

# Au Naturel

January 2009

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## 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!

One of our valued clients will be hosting **"Meatless Monday Cooking Classes"** running every Tues. (6:30-9:30pm) from Jan. 13-May 5, 2009 at Wake Forest Rolesville High School. Pre-registration at \$80 per participant is required. Please call 554-1413 for more information.

## Reflections on the New Year!

On behalf of the talented staff of *Schatzi's*, we wish you a joyous New Year! May you abide in each moment of 2009 with a peace and serenity that can only be found in a firm grounding of love and appreciation for this great gift of life! We look forward to the privilege of being of service to you.

As I reflect on 2008, I must acknowledge that from a personal standpoint, it was a year of highs and lows. I would be dishonest if I didn't admit that I was quite delighted to see the back of 2008. ☺ Truly! All the same, it is often in the most challenging of times, that we remember to "lean not on thy own understanding." I have come to realize that I know very little. In fact, the older I get, the less I seem to know. All the same, I am eternally grateful for 2008. In this past year, I have learned to revalue myself, to take time to savor the fragrant flavor of green tea and to smile at the perfect simplicity of now. That lesson was a long-time coming. I wish I had learned it 20 years earlier. But alas, all things ripen in the fullness of time. Some things take longer to come to fruition than others. I am thankful for the opportunity to learn these lessons at whatever point in time they occur. They are lessons that I pray never to forget.

From the salon side, it was a most joyous and memorable year!--a year of highs, highs and more highs! We give thanks! We had salon firsts with our April hair show and the visit of our first celebrity-Ms. Alfre Woodard. It was also a year of many salon blessings, with a very noteworthy blessing being the addition of two wonderful stylists to our team! We endeavor always to create an environment that is joyful for clients and staff alike. We always welcome comments for improved service.

Overall, I feel honored to be leading an establishment that thrives to reclaim natural beauty and to reawaken the African mind. Again, I give thanks. In closing, I say to you as a dear friend of mine recently wrote, "I wish you incredible peace in 2009, the peace within is the first step to that without." Know this and be peace.

Embrace the Beauty of You.

## About Our Salon

*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.

## Interview with Roxanne London of locstyle.com

*Note from Schatzi: Roxanne London, the owner/manager of Locstyle Lifestyle, will be conducting an aromatherapy party hosted by Schatzi's on Friday, January 16, 2009. We conducted this interview to give readers a preview of her business and her wonderful products.*

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**Tell us how you got into making all-natural products.** Making natural products has always been a way of life for me whether I was baking bread or making jelly from seasonal fruit. Over the years I have used my hair studio more as a lab to address issues my clients presented with. My grandmother was a healer and I followed her around a lot as a child because I was fascinated with what she did with all the herbs and plants she tended to. I believe I am actually growing into the knowledge she gave me and I am honored to share it.

**I notice that many of your products have organic ingredients. Can they be considered organic products?** As you are well aware the marketing of organic products is the rage but I have chosen to simply adhere to those principles and let the products speak for themselves. So yes, we use more than 80% organic ingredients and more than 98% all natural. We only use the best certified sources for our ingredients.

**Why are all-natural, organic products better than many of the products that we find in the standard beauty supply store?** Well, that is a topic I can spend quite a bit of time on so I usually address this question during the aromatherapy session. A quick answer would be that the standard brands can mask symptoms while making things worst whereas all natural products do not.

**I have sampled some of your products, and without fail, they smell divine! Some products even sound yummy. Please explain to our readers about your soufflé and blancmange body products.** Thank you for the compliment. When I blend essential oils for the products, I use many experiences to bring together a blend. For example, the Swank cane juice scrub was blended to smell like a type of limeade that people in the tropics drink to cool down and refresh. So I capture that aroma then I decide what product is best suited to showcase that feeling. In this case, it was the scrub. The difference between the two products are texture; the soufflé is of course lighter and a bit like mousse while the blancmange is more like a pudding and is better suited for people with dry skin.

**I'm going to list a series of hair and skin conditions. In response, please tell me which of your products would be beneficial in addressing these conditions:**

**Dandruff or Dry scalp** – Some of our hair products contain lavender, rosemary and neem to name a few. These products can be extremely helpful for dry scalp issues. I would recommend the product depending on the product purpose. We have shampoos, conditioners and oils which contain these essential oils.

**Dry winter skin** – The Garden Gold and the Rose Garden Blancmanges do wonders for dry itchy skin. Of course, we have to use the kindest soap for our skin, as a lot of soaps on the market use very harsh detergents that dry out our skin. These products are very good at counteracting the dryness of soaps.

**Dry, lifeless hair** – My favorite product is the Coco Loco Hair Balm because it is so soothing to the hair and scalp. It is a powerful little bottle of nourishment. Most of the time I get carried away and end up using it on my skin as well. Then there is the styling stick. It looks like a deodorant stick but it contains shea butter and other natural ingredients which will absolutely kill the frizzies without being too gummy or sticky.

**We are so delighted that you will be holding an aromatherapy party at our salon this month. Please tell readers what they can expect to see and experience at this party.** They can expect to have a very personal experience during the aromatherapy session and gain some insight into what they are and should be looking for in hair and skin care products. I will be presenting and demonstrating how to use our products to gain the greatest satisfaction. I'm looking forward to it.

**In closing, I would like to thank you so much for your time and for your dedication to a natural lifestyle. Please tell our readers what's the best way to get more information about your products?** First I would say don't miss the aromatherapy party! It can be a phenomenal experience. We also have the website [www.locstyle.com](http://www.locstyle.com). The site is actually being developed based on the needs of our locstyle "friends". So feel free to ask questions, if you don't find what you are looking for on the site.

Thanks again, Roxanne. We look forward to seeing you and learning more on the 16<sup>th</sup>!



*Photos of Locstyle natural products, found at locstyle.com.*



## Producer's Style of the Month



Photo from [www.glamour.com](http://www.glamour.com)

(Excerpt from article by Baze Mpinja titled "Happy New Hair!" posted on [www.glamour.com](http://www.glamour.com) on January 3, 2009)

*Note from Schatzi: I love this hairstyle. All the same, I want it to be clear that aside from the model's healthy mane of wavy tresses, the true beauty of this hairstyle begins and ends with a great cut, which in this instance is a back-angled bob. It's super sexy!! All the same, this style could be worn with a range of hair lengths, textures and styles. I think a loose 'fro would be equally stunning! Let us know how you like it.*

### A top braid

It's especially gorgeous with curls—and deceptively easy.

1. Start with the most important curly-girl rule: Hydrate! Apply a leave-in conditioner, like Nexxus Humectress Moisturizing Leave-In Spray (\$10, at drugstores), to damp hair and comb it through.
2. Create a horizontal part back two or three inches from your hairline. Grab a big section of hair about two inches above one ear; you want enough strands to make the braid look chunky, not skimpy.
3. Now braid the front, going from one side to the other. A French braid is best, but a regular kind works just fine. Tie the end with an elastic band. then secure it to your head with a bobby pin.

## Headbands: the Ultimate Curly Girl Accessory (Excerpts from "Headbands: Instant Hair Helpers for Long to Short Hair" by Karen Marie Shelton posted on [www.hairboutique.com](http://www.hairboutique.com))

"Headbands are eternally popular with young and old, male and female. Headbands offer a fabulous way to instantly dress up an existing hairstyle, deal with a bad hair day by controlling unruly hair or help with the painful and long process of growing out bangs [or relaxers]. When were headbands first invented? It is hard to say exactly when they made their first appearance. Some fashion and hair experts believe that the earliest human had their own versions of headbands made out of animal skins or hides."

"A famous Egyptian goddess from 600 B.C. is portrayed in the book, **The Changing Face of Beauty by Madge Garland** with what looks very much like a 60s style headband. Byzantine women displayed in old mosaic portraits were shown wearing jeweled bands and head dresses. During the period of the 1880s women would fashion headbands out of flowers or branches and use them as decoration...."

"Although the look of headbands changed into the 20th century, headbands have continued to be popular throughout the ages. Whether they are made from twigs, flowers, ribbons, cloth or other materials, headbands are one of the most endearing hair accessories ever invented."



Photo from [www.hairboutique.com](http://www.hairboutique.com)

**Making Your Own Headbands:** I enjoy making my own headbands, because I find those on the market to be a bit flimsy for my hair. First, go to a fabric store to find the patterns, textures and colors that match your wardrobe. Once you find what you like, simply purchase a length of material that is wide and long enough to meet your needs. If you would like to use the material as a full headwrap, you will clearly need more material. I like to purchase materials made with nylon or spandex to provide some stretch for a better grip. Creative techniques to consider are braiding, twisting or doubling the fabrics for added flair. **Money-saving tip:** Ask the fabric store if you can peruse scrap/waste materials rather than cutting from the standard rolls to cut back on cost and excess.

## Out, damned dryness! Out, I say! Reprint of Article posted on [www.hairstylecity.com](http://www.hairstylecity.com)

**Note from Schatzi:** *Okay, I totally borrowed the title from Shakespeare and the article from [www.hairstylecity.com](http://www.hairstylecity.com). The original article is titled "Winter Hair Care." I like mine better. ☺ Anyway, if you're like me, you're plagued with dryness at this time of the year. I believe I've included a winter hair care article every year since Au Naturel's beginning. I think the issue is THAT important! This article has some nice tips for keeping those natural tresses nicely moistened. It's a little late in the season for some of the seasonal tips but if you generally follow them going forward, I don't think you'll be disappointed. I've interjected bracketed comments throughout for a personal touch. Embrace the Beauty of You.*

Winter can be a difficult time for our hair. Indoors, the heating goes up and outdoors, it goes down! Heated air in homes and offices is very drying and robs hair of precious moisture. If it's windy and cold outside, that also takes moisture out. And rain is always a challenge! To make things worse, it's the party season! Just when you want your hair to look it's best...

### *Prevention is better than cure!*

At least we know winter's coming – it does every year! So it's a good idea to start early and get your hair into the best condition possible. This is easier than waiting for damage to happen and then trying to mend it.

Get a good cut, even if it's just an all-over trim. This will make sure that the hair ends are strong and more able to fight the extremes of temperature. Get into the habit of applying a moisturizer every day. [Cantu is a good one that we use here at Schatzi's] Only apply it to the bottom half of your hair to avoid the hair on the crown getting too heavy and lank. This can be a wash and rinse conditioner, serum, leave-in or spray shine – it really doesn't matter how, just pump that moisture in! Once a week [or as often as possible], use a deep conditioner to really give your hair a fighting chance!

### *Hats*

Hats are often a necessity when the cold wind blows but they aren't that great for your hair. If you often wear a hat, the sebaceous glands in the hair roots work extra hard and produce more oil. This can lead to your hair being limp and greasy. [Not such an issue for wavy and kinky chics! So sport your beret! I would recommend updos for added protection to the ends of your hair.] To avoid this, make sure that any hats aren't too tight. Woolen beanies are very popular but just take it off at every opportunity to let the air get to your hair. Wash or dry clean hats frequently.

### *Curly hair blues*

Curly and wavy hair is particularly difficult to keep looking good in the winter months. It naturally tends to be dry and the temperature extremes can wreak havoc! It's also inclined to frizz in damp air and misty rain. And in a full rainstorm – oh dear! One of the worst things for curly hair is shampooing too much and not conditioning enough. So try to get the balance right. And make sure that all your hair care products are for dry/damaged hair – it will make a big difference!

### *Nine Tips for Winter Hair*

1. Use some form of conditioner every day [or as often as possible].
2. If you're using a wash in / rinse out conditioner, do a final rinse in cool or cold water. This is great for locking moisture in and giving a great shine...if a bit chilly!
3. Don't ever go outside with your hair wet. If it's very cold, your hair can actually freeze and that would cause severe damage.
4. Try and cut down on heated styling appliances. Your hair is getting enough dry heat from indoor heating – give it a break!
5. When you have to use heated appliances, always use a heat protector and leave-in conditioner too.
6. Avoid having the shower too hot. It all helps to minimize the amount of heat your hair has to deal with at this time of year.
7. Use a humidifier at home and at work to stop the air from getting too dry. An easy way is to put a bowl of water over a heating vent or radiator. Add a few drops of essential oil and it'll smell lovely too! It's also going to help your skin so it's really worth doing. You'll be amazed how quickly the water disappears – that'll show you how much moisture is being lost from your hair!
8. Wear a hat, scarf or cap to protect your hair from harsh weather but make sure it's not too tight. Remove it as often as possible.
9. Now's the time to really pamper your hair. Have fun trying out different hair masks and deep treatments. Slick on a face mask at the same time and you'll be ready for every Christmas party!