

AU NATUREL

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Graceful Transitions

Well, June has arrived and Lloyd and I, like so many other proud parents were privileged to see our eldest son walk across the stage to be counted among the graduates of 2009! It has truly been a pleasure nurturing my children and watching them grow into young men. It likewise has been a pleasure participating in and observing the growth and development of their peers. This time in life reminds me so well of the true cycle of life and of the enormous honor it is to be a parent. All the same, I can't help but feel that the greatest adjustment to be now made is my own. For instance, does he need to ask me before going out with his friends, or is it more appropriate to inform?

Do I really need to know who all of his friends are as his circle of contacts grows and expands outside the home? And what about my rule about riding in a car full of teens? *Sigh!* Indeed, I have some adjustments to make as does his brother who assumes that he too has graduated and thus is entitled to the privileges of a graduate!! Poor child! He'll catch on soon enough. ☺

Anyway within the salon, we are also experiencing mild transitions which hopefully will complement our services to you our valued client. Firstly, we are adding the services of licensed aesthetician Andrea Richardson, to address client skin care needs. She will be operating

on the second floor of our salon where massage therapy services are also provided. Secondly, we are updating our scheduling procedures to ensure that we maintain our standard of timely client service. More about our "policy evolutions" is provided below. And thirdly, we are fast approaching our 3rd Year Anniversary. "Year 3" is touted as an important milestone in business; although in a recessionary climate, I'm keeping my eye on the prize of "Year 5!" All the same, we give thanks for God's blessings!! In celebration, we will honor Year 3 with a customer appreciation month in August. (See our community events section for more information.) We hope you're all able to participate. Thanks so much for allowing us to serve you.

Community Events:

- **Customer Appreciation Month is August 2009** – As such, we will have customer appreciation events on each Saturday throughout the month. We are finalizing details now but hope to have the following sampling of events: *Yoga Day, Skin Care & Consultations, Health & Wellness* and the *Hair Show Mix & Mingle*. Look to next month's issue for more info!
- **Healthful Eating Class** – Ms. Nyoni Collins, a dietician and regular of *Schatzi's* is hosting free cooking consultations on the first Saturday of the month throughout the summer. The first session however will be on Saturday, July 11th due to the 4th Holiday. These free consultations are from 10am-12pm and 1-2:30pm. Please call 554-1799 for more information.
- **Women's Wisdom Unlimited** is hosting a writing circle at *Schatzi's* on Saturday, June 27th from 4-5:30pm. All are welcome!

Here at Schatzi's, we have been richly blessed with some of the most talented staff in Raleigh. Beauty just seems to find us! We give thanks! In recent weeks, we have hired new and talented staff that is very eager to exhibit their natural hair styling prowess along side our tried and tested veterans. At Schatzi's, we aim to grow and nurture the entire community. In order to facilitate the growth and development of all of our staff, we will be scheduling appointments based on a "first available" standpoint. This means that calls into the salon will be routed to

Policy Evolutions

the first staff person who is adept in the requested service and who is available to provide the service. This strategy is imperative if we are to ensure that we serve you in a timely manner and to ensure that all staff in the salon grow and develop.

Appreciating the client's desire for personal preference, we are asking regular clients to create standing appointments for a preferred stylist immediately following your regular service in order to be certain that you are not routed to a new stylist when calling into the salon for scheduling. Standing

appointments can always be rescheduled with one's preferred stylist as appropriate. While we will always endeavor to honor personal preference, we cannot guarantee that cold calls into the salon (ie. non-standing appts) will result in your first choice of stylist. Our sole aim is to ensure that we nurture and maintain a talented base of staff to serve your diverse hair care needs in a timely and professional manner. Thank you for your continued patronage and your grace in allowing us to serve you.

Embrace the Beauty of You.

Poetically Speaking...(Reflections on the Power of India Arie's Music)

After last month's India Arie concert, I wrote a concert review and told readers to expect more to come in this issue of Au Naturel. Well as promised, I've included a poem that I wrote about India's music. I penned it immediately following the concert but didn't have room in the last issue to include it. So, voila!! It is penned in French (*got to keep up the skills*) so I have included a translation below to facilitate understanding. I wrote this piece because I don't really consider myself a "fan" of anything or anyone. I tend to accept things as they present themselves when they present themselves and keep it moving. Everything changes. So when I realized that I could truly be classified as a "fan" of India Arie, I wanted to truly understand why. This poem is about helping me to understand why her music speaks to my soul and moves me as few other artists do. To summation, I am a world citizen, as is India. I relate to the peoples of all nations and I embrace their varying cultures and their differences. In turn, I am a child of God and a lover of love. In the songs "Pearls," "Ghetto," "The Cure" and "Better Way" (from her latest CD), I hear the anthems of humanity; in "Therapy" and "He Heals Me," I feel the celebration of romantic love; and in "Grains" and "River Rise," I know the grace of God. That in a nutshell is what this poem is about. I hope you enjoy it. For you world music buffs, it should be no surprise that I also greatly enjoy the music of "Les Nubians!" ☺ As for diehard India Arie-ites, she will be performing as John Legend's special guest in the Koka Booth Amphitheatre in Cary on July 12th. Embrace the Beauty of You.

*"...when I see
the sheer
simplicity of all
that man has
made
complicated, I
cry...full of
pity for the
state of
humanity and
for myself."*

Pourquoi est ce que c'est que j'adore India?

C'est parce qu'elle est ma voix.

Le miroir de mon âme sur ce voyage de la vie.

Elle exprime les pensées les plus profondément enfoncées dans mes rêves.

Ces sentiments sont cachés de ma connaissance

Mais ses mots réveillent les vérités éternelles qui ne dorment jamais.

Sa musique est comme une flèche qui transperce l'armure de mon esprit

N'arrétant pas jusqu'au trouvant le cœur de mon âme...

Elle le saisit et le tient à l'écart de mon corps.

Elle le tient à l'hauteur de mes yeux et dit « chercher profondément ».

Et quand je vois la simplicité de la vie ou l'homme avait fait de compliqué

Je pleure... plein de pitié de l'état de l'humanité

Et pour moi-même.

Concernant l'amour... ici encore India avait capturé mon esprit.

C'est comme si elle me connaît intimement.

« Brown Skin » et « Chocolate High » ne sont pas juste des chansons.

« Addiction » en effet! ... « Bleu-noir »--la perfection!

Je vous bien comprends.

En vérité, ces œuvres sont l'expérience d'amour, en « 4-D »...

Les pensées de l'esprit accompagné par une belle mélodie,

Se joint à la passion et l'intensité de l'âme, enveloppé dans la sincérité d'émotion.

India, votre présence... votre vie est un cadeau au monde.

Vous avez eu le courage de prendre la rue moins traversé.

Maintenant, même les lys de la vallée doivent vous saluer.

Je sais vraiment que votre parcours est difficile et parfois troublante.

Et que la solitude vous dérange à la fois plus inopportune.

Mais je vous dis mon amie que c'est le même pour tout le monde... et moi aussi.

Alors prendre le temps requit quand vous l'en a besoin.

Et retourne à nous toujours avec une énergie renouvelée, prête à nous rappeler

De toutes ces vérités qui ne peuvent pas être cachés par l'indifférence ou de compromis.

Why is it that I'm such a fan of India Arie?

It's because she is my voice

The mirror of my soul on this voyage of life.

She expresses thoughts that I have buried deep within my sub-conscious.

Her words awaken eternal truths which never sleep.

Her music is like an arrow piercing the armor of my *self*, flying to the heart of my soul

Her words seize my heart and wrest it away from my body

Holding it up before my eyes and demanding that I "look deeply."

And when I see the sheer simplicity of all that man has made complicated

I cry... full of pity for the state of humanity

And for myself.

In the case of love, here again India has captured my spirit.

Almost as if she speaks for me.

Brown Skin and *Chocolate High* are not just songs.

They are anthems of power and perfection.

I understand so well.

In truth, these works are the actual experience of love in 4-D...

The thoughts of the spirit accompanied by a beautiful melody,

Co-mingled with passion and intensity, and wrapped in the sincerity of emotion.

India, your presence... your life is a gift to the world.

You have had the courage to take the road less traveled

And now, even the lilies of the valley must salute you.

I know that your journey is not an easy one

As solitude sometimes can be quite maddening.

But this is the truth of the human condition which is the same for all the world... and for me too.

So take the time that you need to heal when you need it.

And return to the world with renewed energy, ready to remind us all

Of those truths which can never be hidden by indifference or compromise.

Style of the Month: Enjoyed by Guys and Gals Alike

Many of you Au Naturel reader's were first introduced to this handsome style on the likes of Blair Underwood or Eddie Murphy. They both popularized this style in the 90s, using much smaller sections of hair as the foundation for this look. Yet despite all of the publicity that this style has received in recent years (including our Schatzi's Ads), I have come to realize that there are still many clients who simply don't understand how this look is accomplished. Likewise, they are inclined to believe that it is only suitable for men. Nothing could be farther from the

truth! In fact, it is the foundation for starting locs, if the curl permits.

After shampooing, condition the hair and gently comb through any tangles working from the ends of the hair to the roots. Rinse thoroughly, towel dry and oil the hair. Using a comb with tapered ends, section the hair to the desired size. Then, grasp the roots of hair with smallest end of the comb. Gently turn the comb in a clockwise direction while pulling the comb downward through the strands of hair. (For ease and comfort of the client, it is very important to have combed

through the hair prior to styling to ensure that there are no tangles remaining in the hair.) Continue turning until you have reached the end of the section of hair. You have now achieved a "comb-curl" as popularly dubbed. Continue sectioning and styling until the entire head has been completed.

I lovingly call this style "the helix" because it's shape mimics that of a DNA strand. It embraces the natural coil pattern of curly/kinky hair and thus is one of the simplest styles to create. Next time you want a change of pace, try it out! It's a winner!



The Helix or "Comb-Curl"

The Benefits of Facials for Anti-Aging Skin Care (by Brian Dolezal)

Skin wrinkles are caused by two main factors: heredity and the environment. There is little you can do about heredity and the natural aging process, but there is something you can do about the other causes. Pollution in the environment, sun exposure and stress can all lead to premature aging of the skin. Using anti aging creams is beneficial for reducing the appearance of wrinkles. The creams are even more effective when combined with regular facials.

Facials counteract the effects of pollutants and sun exposure on your skin. Having regular facials will also help your skin absorb your anti aging creams better. Monthly facials improve elasticity, give your skin a smoother texture and improve the hydration of

your skin. In addition, a facial will help remove dead skin which aids in the absorption of other creams or lotions used to combat wrinkles.

The products used for your facial will depend on your skin type. If you have dry skin, a moisturizing mask will be used to help add moisture to the skin. A rich moisturizer will also be used at the end of the treatment. Oil free products will be used for people with oily skin.

Facials can be done at home or by a professional in a salon or spa. Facial massage is very beneficial for wrinkles. The massage increases the blood circulation to the muscles of the face, which helps to minimize the appearance of fine lines and wrinkles. There are over one hundred muscles in the face and

massage helps to relax these muscles. This is particularly effective for wrinkles that result from muscle contractions, such as laugh lines and worry lines.

If you want to enjoy the benefits of facial massage, visit a salon for your facial. Facial massage is best done by a professional who is knowledgeable in massage techniques. An inexperienced person may actually cause more harm than good. When the muscles are not massaged properly, they sag which can cause wrinkles to be more prominent. The massage is also very relaxing. At some salons and spas, the arms, neck and shoulders are massaged as well. This is great for stress relief.

The basic facial procedure starts by examining the skin.

This summer, Schatzi's will be adding skin care as an important part of our salon/spa services! Andrea Richardson, aesthetician and make-up artist, will be on staff to address all of your skin care concerns. Welcome aboard Andrea!

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The Benefits of Facials continued...

This will help the professional assess the skin and determine the products that will be of the greatest benefit. Steam is then used to open the pores and remove impurities from the skin. A gentle cleanser is then used to clean the skin. This step is followed by a toner that is appropriate for your skin type. A facial mask is used to soothe

and refresh the skin as well as to add moisture. At the end of the massage, a moisturizer that is appropriate for your skin type will be applied.

Once you have had your facial, you will want to keep your skin in good condition at home. Use a gentle cleanser that is not drying in the morning and at night. Invest in

good quality anti aging creams to minimize wrinkles and prevent new ones from forming. It's important to choose creams that are good for your skin type and the condition of your skin. Read reviews to help you choose the best products for your skin.

Note: Reprint of an article by Brian Dolezal posted on www.content4reprint.com.

About Our Organization...

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 care

with talented stylists who are happy to guide you through and beyond the *naturalization* process. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services, including massage therapy and skin care. 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.

Embrace the Beauty of You.



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