

Schatzi's Design Gallery & Day Spa, (919) 844-1933

Calendar of Events

February 16, 2007 – 7pm

Poetically Correct – Poet Series hosted by Row Lewis, of Liberty Fellowship Center at *Schatzi's* – 2nd Floor Sharing Room.

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Welcome to Schatzi's!

Valentine's Greetings and Savings!!

It's finally cold outside!! What a wonderful time for cuddling and appreciating your significant other or just pampering yourself. Here at *Schatzi's*, we are celebrating love in all of its glorious manifestations. Our Valentine's Special for the month is a 10\$ discount on all massage therapy services. We have gift certificates available for friends, family and fiancés.

By special request, couples massages are also available, for consenting clients of course. ☺ Please note that couples services are best scheduled for Saturday to accommodate the schedules of our service providers (Chris & Bonita).

Just mention the newsletter Valentine's special to receive these offers. Latisha, our receptionist, will do the rest. ☺

We wish to thank all of our valued clients for their support and for sharing their success stories with others. We look forward to continuing to serve you in the future. In honor of you, this edition of *Au Naturel* is dedicated to living testimonials through a photo gallery. Read and enjoy and as always ... Embrace the Beauty of You.

Schatzi

MOTHER & DAUGHTER TRANSFORMATION



Front View of Mom

Before Transitioning
(August 2006)



Front & Side View of Mom (Two Strand Twist)
(January 2007)

After Transitioning
(November 2006)



Rear View – Daughter

The above clients came to *Schatzi's* shortly after our opening in August 2006. They were eager to transition but were reluctant about how to complete the transition process. We styled their hair initially to nurture



Front & Side View of Daughter (Coil Style)

the natural hair until the clients were ready to cut off the relaxed ends. In November of 2006, they decided to make the big cut with about three inches of new growth. The results are a much

healthier head of hair that actually accentuates clients' beautiful features (Styles by *Schatzi*). We think the results are fabulous!! Stay tuned for updates on these ladies in future issues. ☺



Calling All Men!!

**Beaut-Y, most assuredly,
has a Y chromosome.**

Styles by Shaundrelle

What is Beauty?

Here at *Schatzi's*, I see beauty in all shapes and sizes. As someone who is most interested in impacting budding minds in a positive way, I'm particularly interested in our young people. I regularly see young ladies come in our salon with eyes full of innocence and shyness. They are beautiful young ladies with wonderful futures ahead of them, but not one of them seems to know their inner beauty. I am not referring to a level of knowledge that would breed vanity. I'm speaking of a knowledge that allows and encourages self acceptance. A few weeks back, I met one such young lady who came in with my girlfriend and her mother. If the eyes are windows to the soul, her soul is humble and pure. I smiled upon sight of her. She was considering transitioning to natural hair so my girlfriend encouraged her to stop by. I spoke with her briefly and then began to discuss the logistics of transitioning. In the transition process, old chemically treated ends must be released at some point to liberate the newly defined image of beauty. It is inevitable. It can be gradual, or it can be immediate; but, it must be. So, like many others who hear that news, she squirmed in her seat and became unsettled. "I don't want short hair" she protested. I understand, I said. I felt the same way you do when I was transitioning. I responded, "The timeframe is really up to you. But with a face as beautiful as yours, you could wear any style you want." Then I saw the very confused look on her face; looking at the ground, her eyebrows furrowed with a puzzled look bordering on

distrust or anger. I understood the origin of that look. I was looking at myself about twenty years in the past. I followed through "Do you not see your beauty?" She now made eye contact with me. I had hit home. I understood.

In my mind's eye, I had a flashback to a time when I was about 15 years old. I was visiting an Iranian friend's home along with my mother. I was in another part of the house watching television when my mother said, "Schatzi come here. I want you to meet someone." When I arrived in their living room, she said 'Schatzi, this is _____ (Sorry, I can't remember the name). You knew him when we lived in Iran (about 4 years earlier – just prior to the revolution). I didn't remember him at all and was surprised that I didn't as he was a very handsome man. Of course at 11 years old, I wouldn't have noticed a teenage boy anyway so why should I have remembered him. He would have looked much like all Iranian men looked to me at that time. Dark hair, olive complexion...lots of mustaches. At any rate when I turned to meet his glance and shake his hand, he said "Oh Schatzi! You have grown into such a beautiful young lady." Immediately I thought, 'He said that to be polite and make conversation. He can't possibly mean that. I mean LOOK AT HIM! HE'S BEAUTIFUL! With his chiseled features, he personified the European image of "Tall, dark and handsome" – A Persian Adonis. (Aside: Thank God for the expanded appreciation of 'tall, dark and handsome' now embraced by all the world.) And look at his girlfriend seated to his right – an East Asian beauty, possibly of Chinese origin. She was beautiful! That was a nice thing to say though.' We spoke briefly, and I was excused from the room to return to my earlier activities. I made a bee-line to the bathroom to engage the first available mirror that I could find. I looked...and looked...and looked...and concluded, 'He was just being nice.' I remember that incident like it was yesterday. He was the first man that ever told me I was beautiful, and I thought he was lying.

A little later, I reflected on the incident and thought, 'Maybe he really meant it.' In the romantic mind of a teenager, I really wanted to believe he did. I mean when we lived in Iran, my mother told me of an Iranian love story (Romeo and Juliet style) in which the male protagonist was Persian and the female was African. At that time, I thought 'How curious! I would like to know that story.' But, I didn't dare ask anyone to tell me lest I learn that no such story exists. All the same, a part of me believed the story was real because I had lived in Iran. Though the stay was for only 4 months, I returned to the US a changed person. I was changed because I could never judge people that I had never seen or met. I could never believe myself knowledgeable of their lives and struggles or believe that I understood what they needed or wanted in life. At the tender age of 11 returning to a country which now hated Iranians, I knew that I could never accept the propaganda that told me hatred was okay. I had lived and communed with these people. Their smiles

What is Beauty...continued

were as genuine as anyone else's, and their hearts actually appeared to me to be more pure. Why? Because upon arriving in the country (Mom, Dad, my two brothers and me), people stopped when passing us and smiled. They stopped what they were doing and came over to give us great big hugs. They took pictures with us. They held my baby brother (then 1 year old) up to the sky, pulled him back to their bosom to embrace him and kissed him. None of these people could communicate with us. Not one. But their smiles spoke volumes. I thought, 'Why? These people do not know us.' Upon living among the people, I quickly learned and appreciated their perspective on life though with a child's eyes. Here I was half way around the world and I finally saw, felt and appreciated unconditional love. No one in America ever greeted me in such a way as this. No one. How can I hate someone who loves me unconditionally? I learned much in those four months in Iran and know that I have been forever changed because of that experience.

When my mind returned to the young lady in the present context, I smiled inwardly, met her eyes and

repeated "You have beautiful features. You are a beautiful young lady." My eyes did not falter. I met her glance head-on. She was seeking out my sincerity. I lie not. She then sheepishly smiled, and I had to smile myself.

She came into the salon the following week. Her hair was cut in a very short style and was relaxed. Her eyes were beaming and she looked confident. I said, "Your style fits your face very well. I like it very much. Your hair is now much healthier. You look great! What have your friends said?" "They like it," she responded. I smiled. We chatted a bit more and shortly thereafter, we parted.

So, what is beauty?.....In my world, it's unconditional love.

Embrace the Beauty of You.
Schatzi

Local Business Review



Loc-titian Shaundrelle Todd
("The Creatice")



Food & Nutrition

- For all you lovers of Jamaican food, there is a new Jamaican restaurant located on Rogers Lane in Raleigh called "**Jamaica Paradise Café.**" For those of you who know the cooking prowess of Donovan, take heart! The business is owned by his family. I hear the Jerk chicken wings are great! Please call (919) 231-3505 for more information.
- For the vegetarians among us, "**The Black Vegetarian Society of North Carolina**" (BVSNC) is active in

the Triangle area. Their mission is "to assist, encourage and support people of African origin who elect to live a vegan or vegetarian lifestyle." For more information about the society's sponsored events, please contact Sadiya at (919) 425-2355 or email bvs_nc@yahoo.com.

Health & Fitness

- Master Daryl Jackson has opened a new martial arts school in Raleigh called "**Jackson's Black Belt Academy.**" My sons and I have trained with Master Jackson and consider it a privilege to work with him. Our training so far has exclusively been in Taekwon-do; however,

Master Jackson is a Master of Taekwon-do & Kung Fu!! Talk about an over-achiever! ☺ For more information, call (919) 212-1091. I recommend it for people of all ages!

Style & Fashion

- Ms. Tammy Evans has recently opened a shoe store called "**Ghetto Stilettos**" located at 1911 Poole Rd. If you're looking for the latest in fashionable shoes and accessories, please stop by. She'll be happy to assist you. For more information, please call (919) 427-5637.

Note: Please direct all business inquiries directly to the business entities listed above. Thanks much!

Natural Hair Care Techniques: Shampooing



Micro-braids
by Anglia Smith

The attached article provides some useful reminders on shampooing and deep conditioning techniques. Some are no-brainers, others bear repeating. But, I must say that I disagree with the original author on one point and wish to make an essential addition on another point. My comments are added to the article in bold, italicized letters. I hope I haven't broken any major copyright laws. If so, please forgive me. My intention is only to share and inform. Schatzi

Reprint of an Article Titled “Is There a Wrong Way to Wash Your Hair?” by Nicole Elizabeth Smith cited on ezinearticles.com.



Flat Twists
by Shaundrelle

It's not as simple as it sounds. There is a difference!

When washing your hair, it is best if you get in the shower. You may give yourself a back-ache and won't be able to rinse properly if you wash your hair in the sink. Start by rinsing your hair to remove any leave-in conditioner or styling aids. Use a quarter sized dollop of shampoo and rub your hands together to distribute it. Put the shampoo on your scalp, not the ends of your hair. Work up a lather by massaging your scalp with your fingers and scalp brush. Don't mix your hair all over your head; the more you do, the more tangled it will become. ***[I agree with this statement. I want to add however that the thicker and longer your natural hair, the greater is the need to shampoo your tresses in sections. I always use four sections. I focus my energy on shampooing and conditioning one section and then move to the next. In this way, I'm able to reach the scalp without fighting through mounds of hair that's tangling as its being shampooed. My grandmother gave me this valuable tip many years ago, and it has saved me considerable agony.]***

You may notice that during the first shampoo, you won't have much lather. That is because your hair is still dirty!

Rinse well and then repeat, but this time, let the shampoo sit for a minute (especially if you are using a protein shampoo). Rinse, then press the water out of your hair. Never squeeze or pull your hair when it's wet. Instead, smooth your hands down from the top of your head down to remove excess water, an important step before adding any conditioner.

Hot or Cold Water?

Honestly, it doesn't matter because the effects are barely noticeable. However, experts say to wash hair in hot or warm water to help remove dirt and build-up and to rinse hair in cool water to close the cuticle and add shine.

Deep Conditioning

Conditioners penetrate better on towel dried hair so remove excess water first. Be gentle! To protect your hair, smooth your hands down your head from the top of your head down to remove excess water. As your hair grows longer, gather your hair at the base of your neck with one hand, and once anchored, use the other hand to gently press the water out of the ends of your hair. Then, use a generous amount (half-dollar size dollop or more for longer hair) to make sure your hair is completely covered. Concentrate on your hairline, nape and the ends of your hair, where it's needed most. Massage well, but DO NOT COMB THROUGH; it's too damaging to your hair. ***[Sorry, Nicole. It is imperative that I comb my hair during deep conditioning. Sometimes, it's the ONLY TIME I comb my hair. Natural hair is much easier to comb wet than dry. Trust me on this one. The critical issue is the combing techniques used. See the article on page 6 for tips on combing natural hair without abusing it.]*** Snap on a plastic cap and sit under a warm dryer for 10 minutes. Rinse well and follow with an instant conditioner.

Poetically Speaking...

This month, we will be hosting the "Poetically Correct" sharing series as organized by Row Lewis of Liberty Fellowship Center. This series will give you an opportunity to share and be heard in all the wonderful ways of poetic expression. More information about the series is provided under our calendar of events and on www.libertyfellowshipcenter.org. To formally launch the series and in honor of Valentine's Day/Month, I've taken a stab at a love tribute of my own. ... Schatzi

The Man That I Love (Really Was Made for Me)

He is my fortress, my rock and my inspiration.
When I am weak, on his shoulder I find peace.
He has nursed my tears over the years.
He is a nurturer when he wants to be.

He is an activist, a strategist, a leader, an intellectual,
And unapologetically masculine.
Anger reverberates in his chest at the mere thought of injustice and oppression.
He is a lion, fighting fiercely.

Agnostic, scientific, master of his own destiny.
I sometimes wonder why he picked me.
He can drink most men under the table,
Without ever meaning to compete.
The characteristic tilt of his cigar,
As commonplace as the fire in his eyes.
Opposites create balance...he really was made for me.

He molded me into the woman that I am today.
Without his tutelage, I would be but a shadow of myself.
And in the depths of passion, he alone is the master swordsman and liberator.
The thunder within my soul claps like a symphony.

He has navigated the creation of two beautiful sons
Who truly are made in their father's image.
Bold, upright, moral, analytical and sensitive.
They will make great husbands and fathers-to-be.

This man is an avid reader and an author.
Devouring literature by volumes.
Cyberspace is his second home.
I am complete in his arms.
His appetite for knowledge, insatiable absolutely.
Can I be the book that you caress so tenderly?
Come here, my sweet, so you can KNOW ME!

I wouldn't want to be a man, I'm sure you will agree.
I'm allowed to be weak and in need of comforting.
I am his yin, he is my yang, the picture is complete.
Moving, reversing order, creating balance...he really was made for me.

One day, I will die, this life at its conclusion.
If it were possible, I'd wish for reincarnation.
In my next lifetime, I would find him wherever he be.
His love would be mine again and I would be free.

His name means...gray-haired.
He is...a true man who God has set free.
...he really was made for me.
To be with him, I'm always giving thanks.
I will love him for all eternity.
Who is this man, who can he be...
My husband, Lloyd McCarthy.



Before



After

This client has naturally curly locks that are prone to frizzing. Her new manicured look is a two strand twist with a flat-twist accent at the front. Style by Shaundrelle.

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Embrace the Beauty of You.

Techniques for Combing Natural Hair

When combing natural hair, it is always advisable to use a wide tooth comb or pick. The key point to remember is that the hair should always be combed from the ends upward. In this way, you are able to detangle the ends with out stressing the entire length of the hair shaft. When you come to a difficult piece of hair that is knotted,

isolate it and give it specialized attention until the knot has been released. I haven't met a knot yet that couldn't be coaxed a loose with a straight pin. I recommend taking these extra steps to release knots and tangles while in the shower. The flow of the water on the hair and the effect of gravity do wonders

for detangling hair, along with a good shampoo. We use "Crème of Nature."

Most people don't feel they have the time to spend taking these extra steps, but your hair will love you for it and will reward you with radiance.

*Embrace the Beauty of You.
Schatzi*

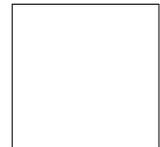
About Our Organization

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, with a two-floor art gallery provided courtesy of

local artist Jasmine Hawthorne. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services. Come in and.... Embrace the Beauty of You.

**SCHATZI'S DESIGN GALLERY
& DAY SPA, LLC**
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EMAIL DISTRIBUTION LIST



We're on the Web!
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www.schatzisdayspa.com