](http://www.vegetarian.about.com))

### Ingredients:

- 3/4 cup vegan margarine
- 1/3 cup sugar
- 3/4 cup brown sugar
- 1 tsp vanilla
- 1/2 cup soy milk
- 1 cup flour
- 1/2 tsp baking soda
- 1/4 tsp ginger powder
- 1/4 tsp cloves
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 3 cups quick cooking or rolled oatmeal
- 1 cup dried cranberries

### Preparation:

Cream together the margarine and sugars until smooth. Add vanilla and soy milk and mix well. Add flour, baking soda and spices until well mixed, then stir in oats and cranberries. Spoon 1 1/2 inch balls onto an ungreased cookie sheet and bake 10-15 minutes at 350 degrees, or until done.

Enjoy your vegan oatmeal cookies!

## Healthy Holiday Eating Tips

Excerpt from [HealthCastle.com](http://HealthCastle.com)

It's that party season again! How can we avoid putting on extra weight while having a great time? The following are some holiday eating tips so that you can still look good and be healthy in January without having to deprive yourself of all the holiday treats.

- **Don't go to a party hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at

the party.

- **Watch your portion:** treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be

found in fried food, cream-based soup, cheese-filled casseroles, pies, [processed meats](#) such as salami and sausages, some pastries and baked goods.

- **Try different versions of egg nog:** traditional egg nog is usually made with egg yolk and thick cream. Google "low fat egg nog" and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there - we can even find soy nog!
- **Try other versions of alcohol:** instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body.
- **Physical activity:** take nice brisk walks with your loved ones and enjoy their company in the holiday season.

## Sweet Potato Cheese Cake Recipe

(from [www.dianaskitchen.com](http://www.dianaskitchen.com))

### Crust:

- 1 1/2 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 1/3 cup butter or margarine -- melted

### Cheesecake:

- 3 (8 ounces each) pkgs cream cheese -- softened
- 1 cup granulated sugar
- 1/4 cup light brown sugar
- 1 3/4 cups sweet potatoes, mashed
- 2 eggs
- 2/3 cup evaporated milk -- undiluted
- 2 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

### Topping:

- 2 cups sour cream -- room temperature
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract

**Directions:** **Crust:** Combine crumbs, sugar, and butter in bowl. Press onto bottom and 1 inch up on sides of 9 inch springform pan. Bake at 350° for 6 to 8 minutes. Do not allow to brown. Remove from oven and cool. **Cheesecake:** Beat cream cheese, sugar and brown sugar in large bowl. Beat in sweet potatoes, eggs, and milk. Add cornstarch, cinnamon and nutmeg. Beat well. Pour into crust. Bake at 350 degrees for 55 to 60 minutes or until edge is set.

**Topping:** Combine sour cream, sugar and vanilla. Spread over warm cheesecake. Return to 350° oven and bake 5 minutes. Cool on wire rack. Remove side of pan and chill several hours or overnight.

## Producer's Style Of The Month

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Salon Regular  
Feature:

Paintings by artist  
Holly Jasmine  
Hawthorne

Embrace  
the  
Beauty  
Of  
You.



Photo by: blackhairmedia.com

Straw Set/Roller Set on Natural Hair

### *Instructions for Creating this HOT Look!!*

*First, gather your favorite styling product (We love Mygel by Joie Naturals.), flexi-rods, rollers and/or regular drinking straws cut to your desired length. If you're using drinking straws, you will also need bobby pins.*

*Next, shampoo and condition your hair as normal. Then, take a small section of damp hair and apply a little of your favorite styling product. Keep the hair taut and roll the hair around the straw or roller from the ends to the scalp. If you are using straws, pin them down with a bobby pin. If you are using flexi-rods, fold them in half.*

*Repeat this process until you have finished.*

*Sit under the hair dryer until your hair is completely dry (about 30 min to 1 hour, depending on the length and thickness of your hair as well as the rolled sections.)*

*Make sure your hair is completely dry then remove each straw/roller. Then shake your head and let the curls fall. C'est très chic!! Ooh-la-la!!*



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