

# AU NATUREL

## EMBRACE THE BEAUTY OF YOU

January-March 2015

VOL. #10 ISSUE #1



### Soulful and Salonful Reflections

Have you ever felt like you've traveled down the same road as in your past but this time, you have no idea where you are or where you're going on that road? I would say that summarizes how I've felt about life for the past few months. On Valentine's Day, I was

blessed to attend the Erykah Badu concert at the DPAC. Her song [Didn't Cha Know](#) resonated with me in ways unlike before. And Amel Larrieux' [Gills and Tails](#) was another soulful reminder of the complexity of life as it presents a snapshot of human frailty as we attempt to muddle through. For these reasons, I've been in a self-imposed hibernation since Thanksgiving. Trust me! You didn't want to read ANYTHING I had to say during that period. I give thanks that seasons come and go. But, I've been very busy between the salon and non-profit work. In my spare time, I've been finishing up a masterpiece—the first crocheted afghan that I've ever made for myself. I've made a blanket for just about every major player in my life, except myself and my sons--who will get theirs upon graduation from college. I will have this personal afghan as an ever present reminder of the growth and transformation experienced at this rather unique time in my life. Within the salon, we are also transforming. Stop by if you want to know more. Otherwise, wish us well! ☺ During February, we participated in orientations and classes at Miller-Motte College and Durham Beauty Academy. For the month of March, we will host a natural oils class by Heather Robinson (details on pg. 2). We will also be teaching natural hair classes at the Mary E. Phillips High School 2<sup>nd</sup> Annual Cultural Festival on March 19<sup>th</sup>. Spring is coming and we look forward to the reminder of God's bounty. Be blessed and embrace the beauty of you!

*Regular readers will recall some recent re-prints that I published of Fr. Richard Rohr's Daily Meditations (Center for Action and Contemplation). Well, brother was recently interviewed by Oprah Winfrey on her Super Soul Sunday weekly television show. [Check out the interview](#). I found the [segment on love](#) quite insightful. If you have Amazon Prime, scroll to the bottom of the page and click to watch full episodes. Otherwise, you'll have to catch the posted short-takes by clicking on the respective segments.*

## Natural Hair News

It seems just yesterday but it was in the [October 2011 issue of Au Naturel](#) that I wrote about Isis Brantley—a natural hair salon owner in Texas challenging a hair search in the airport of Atlanta, GA. The name of the article was “My People, my people, you picked the wrong one.” Well for over a decade, [Isis was in a battle with the federal government about standards for the licensure of natural braiding schools](#). After an arduous battle that surely tested every fiber of her being, she has won her case and her right to teach her craft. She is a warrior princess of the highest order! I love her spirit and honor her!! I have had the same concerns for NC but in life, we pick our battles. The script being written in NC is a different one, as is the nature of life. And it’s all good. We’re just starting to visit the cosmetology schools to teach natural hair at the source. While we aren’t fully represented on the board, there are other ways to be heard as Andrea Bynum, salon manager and aesthetician notes.. In a February 9<sup>th</sup> lecture at the Durham Beauty Academy, I spoke to a class on Natural Hair Dos and Don’ts. Through the discussion, I gained some real insights about what students are and are not learning re: natural hair. The schools are truly making an effort to diversify in order to stay relevant but, it is apparent that they have much to learn about the proper care of natural hair. So, I think this platform may actually be the most appropriate one for knowledge sharing. Miller-Motte’s beauty school is slated to make a field trip to our salon on March 14<sup>th</sup> so, we hope to impact their hearts and minds in a positive way armed with love and mutual understanding. And the beat goes on.



*Photo of Schatzi McCarthy and Heather Robinson*

### **Natural Healing Oils of the Bible and MORE!**

***Come out to Schatzi’s on Saturday, March 14<sup>th</sup> from 1-2:30pm to attend a natural oils class led by Heather Robinson, Reiki Master and natural oils aficionado. Heather’s class will share information on many of the essential oils used in ancient times to promote health and well-being, like frankincense and myrrh (which I now wear daily because it smells divine!), cedarwood, hyssop and others. Many essential oils can be used to improve chronic sinus conditions, allergies and headaches. In fact, Heather gave me a “fix” by anointing my head with some essential oils one day when I was distracted by a headache. After her natural healing oil therapy, I was “good to go.” If you want to know which oil it was, come check out the class. IT’S FREE!!***



### Since I've been working with Family Health

**Ministries**—a non-profit targeting maternal and child health services in Haiti, a number of people have asked me how they can be of assistance. Well, there are numerous ways you can help. If you are a healthcare professional, FHM sponsors numerous mission trips to Haiti throughout the year to provide free healthcare services to targeted communities. FHM also has child sponsorship opportunities through programs with a school and an orphanage in the Fondwa Mountains. If you are interested in a one-time donation, consider our Annual Fund-raising Gala scheduled for Saturday, April 18<sup>th</sup>. (The photo on pg. 2 was taken at last year's event.) This gala includes a silent auction of items which have been donated to the organization. Past auction items included Haitian art work, as well get-away vacations as far away as Bali and as close as Carolina Beach. You can track the items on the web or you can attend the Gala in person and bid on site. Please visit the [FHM website](#) for more information on ways to get involved. There are opportunities for everyone.

## Lazy ways and bad hair days A Commentary on our Collective Conscience

The natural hair movement has taken our nation by storm. I for one believe it is long over-due. It's a beautiful thing. But if I can be real, I am baffled at the same time when I reflect on our collective conscience. I meet women with beautiful natural hair who are destroying their edges and/or covering up their manes completely to have a "perfect" hairstyle. SOME OF US HAVE NEVER WORN OUR NATURAL HAIR IN A STLYE. I styled the tresses of two such women a few weeks back. They were both surprised at just how nice their hair looked, with no added adornments. So, why tout "natural" if we never wear it?! I'm baffled. If you have alopecia, I understand. But, why do some of us have it? Is the cost of covering our manes and dishonoring God's gift too high? When braids and weaves become the order of the day for a "naturalista," I ask myself "Why?" Is it because we don't have the patience to grow and care for our natural hair as it presents? Is it because of style and fashion and the desire to be "in" with the look that's trending—even when it's a natural weave? Is it because we have limited funds and want our style to last as long as possible so that we never have a bad hair day? Is it because we're not satisfied unless we're buying some product to upgrade our hair—namely someone else's? I find it's a little bit of all of these things. Sadly, it's a cultural phenomenon that non-black owned companies are capitalizing on in droves. But, I ask simply: At what cost? And, is it worth it? Embrace the beauty... (you know the rest).

*Food for thought: Scientists say humans use only about 10% of their brains. Geniuses use about 12% of their brain capacity. So, why is so much of our brain dormant? Why is this untapped potential seemingly in reserve? Is it in reserve? Or, can the human brain even contain the mind of a god-conscious spirit without short-circuiting? Why were so many of the prophets of old people that we would have considered "mad"? Why has humanity sought God and a greater knowing since the dawn of time? How does human consciousness fit into God's divine plan? And what happens when we expand, individually and collectively...*

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## ABOUT US

As the first natural hair salon in Raleigh, *Schatzi's* is a *one-stop shop* for all of your natural hair care needs. With a warm and nurturing ambiance for clients to "Embrace the Beauty of You," *Schatzi's* is located in the Park on Millbrook complex, near the intersection of Six Forks and Millbrook Rds. *Au Naturel* newsletter, an essential part of our information sharing 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.

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