

AU NATUREL

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Personal and Salon Updates

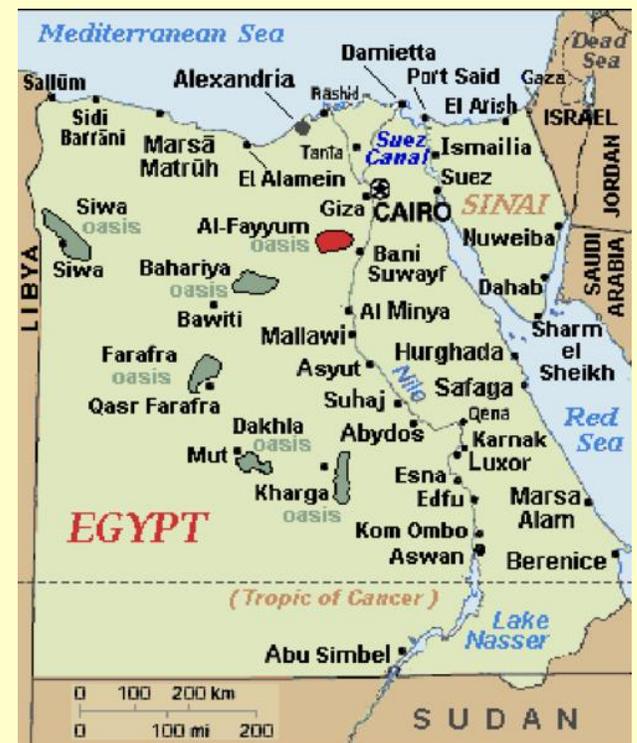
This fine, fair summer morning, I'm enjoying the view from my picture window while drinking green tea and eating chocolate--a most divine indulgence. In the background, I'm [listening to this sister](#). She's another recent discovery, though she's been around for a minute. She warms my heart with the clarity and simplicity of her instrument. One of her works is included in the Poetically Speaking section of this newsletter. When serendipity comes, you roll with it.

I'm prepping my mind, heart and soul for voyage. I'm really excited about what I will learn in my quest for knowledge about human history that pre-dates the Christian era. People are fundamentally the same, so I know that much will appear the same as today. But, I appreciate that there are and should be differences as well. We will take a 768 mile trek south from Cairo to Abu Simbel over the two week study tour, with stops in Abydos, Karnak, Luxor, Esna, Edfu, Kom Ombo and Aswan. The temperatures will climb between highs of 95 degrees in Cairo to 112 degrees in Abu Simbel. The trip is expensive but I believe well worth the money in light of how many sites and attractions are covered. We've been taking walks in this NC record heat just to acclimate our sensibilities. (Naturally, this trip is not for the heat averse. But with a passenger list of 64 people, the heat and the cost are obviously not a significant deterrent to keep people away!) I'm not worried about the heat really. Heat, I can manage. Cold is quite another story. So, all will be well.

From August 6-20, all salon appointments will be covered exclusively by LaRhonda (for lock and weave styles) or Mikea (for natural and extension styles). My regulars have scheduled their appointments with my travel plans in mind. But if you missed me, I have every confidence that you will be well served by one of these ladies. Please phone the salon number and be re-directed to one of them accordingly via the voice mail prompt.

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I want to say in advance that an issue of Au Naturel newsletter will likely not be published in August. But, I will have my laptop and will be writing and reflecting. So, who knows?... But, mostly likely not. I do hope to share some truly inspiring photos upon my return though.

This issue of Au Naturel is rather short and sweet. It includes lock repair tips--inspired by a recent client service, a beautiful poem delivered in song by a jazz vocalist that I really appreciate, a message for those interested in natural hair care CEU credits and a link to an article on Ancient Egyptian hair. As always, embrace the beauty of you.

Lock Repair Techniques: Effective Battles with Buildup

The photo that accompanies this article was borrowed from the Net. The sister displaying this photo is very proud to highlight her maintenance work on this male client whose locks are growing nicely. What I see however is an excess of oil and product build-up which ultimately is unsightly and undesirable. Many clients have locks that hold product residue by virtue of the locking process and what it entails. So, it's very easy to happen. But when someone is visiting a professional, they prefer not to have locks that look like this. Well, I had a new client recently come in whose locks had more build-up than this photo. After I completed her hair service, the locks were uniformly rich, black and beautiful. She was very pleased with the result. *(Note: I didn't take a photo of the client because we were so busy talking about political and world affairs that I forgot to archive the before and after. My apologies!)* While I have used [vodka shampoo treatments](#) on my son's locks to remove buildup that accrued while he was staying on campus, it is a process that can take several courses of treatment. As such, regular maintenance is the best combat strategy to prevent buildup in the locks. Here are a few tips to use to avoid the dreaded buildup dilemma:

How to prevent build-up in the locks

1) Shampoo Tips

- a. Shampoo more rather than less frequently (at least once per month). Guys are notorious for allowing much longer periods between lock maintenance services.)
- b. Use a clarifying shampoo. Most natural shampoos are not effective with cleaning locks. So, make sure you have a rich lather before completing the shampoo process.
- c. Ensure that the locks are clean after every shampoo, especially in the rear.
- d. Dry the locks with microfiber towels.

2) Style Tips

- a. Avoid gels, bees wax and heavy products
- b. If build-up is observed while tightening locks, arrest it immediately. Use Seabreeze antiseptic placed directly on the build-up. If your client uses only natural products, use apple cider vinegar, though it is much less

effective than Seabreeze.

3) Care Tips

- a. Cover the locks with a lock sock while sleeping or use Egyptian cotton or satin sheets.
- b. Avoid clothing that is prone to gather fuzz balls after repeated wear. The textile residue will invariably wind up in your hair.

How to repair build-up issues

Now when servicing a client who has excess product build-up that cannot easily be treated with a shampoo service, there is one optimal solution: hair color. This is the option that I used with my client. Her locks were mature and well-established. In fact, they were started and maintained with a heavy gel. I assured her that these products are not necessary for her hair for any reason in the future. So with that said, we agreed upon the recommended solution and I colored her locks with a permanent color to match her regular hair color. The buildup magically disappeared leaving only a magnificent and rich luster that gave her locks a very clean and healthy look. Because she will not be using heavy products on her locks in the future, this color treatment is a one-time, cure-all solution. I highly recommend it. Happy loc-care servicing!! ☺

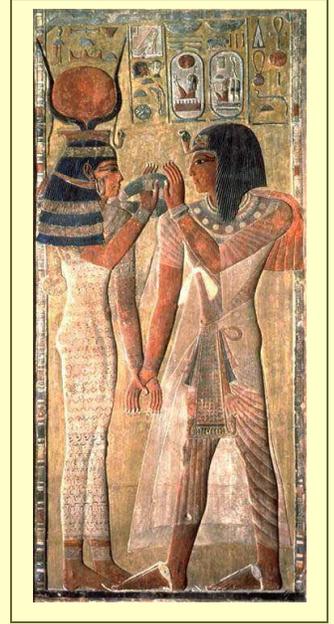


Poetically Speaking: [Timeless](#)

Sung by Stacey Kent on the album Raconte-moi

This month's piece is a song that I heard just the other day. I heard it once and was taken. I found the lyrics online and google translated them because I couldn't tell what she was saying. Then, I re-wrote the Google translation to more accurately replicate the meaning of this piece. It's eternally beautiful. I like it so much that I bought the CD. It's my favorite accompaniment these days while driving. I found it rather fascinating that the "pyramid" reference is therein. I didn't realize that until AFTER falling in love with the piece. Interesting!! For my life, that's totally not unusual though. It's more of a coincide-nce. And so, the universe leads me in a new direction of discovery. And I will follow with baited breath for I know that I am led by divinity.

While this piece is delivered in another language, please flow with the translation and consider the depth and breadth of the meaning. I think you'll love it too. 😊



Désuets

Désuets, ces petits bancs de square
Pris entre les boulevards et les nuages gris
Dénués de toute fantaisie mais tellement jolis

Désuets, les costumes "ans cinquante"
Les chansons que l'on chante dans les vieux clubs jazzy
Délivrés de toute nostalgie, tout simplement jolis

Pendant que s'écroulent les modes et les tours, pleins de certitudes
Seul le désuet ne tombe jamais en désuétude

Désuets, les mots que tu me souffles
Et qui font battre en boucle mon grand cœur trop petit
Dénués de toute effronterie mais tellement jolis

Désuet, l'amour que l'on se porte
Qui dure, et peu importe la fureur et le bruit
Délivré des éternels non-dits, tout simplement joli

Pendant que se rident temples et pyramides, pleins de lassitude
Seul le désuet ne tombe jamais en désuétude

Désuets, les mille craquements
De la pointe de diamant sur nos vinyles chéris
Dénués des progrès dernier-cri mais tellement jolis

Désuets, les pavés qui recouvrent
La cour Carrée du Louvre et tout le vieux Paris
Délivrés de toute nostalgie, tout simplement jolis

Pendant que s'écroulent les modes et les tours, pleins de certitudes
Seul le désuet ne tombe jamais en désuétude.

Timeless

Archaic, these small square benches
Caught between the boulevards and the gray clouds
Devoid of all fantasy but so pretty

Bygone, 50s costumes
The songs that are sung in old jazz clubs
Delivered with all nostalgia, simply pretty

While the trends and fashions crumble, with certainty
It is the quaint that is never out of style

Passé, the words you blow to me
And that quicken the beating of my big heart yet too small
Destitute of all effrontery but so pretty

Age-old, the love that one is carrying
That lasts, despite the rage and noise of time
Delivered from eternal unspoken words, simply pretty

While temples and pyramids mellow, full of weariness
Only the ancient is never outdated

Defunct, the thousand crunches
From the diamond tip playing on our cherished records
Devoid of the latest advances but still very nice

Vintage, the cobblestones that cover
The [Court Square](#) and all of old Paris
Delivered with all nostalgia, simply pretty

While the trends and fashions crumble, with certainty
Only the antique is never antiquated



Embrace the beauty of you.

*The Science of Ancient
Egyptian Hair and Why it
Looks European*
by Naomi Astral

Continuing Education Classes Have Begun!

As natural stylists are aware, the NC State Board of Cosmetic Arts requires that all licensed stylists complete eight hours of continuing education courses in order to keep their license current. Well on Wednesday, July 19th, I held my first Continuing Education Class here at *Schatzi's*. It was a whirlwind evening!! The class was "Intermediate Lock Styling". With six students and four models, we had our hands full! By the time I got home, I was exhausted! I wondered how I'd done two entire semesters of evening classes at Wake Tech! It's amazing what the mind and body can do when on a mission! (Incidentally, our mission was re-siding and repainting our home. It is now a gorgeous BLACK! One of my clients asked if it's my "Black lives matter house." I assured her that it's my "Black is beautiful house." See pics below. At any rate, it's done and so we don't have to burn the candle at both ends. *P.S. Incidentally, we had a calling card from the Homeowners' Association the day after finishing up!* ☺ *My life is very amusing. But, I was ready for them. All is well. And they happen to love it!*)

I'm not really an aggressive marketing person. This first class formed organically based on the demands of past students that I taught at Wake Tech. They asked and I delivered, and will continue to do so as needed. If you are a reader of this newsletter and would like to attend a CEU course here at *Schatzi's*, please contact me, and I'll organize one accordingly. Likewise, if you know cosmetologists who want to learn specific natural hair care techniques, share this information. I tend to respond based on demand, rather than to create the class and advertise that others show up. The latter seems like way too much work. So consider, and let me know your wishes. I'm very flexible. So if there's a specific skill set you need, just let me know! I'll tailor a class accordingly.

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