

Au Naturel

Schatzi's Design Gallery &
Day Spa, LLC

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In the Spirit of Renewal...

Greetings from Schatzi's Design Gallery and Day Spa, LLC! This month's edition of Au Naturel is dedicated to renewal. Just as the trees and the flowers are renewing themselves, and the bears are exiting their dens from the cold winter, we too must each renew our selves as we grow along this path of life. Just as a heads-up to those interested, our community events section highlights a spring retreat that will be hosted by Dr. Theresa Edwards. (Dr. Edwards is an African-American licensed psychologist who focuses on increasing awareness among women in the Triangle area.) I've been seeing her flyer for a while now and have finally committed to participate! I can't wait! It promises to be inspirational. And since a friend has agreed to participate as well, I know that it will be a memorable

week-end of sharing. If you're interested in attending, please contact Dr. Edwards at the number indicated. Hope to see you there!

In this edition, I've highlighted an article on Spring Cleaning which consists of an interview with a very beautiful person that I once had the privilege to work closely with. Crystal has started her own personal organizing business and let me be the first to say: She lives what she preaches!! :-)
I'm sure you'll find some useful tips. Please contact her for more information or if you need help with your own home organizing projects.

Once your house is in order, it's good to do some soul renewal.

An article, penned by *yours truly*, should whet your appetite for some serious contemplation on this issue. It is followed by another soul-searching piece by a freelance writer for Dove on page 5. And just when you thought there was enough for one issue, I've also included an article about naturally *renewing* those graying hair strands. :-)
Hope you enjoy! It's been a real treat crafting this issue.

Embrace the beauty of you.



Style of the Month

Style of the Month: Impressions (The Twist-Out) by Schatzi H. McCarthy

This style, which I lovingly call "impressions," is a favorite for just about everyone. Incidentally, this style is best achieved and maintained with a kinkier texture of hair!

Basically, the beauty of the style is the imprint or *impression* that is made and held by the hair, using its natural curl pattern. To achieve this look, the hair is

shampooed, conditioned and styled all over with a two-strand twist. To deepen the impression, the hair should be wet while twisted, air drying naturally. Also, the hair should be allowed to set into the rope pattern of the two-strand twist for at least one week before *twisting out* or loosening the hair.

When un-twisting the hair,

start at the root and twist the strand counter to the direction of the twist. Where the two-strands separate, place your finger in between and carefully separate the two strands from each other. Do not comb through the hair. Voila! C'est si chic!! I love this style when I want the look of shorter hair without the scissors! :-)

Inside this issue:

In the Spirit of Renewal...	1
Style of the Month	1
Spring Cleaning Tips from the founder of Sparkleize.com	2
Reflections on <i>This Thing Called Life</i>	3
Root Renewal the Natural Way	4
Embracing Change in Yourself	5

Community Events:

- Dr. Theresa Edwards, licensed psychologist of Women's Wisdom Unlimited will be hosting a PathWays to Wisdom Mountain Retreat from April 3-5, 2009 in Highlands, NC. The cost is \$425.00. For more information, please contact Dr. Edwards at 919-845-4550. Dr. Edwards is also known for leading wonderful retreats to Ghana so please give her a call if your sites lead you beyond the shores of NC to the opposite end of the Atlantic!

Spring Cleaning Tips from Crystal Dreisbach of Sparkleize.com

One of the themes in this month's issue of Au Naturel newsletter is "spring cleaning." March is just around the corner. I don't know about you, but my house could use a face lift. In fact, a complete overhaul wouldn't be excessive. But, major change is always expensive. So for this month, we will instead highlight some of those things that you can do which will improve the organization of your personal space without bringing lots of personal stress.

We have conducted an interview with Crystal Dreisbach, the owner of Sparkleize.com—a web-based column which "provides how-to articles, personalized advice and plenty of inspiration to help you get organized and live a better life." We are so blessed that Crystal lives in the Triangle area and is available for one-on-one counseling and advice for "lifestyle management." Crystal, thanks so much for interviewing with us.



Crystal Dreisbach

"I recognize that small changes are huge accomplishments, and that every organizing victory begins with one piece of clutter."

1. *First, could you explain the vision behind Sparkleize.com? Help our readers to understand how, through it, you aim to "be the change you want to see in the world?"* Many people think that being organized means some kind of huge life overhaul. I believe that all you really need is a dose of inspiration, a bit of motivation, and the desire to change a few simple habits. This is the philosophy by which I work. I recognize that small changes are huge accomplishments, and that every organizing victory begins with one piece of clutter. I'd also like to believe that by helping individual people simplify their lives, I'm also helping the world in some small way.
2. *What are the types of personal organizational tips that someone can expect to find on your website?* Sparkleize.com articles

explain step by step how to make easy changes toward organization and how to set up simple systems to **maintain** that organization. Case in point: why sort out your junk drawer when it will become disorganized again a week later? The articles also offer inspiration and new perspectives to readers who might get discouraged or want to give up.

3. *I recently read an article on your site about how to pack for a two-week vacation with only a backpack. It was very insightful and very enticing! How do you get the inspiration for your topics?* Thanks! Though the packing article comes from a personal travel experience, my biggest inspiration comes from my own Sparkleize clients. While assisting them in their homes, I get lots of ideas for articles which I hope can help other people with similar organizational issues. I believe folks shouldn't have to reinvent the wheel every time they want to organize.
4. *With spring just around the corner, what are some of your recommended "must-do" activities for around the house organization?* Purging your possessions regularly is always a good idea - a task that is perfect for spring time cleaning and can even be fun. Look through your drawers, closets and attics for gift-giving, donating and yard sale opportunities. You know all those baskets,

vases, self-help books, blank journals, etc. that you never seem to get around to using? They will make great gifts for your friends.

5. *What is the number one personal organization tip that you would provide readers, if they could only implement one?* Politely saying no to freebies is one of the best ways to prevent cluttering your home. It is ten times harder to get rid of something than to acquire it. All those free mugs, bags and pens you were offered? Once you get them home, they only end up clogging up your life. Just because something is free does not mean you need it in your house. Just say no thanks!
6. *What are some of your recent website posts that you would recommend to readers interested in more tips for spring cleaning and personal organization?* I recommend [How to Simplify Your Paperwork](#) and [Three Secrets to Maintaining an Organized Closet](#).
7. *Thanks so much for the interview, Crystal. This information is very helpful. Could you please advise readers about the best way to contact you for individual advice or follow-up on topics of interest to them?* Thanks very much for having me, Schatzi. Readers can contact me via e-mail at crystal@sparkleize.com or by calling (919) 260-9454.

Thanks again, Crystal. It's been insightful. And remember to always "Embrace the Beauty of You."

Reflections on *This Thing Called Life* by Schatzi H. McCarthy

With the turning of the hands of time, we come yet again to the close of a winter season and the promise of spring and all of its glory! And yet again, I'm ruminating on life. Some things never change. :-). Thankfully, Spring is a wonderful season! Not only is the first day of spring my grandmother's date of birth (a most fitting birthday for the sunshine in *my* life!), it is also a day for re-birth. So ask yourself, while the birds and trees and flowers are renewing, am I? If the answer is a resounding "No!" that ain't good, my sister! (Sorry, Earl! :-)) But honestly, I understand it. So often as mothers, workers, wives and daughters, we lose ourselves in our ever-changing roles without taking the time for self. I can truly relate to Ms. Alfre Woodard's words at the end of "The Family that Preys." They struck a cord for me. (I won't ruin it for you. If you haven't seen the movie, it's a must see. I say so, and I'm not even a big Tyler Perry fan!)

I'm amazed at how I'm starting to view myself and life of late. In short, I have truly come to believe that my soul has a higher purpose that is so readily clouded by the routine machinations of life. In my quest to find this deeper meaning, I've begun to read as if I were a person starved of literacy for the course of my life. I suddenly want to hear everyone's perspective. The shadowy side of this newfound love of self-discovery and my personal quest to see all sides of the coin is that I openly contemplated the idea of robbing a bank just last week!! I'm not kidding! I almost scared myself! But, I honestly didn't want the money. I just wanted to get caught...to experience a different life--life inside of prison, as a statistic inside the system. Sounds crazy I know. But, let's face it. Right now, we're all statistics outside of the system! Look at it this way: While our lives surely has more degrees of freedom within the construct of the day than a prisoner's, in truth and in fact, we can be relied upon to wake in the morning, report to our societal duties, execute those duties to the best of our abilities (or face the consequences), return home, seek some modicum of entertainment for the sake of self and go to sleep to repeat the process all over again. Is a prisoner's life much different from that? Don't get me wrong, I'm not unappreciative of the gift of freedom and personal choice and all that goes with it but, when you reflect on the lives that Jesus and the Disciples led, they separated themselves from the routine to experience the divine! That is an exciting idea! All the same, I know that the world is full of routine, as exemplified when they continued to fish and herd and attend weddings and eat and sleep. Routine is part and parcel of life! So, the challenge for me, and many others on a path of spiritual growth, is how to reach the divine within the confines of the routine? Yes, I can hear some say, "Impossible! You cannot put new wine into an old wineskin." I agree. But my response is that we're ultimately still talking about WINE, aren't we? The major qualities that define

the thing called "wine" do not change whether it is new or old. What changes with the aging is how that wine responds to its environment when placed in a pressurized condition—its quality and character. New wine represents unbridled passion! Power, tenacity, youth! It is literally bursting forth with promise...yet is not quite palatable to the consumer (i.e. the society). Old wine, on the other hand, has found peace in its environment and has in fact altered that environment while being altered by the environment. The two have grown together for the sake of unity. With these thoughts in mind I ask, how does one become a renewed and enlightened being? And how does a renewed being (new wine) stay renewed... how does it respond when tested by routine environmental conditions (old wineskin)? Does it burst free and destroy its environs for the sake of liberation? To what end? Waste? Self-awareness? Or does it, change itself and thus change its environs, losing all the qualities of newness? To what end? To be palatable to society? To gain wisdom? Indeed, this question is a conundrum. I believe it lies at the core of why Jesus and his disciples were so persecuted by the wider society. Perhaps I'm losing you...

I surely have no ready answers...just lots of questions. :-). But in reflecting on these ideas, it occurs to me that my thoughts have been heavily influenced by my recent read of Jack Kornfield's work "After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path." In writing this book, Jack Kornfield interviewed spiritual leaders of all major religions: Christianity (including Protestantism and Catholicism), Islam, Judaism, Buddhism and Hinduism, to learn how they wrestle with this issue of finding the path of spiritual growth and enlightenment while fulfilling the more mundane tasks of life....*thus the laundry*. It is a powerful concept that I believe lies at the core of much of the misery and dissatisfaction in the world, particularly for those beings who have been blessed to rise above Maslow's fourth level in the hierarchy of need. All the same, I agree with the book when it suggests that the path to true liberation is found in the routine aspects of life. I once had a Korean taekwondo teacher who was much younger than myself and very well liked by all. His email address was "...again." I remembered thinking it peculiar to choose such a name for an email address. But of late, I realize that he is wise beyond his years. Either that or he is seeking to reinforce what he has been told. Either way, he is well informed, in my

estimation. I will leave you with a quote from this book that ends the opening chapter and is representative of why I believe it is to be a powerful work. As a student of the martial arts, I relate to this quote on many levels:

"It is the spirit of bowing that informs this book. The true task of spiritual life is not found in faraway places or unusual states of consciousness: It is here in the present. It asks of us a welcoming spirit to greet all that life presents to us with a wise, respectful and kindly heart. We can bow to both beauty and suffering, to our entanglements and confusion, to our fears and to the injustices of the world. Honoring the truth in this way is the path to freedom. To bow to what is rather than to some ideal is not necessarily easy, but however difficult, it is one of the most useful and honorable practices.

To bow to the fact of our life's sorrows and betrayals is to accept them; and from this deep gesture we realize that all of life is workable. As we learn to bow, we learn that the heart holds more freedom and compassion than we could imagine.

The Persian poet Rumi speaks of it this way:

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.*

*Still treat each guest honorably,
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes
because each has been sent
as a guide from beyond." (Kornfield, pp. x-xi)*

The spiritual journey is a continuous one as long as there is breath and life. I give thanks for you, the reader, who molds and shapes my life, though unseen, through your communion with this spirit, through these words, on this day. Amen.

Root Renewal the Natural Way

(Reprint of an article titled "How to Color Gray Hair with Henna" by Suzann Kale posted on ezinearticles.com)

Note from Schatzi: A good friend and former co-worker recently asked me about the usage of henna to dye gray hair. In crafting an email response to her, I realized that many people are probably curious about this issue. There are tons of internet resources available about henna but I thought I'd share one that I found particularly comprehensive. If you're interested in buying henna and trying the technique for yourself, I'd recommend you check out www.hennaforhair.com. I find their site to be very informative and their product high quality!

A note on purchasing henna. Read the ingredients carefully before you buy. Make sure there is nothing in the list you don't understand. Any hair color containing PPD (p-Phenylenediamine, sometimes labeled as Paradiaminobenzene, Para-aminoaniline, p-aminoaniline, Paradiaminobenzene or PPDA) is off-limits for health and safety reasons. However, most hennas you find in a reputable health food store will be pure and safe. Hennas purchased over the Internet usually list their ingredients, and I encourage you to read them.

Henna doesn't cover gray: It's written on the product box, and it's part of hair-coloring culture. But times have changed. And it's no longer a choice between going gray or using commercial hair dye.

There are two ways to cover gray with henna: 1. Henna kits that are made specifically for gray hair. 2. Using pure, powdered henna in a whole new way.

Henna Kits for Gray

Most henna kits for gray are 2-step processes. Your hair is first coated with a natural, non-toxic preparatory mixture. This helps the gray hair become more receptive to the henna.

There are also pre-mixed cream hennas on the market which will cover gray. Most, however, take 2 or 3 applications before the gray is covered completely. Some products, like *Surya Henna Cream*, are easier, 1-step processes which claim to cover gray on the first application.

Henna, as you probably know, coats the hair. It doesn't open or rough up the hair shaft like most commercial dyes do. And because gray hair tends to be coarser and slicker than pigmented hair, henna has a tendency to slip off the gray. That's why henna is categorized as a semi-permanent hair color. Even the best henna application washes out a little with each shampoo. And that's why most boxes of 1-step, powdered henna will warn against using it on gray hair.

Pure Powdered Henna

Most henna users are already familiar with this green powder. It comes in a plastic bag (some buy in bulk), and it's made from leaves of the *Lawsonia* tree. To create different colors, other natural ingredients are added, like walnut or clove.

If you're gray and you want to use pure henna, you can. It's a long process, but it worked for me and I'll never go back to anything else. *Light Mountain Henna* is good as are many other brands.

Before Beginning

Do a strand test. If you have your hair cut, save a curl to use for the strand test. Otherwise, cut a small bit of hair from underneath or in the back so the cut doesn't show. Hold the hair swatch together with a rubber band, and go through the entire coloring process with this strand. This is important because it's the only way to calculate the leave-in time. Unlike commercial hair dyes, henna varies wildly in how long you'll want to leave it on to achieve your desired color. Timing for coloring gray hair can be from 2 to 6 hours.

Another reason for the strand test: to make sure that the final color is what you want. Henna on gray hair will come out lighter than henna on pigmented hair. Henna on blond hair is unpredictable. The strand test will let you know.

Ready, Set, Go

- The first step is to apply a line of emollient on your forehead. This will prevent the henna from staining your face.
- Next, mix a brown-based powdered henna in a non-metallic bowl, with just-boiled water. Add a couple of pre-beaten eggs if you like, to help keep the mixture sticky. Slowly add more hot water until the mixture is a smooth, thick paste.
- Apply to dry, clean hair, free of styling products, conditioners, spray, or moisturizers. This is a key.
- Apply to roots first, as you would with commercial hair dye, but use more product - at least a golf-ball sized dollop of paste each time you part your hair and apply it. Every hair strand must be completely coated with the henna. Use the plastic gloves that are included in the package, and apply with your hands to get the most coverage. Continue to part your hair in 1/4-inch rows, rubbing the henna into the hair, until all the gray is covered.
- Yes, the henna will stain the scalp - but it's non-toxic, and will wash off the scalp itself (not the hair) in a shampoo or two.
- After the gray is covered with the paste, apply the remaining henna to the rest of your hair if desired.
- Cover your head with a plastic cap, and cover the cap with a towel.
- Once an hour (or less, if you have a short leave-in time), take off the towel and plastic cap and spritz the henna pack lightly with water. Put the cap back on and manually (but gently) rub the hair to coax the moisture all the way through to the scalp and to make sure each hair strand stays covered with henna. Reapply the towel.
- You may want to bake the color in even more, by using a heating cap or hooded hair dryer for 10 minutes each hour.
- When the time is up, rinse the henna from your hair in warm (not hot) water. Your hair may be very tangled: that's normal for now. So be gentle - don't rub or tug. Apply a small amount of mild conditioner, like *Jason's* or *Aveda Color Conserve*, and rinse it out after about 30 seconds. Do not use shampoo at this point.

How to Keep Your Henna from Fading

Wait at least 2 days before your first shampoo. After that, if you can shampoo every other day instead of every day, that will preserve your new color better. Be sure to use a color-safe shampoo. Some brands to try are *Pureology*, *Aveda*, *Jason*, *Arbonne*, and *Aquage*, among many others.

Note: I would not recommend too many styling products. So many of them strip color. But if you have a leave-in conditioner that you know won't take the henna out with it at your next shampoo, go ahead and use it to untangle your hair and protect it from styling heat.

Your new hair color should be gorgeous, shiny, and healthy. Because the henna coats the hair, it makes the hair look thicker. And best of all, you've colored your gray without harming yourself or the environment.

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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, 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.

Au Naturel newsletter, an essential part of our information 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.

**Embracing Change in Yourself (Reprint of an article by Ann Kearney-Cooke
– columnist for Dove as cited on www.dove.msn.com on 10/21/2008)**

I don't know about you, but I've come to develop a very healthy respect for the Dove Corporation. Their new ad campaign for real beauty is a real winner! Did they coin the phrase "love the skin you're in?" I can't be sure but if so, they're definitely on to something. That tag line is almost as good as "Embrace the beauty of you." ;-) Hmm. I guess we were vibing in the same universe when inspiration hit! :-)

Anyhoo, I found several Dove articles posted around New Year's which were very inspiring. I'll share them over the next few months in the spirit of personal growth and love of self. I must admit that the current article might as well be written for yours truly. There's sound advice here. Can't say I'm totally applying it to my own life but, when I figure it all out, I'll be sure to let you know. ;-)

Don't lose any sleep over waiting on me though... :-) My rate of personal growth has been likened to that of a tortoise. :-o But then, the tortoise does win the race now don't she!! :-)

No matter your vision of what a fulfilling life is, you know it comes as a result of continual self-discovery and personal growth. At every turn, you have opportunities to change self-defeating habits, to stretch outside your comfort zone and to end unhealthy relationships. You can bring your values and passions to the forefront of your life, making every day an expression of who you truly are.

In order to achieve the vision,

you must embrace change. You have to be willing to take responsibility for the change you want. Change involves moving from the known to the unknown, which almost always brings anxiety, struggle and a sense of loss. Because of those factors, we often avoid making changes even when we know we need to.

As a psychologist, I help people make changes in themselves and their lives. You'd be amazed by how many people expect others in their lives – their spouse, their boss and their friends – to change so that they will feel better. They want change in their lives but won't make the changes themselves. It just doesn't work that way.

You've probably heard the story about the warship vs. the lighthouse (it's all over the Internet). It's a story I often share with my clients who are struggling with change. It goes something like this:

A Navy ship was returning to home port when the captain saw lights in its path ahead. The captain signaled the other ship to change direction 15 degrees to the north to avoid a collision. The reply came back, "Please change your course 15 degrees to the south."

The ship's pilot was outraged, and sent another message: "This is the captain of a U.S. Navy ship. I say again, divert your course!"

Again, the signal came back, "You need to change your course."

Refusing to give ground, the captain signaled one last time: "This is the aircraft carrier USS Abraham Lincoln, you leave me no choice. If you don't change direction, countermeasures will be taken."

The message came back immediately, "This is a lighthouse. Your call."

It's a funny story, and it illustrates the inability people can have to embrace change and the expectations most of us have that it's better for us if others do the changing. Are you trapped in the belief your life will be better once your husband, daughter or friend changes? Do you put your energy into trying to change others? Does it work? It's time for you to turn your ship in a different direction. Avoid the lighthouse! Be daring and make the changes you know you need to make to live a happier, more fulfilled life!

Embrace the beauty of you.



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