

Au Naturel

Monthly Specials:
A natural hair style (non-extension) & Reiki service for only \$60.00 OR a natural look weave (full sew-in) & Reiki foot therapy treatment for \$100.00.

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Salon Updates

Last month was a pretty busy one within the salon. We attended the NC Natural Hair Care Expo (June 16 & 17) and had a blast! Photos of the week-end's activities are interspersed throughout this issue. If you haven't yet attended one of these expos, you're missing a treat! Despite being first on the roster of speakers, my lecture was well attended and quite enjoyable. Unfortunately, my girl didn't attend until Sunday and I had only one stylist at the booth so I didn't get photos. But, it's all good. Special thanks to all the ladies who attended. Needless to say, I was pretty tired that week-end. I lost about 4 pounds! But, I'll pick it back up in the fall and winter, if not sooner. That appears to be my summer pattern.



Staffing the Schatzi's Booth at the 2012 NHC Expo



Reiki anyone? After a bevy of activity, a reiki foot therapy treatment was the ideal end to a long week! Services are provided by Reiki Master Siddiq (shown here with apprentices in tow. ☺)

We were also represented at the Africa We CAARE Cultural Festival, hosted by Dr. Sharon Elliot Bynum of CAARE, Inc. on June 30th. Also on August 28th, we will host a booth at the State Employee's Wellness Expo 2012. More info will follow.

Within the salon, we're launching a new exercise series called *Thursday Nights at Schatzi's*. The first session will occur on Thursday, July 26th at 7pm. We will do one hour of

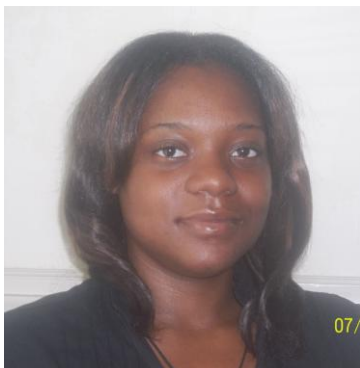
Kemetic Yoga, followed by socializing w/refreshments. I considered belly dance as I had no idea it was such a killer work-out! It just felt like fun! But as it were, Sister Moonira is based in MD, and I am sure NOT the one to teach that class! ☺ Based on turn-out, we hope to have the next yoga sessions every 2nd and 4th Thursday of the month. So, mark your calendars and plan to come out! Be sure to bring your yoga mat and/or a towel. Fun is the primary goal.

Welcome Racquel Young--Loctitian & Weaver

Starting July 3, 2012, Schatzi's welcomes Ms. Racquel Young to the salon. Racquel is a NC Board licensed natural stylist who has always had a passion for natural hair. She began styling hair at the age of 12. She later decided to turn her love of

hair into a career. Prior to coming to Schatzi's, Racquel was working at a salon in Greensboro, NC. Her specialties include lock maintenance and styling, as well as professional weave designs (for hair loss, transitioning and a general change of pace). This

natural beauty likes to wear weaves and extensions and has a very professional demeanor which belies her years. She's a quiet one so it may take a minute to get to know her. But for now, she just lets her fingers do the walking & her work do the talking. Welcome Racquel!





The beautiful Jamie Mitchell



Sampling the Treasures of Jinsa Fragrances



MC Brother Siddiq and the Crew



Schatzi w/Roxanne of LoLife Store

Transitioning Taboos: Spotlight on Weaves & Extensions

As more and more sisters out there are inspired to transition to their naturally curly locks, there are the inevitable horror stories associated with bad transitioning practice. If hell is paved with good intentions then so is the road to natural hair. Many people are happy to help us transition but without sufficient knowledge and experience regarding the process of transitioning, they may be inclined to lead you down the garden path.

The first rule of thumb is: everyone's hair texture is not the same so there is no **"one size fits all"** plan of action for transitioning to natural hair. What works for one person will surely not work for someone else. It's important to have a proper consultation with a professional natural stylist to understand what to expect for your hair texture.

Secondly, don't believe that **transitioning is easy**. It can be rife with struggle and heartache without a clear strategy for transitioning. While you won't need to plan out the entire process from beginning to end, you will need to have a style strategy that targets a specific look that will last 2 weeks to 2 months in duration, depending on your lifestyle and your style preferences. Be sure that the strategy makes provision for special events for which you need your hair to perform in a way consistent with the demands of the occasion. Having a clear style strategy will prevent the inevitable frustration, anger and possible defeat (i.e. re-perming) that arises when we invariably have a wedding or conference to attend and no time in which to style our hair in a way that is desirable.

Where there is a pronounced difference in texture between the natural hair and the permed hair, some ladies choose to transition with extension styles or with weaves. Many ladies believe that **braids or weaves are the easiest way to transition**. This approach is seen as "care-free" and allows one to avoid cutting the hair while the natural hair establishes itself. It can be very popular during the summer months. There are three primary problems that we see with this approach:

Style longevity - One problem arises when these styles are worn for too long, resulting in a buildup of dirt and oil on the scalp. Hair *debris*, for lack of a better word, then accumulates at the point where extended braids or foundation braids begin. When the hair is loosened, this debris must be combed or brushed out of the hair BEFORE the hair is shampooed. Otherwise, the debris can create a bonding effect like glue that makes it very difficult to remove from the permed hair. The more the hair was shampooed prior to the style being taken out, the more likely it is that one will encounter challenges during loosening. Interestingly enough, this bonding effect is not so pronounced for hair that is all natural. For this reason, it is not recommended that you go beyond 2 months for braided extension and weave styles.

Style Loosening – Many women would not dare to weave or braid their own hair but they choose to loosen the same styles while tired, in a hurry and generally in the wrong frame of mind. The damaging effects are often as follows:

- 1) They cut too high up on the extension braid to shorten the loosening process, only to unintentionally cut their own hair.
- 2) They miscalculate the thread alignment for a sew-in weave and wind up cutting their hair.
- 3) They fail to purchase the proper supplies to remove the bonding agent in quick weaves, resulting in their own hair being pulled out at the roots.

Poetically Speaking: Pondering the Depths of a Vapor

On Tuesday, July 10th, I don my walking clothes and go for my much anticipated stroll with nature. Thunderstorms are in the forecast; the sky is overcast. I know it will rain but the thought of an umbrella feels just a little inauthentic. So, I zip up my light exercise jacket and stretch my legs into heaven. The air is pregnant with moisture and the prospects of a downpour. I smile at the perfection of the moment. And then she arrives. Light droplets of rain commit suicide on hot pavement. My mind considers: "There's still time to go back for your umbrella. See, that lady has hers." I smile and [walk on by](#). I turn into the neighborhood that warms my heart every time I greet it. With six-story high oaks and maples, I trace my familiar path with my head looking up in awe and wonder. What an interesting perspective to walk my usual path while looking up. Things look a lot different: more peaceful, more graceful. So beautiful...or just different. I notice a tree that I would love to climb if there were just a few lower branches upon which to hoist my weight. And next to it, another climber's dream. My sons would find a way up. As for me, I remain grounded. I smile at the cycle of life, and vaguely notice that the birds are becoming a bit more talkative.

And then she arrives. A quickening. Dutiful droplets with a more frenzied cadence batter the hot pavement sending up the smell of relief. I walk under the trees and give thanks that they are so plentiful. I, for the most part, remain dry. Ahhh, the smell of pine from the fresh, newly moistened needles and cones. I inhale with abandon and close my eyes to indulge the fragrance. Exhale. Has anyone ever made pine-scented perfume? There's one for Chanel! The squirrels are happily frolicking and hardly paying any attention to me. I prefer it that way. Somehow, I feel connected when they remain in the zone, as am I. I walk on and listen. What is that sound? It's [the sound of silence](#)....though the rain symphony drones all around me.

And then she arrives. Bands of celestial tidal waves drench the earthline as sheets of inspiration. Like a painter splattering power and ingenuity on canvas, I bow my head to creation's majesty and I [float on](#). The trees are no longer a source of refuge so I succumb to the inevitable truth of my existence. I walk openly in the torrential downpour...for a time, not even remotely deterred from my usual path. And then as if to say, "Just testing you," Mother Nature subsides for a spell and settles into a steady drum roll that is gentle, relaxed and ready for the long haul. I too settle into her rhythm, a little relieved that she has granted temporary mercies. I hear no thunder and see no flashes of lightning. Good to go. There's only Nature's tears of joy, and all of the foliage of University Drive expresses their appreciation like giant fern trees in a rain forest. Just yesterday, those little purple-hued plants creeping along the edge of the sidewalk were contemplating the thought of their demise. Today, they are radiant in their full plumage. I too am thankful. I marvel at the beauty and balance of nature. In this perfect moment, Nature and I are lovers reunited after a long separation. I am pleased that she is so welcoming of this prodigal child. She is enamored with the warmth of my breath.

As I continue on in the silence and majesty of the moment, I notice drops of rain dew accumulating at the tips of my twisted tresses and then leaping into space with the rhythm of my stride. Water has dripped down my face and into my mouth and I'm aware of the flavor of sweetness on my lips. What in the world does Oraje put in his [Banana Cream Leave-in Conditioner](#) anyway?! The smell conjures memories of Southern baked banana pudding; it looks about the same. Who knew it would taste as wonderful! I

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Belly Dancer Moonira Ananda



Muriana's Locks-a-Plenty



Expo revelers lost in the moment



Oraje demos curl-definer product

Poetically Speaking Continued...

smile. The birds are silent now. All is still and quiet, except for the sounds of my rubber soles on pavement. The front of my pants is drenched, while the sides and backs of my legs are almost dry. [Imagine](#). After all that rain, how could I still feel comfortable within my soaked clothes? Mystery solved: they aren't soaked. (Things that make you go hmm.)

Humidity lingers along the earthline. The air is as full of intensity as [midnight at the oasis](#). Yet, I feel relieved to have this jacket. Then, I'm conscious of a peculiar smell. I search my database to find a close match only to discover that it is most omnipresent. It is the smell of nothingness. No smell in particular stands out and lingers on the wind. I search evermore to discern whether my mind is deceived. How can nothingness have a smell? And then, it comes to me. I smell the fragrance of everything blended into oneness. It is the smell of everything and nothing at the same time. I reflect on this new discovery and suddenly smile to myself. Now, the mystery of black and white seems to make perfect sense. Black and white is the same phenomenon. Yet, humankind in a flash of "brilliance" looks at this divine simplicity, labels it as hues on polar opposite sides of the color spectrum and calls the hypothesis enlightenment. I snicker with empathy for the human condition. It is my condition. It is somewhat comical indeed.

As I awaken to full ignorance of myself as separate from Nature, I notice that my clothes are drying. It could only be the heat that's drying them, as the rain has not totally subsided and the sun remains aloof. I contemplate the possibilities of actually returning to the office dry. A smile shadows the corners of my lips and Mother Nature says "check mate." A final torrential downpour alights seemingly from out of nowhere. Had I not been unplugged at that critical moment, I would have better noticed her mood. I smile at the folly of Man and mind and trek along in the beauty of showering bounty. As I turn the final corner leading to my office, the sun peeps from behind a cloud and seems to be cajoling, "[Hello, it's me.](#)" The entire duration of my journey was blessed by Lady Rain. Now, Ra seems to be saying, "If I had come out sooner, you would not have forgotten yourself and therefore would not have enjoyed yourself quite as deliciously." I acknowledge this truth and contemplate this parable: Since the human body is 79% water, does that explain why I feel dry though I'm soaking wet. Am I wet or dry? I conclude that the square root of wet multiplied by the inverse of the square root of dry equals one peace and contentment. And that, I AM. I give thanks. God is good!

P.S. You may ask, in what kind of condition was my hair at the end of my sojourn? I mean, let's be honest. It was a work day and I had to change back into office gear! Well, check out the photo to the left, taken promptly after I changed clothes. In my opinion, my greatly dampened tresses look as good as when I left! Natural and Nature ROCK! [One love!](#)

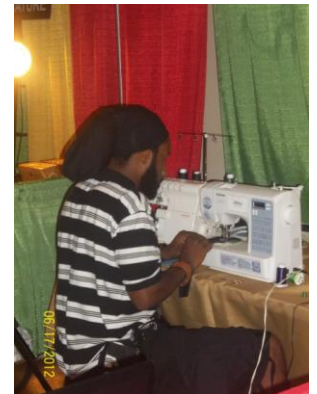
Note: For the music lovers, the title of a 60s or 70s hit is referenced in each paragraph of this missive. The pattern emerged quite unsolicited, so I went with it. ☺ (Sometimes, creative energy demands varying outlets of discovery.) Click the links for a real blast from the past! My favorite hands down is Simon & Garfunkel. I've always loved this song! Who knew the message was quite so deep!



Posing at the WOW Booth Display



Belly Dancer Moonira Ananda



Brother Glenn Pulliam of Woollylocks



Goddess hair for Roxanne London

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Embrace the Beauty of You.

Thursday Nights @ Schatzi's (Exercise Series)

Plan to come out to Schatzi's every 2nd & 4th Thursday of the month at 7pm for free Kemetic Yoga classes! The first class will be held on Thursday, July 26th, followed by August 9th and August 23rd. We hope to see you there!

We're on the Web!

www.schatzisdayspa.com

As the first natural hair salon in Raleigh, NC, *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 Condominium complex, near the intersection of Six Forks and Millbrook Rds.

Schatzi's design gallery provides services that nurture natural hair with talented Board licensed stylists who are happy to guide you through and beyond the transition process. Our two-floor art gallery is provided courtesy of local artist Jasmine Hawthorne.

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.

Transitioning Taboos Continued...

The best way to avoid these occurrences is to have your braided and weave styles removed professionally. If this option is cost prohibitive for you, then have someone assist you that understands your hair care goals and is supportive. Make the process an event by blocking out ample time for the task, renting videos, cooking comfort food, having a glass of wine and enjoying the camaraderie. The experience will then be rewarding in more ways than one.

Unprofessional practices – No matter how adept the stylist at braiding or weaving, if the result for your hair is traction alopecia (balding along the hairline), the style is surely NOT worth your investment. Weave and braided extension styles range from \$100-\$250. This is no small "drop in the bucket". Many ladies choose to cut corners by getting the service as cheaply as possible thinking that they are saving money. But if your hairline is receding, you are losing rather tragically. At *Schatzi's*, our mantra is "we're more concerned about the hair underneath the extension or weave styles, than the hair that is most visible." Our aim is that you will be able to sport your own mane of healthy, all-natural locks with pride and confidence. If your edges are gone, you're locked into weaves and/or wigs perhaps indefinitely. Traction alopecia is a serious problem for Black women. It is traumatizing and 100% avoidable! However when left unchecked, the condition can become irreversible. Look at the results of your stylist's work. Look at your stylist's hair. If you see a plethora of traction alopecia cases, don't buy! Just walk away. You'll find a suitable alternative with proper research and investment.

In all, these are surely not all of the taboos that can arise when transitioning, but these are the ones with the most fatal consequences. Please consider them carefully when making decisions about your transitioning process. Transitioning is a rewarding time of self-discovery and inner transformation. The process is not challenging for everyone, but when it is, it can be a real bear. So, we don't discourage any type of transitioning technique, just know that thought and preparation are needed to make the process as smooth as possible. These tips are offered in the spirit of good will. We want to see your hair healthy and your spirit positive and open to the new changes that you are making. We wish you all the best! Embrace the beauty of you.