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Schatzi's Design Gallery & Day Spa, LLC
258 W. Millbrook Rd., Raleigh, NC 27609



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Upcoming Events

- ❖ NC Natural Hair Care Expo, June 16-17, 2012, from 11am-7pm on Saturday and 1-6pm on Sunday. Venue: The Dream Center, 5616 Fox Rd, Raleigh, NC. Admission: \$10.
- ❖ Belly Dance Classes, June 16th at 7:30pm and June 17th at 6:30pm. Venue: Schatzi's. Classes will be taught by Sister Moonira Ananda. The cost is \$12 per person. Light refreshments will be provided.

Salon Updates

The NC Natural Hair Care Expo is just a few days away and we are excited to be a part of this year's program. We will have a salon booth staffed by our stylists who will be happy to provide information about our salon services and to answer general questions that you may have. Please be sure to stop by our table for a **free discount coupon** for salon services. I will also be conducting an interactive question & answer session on natural hair. This session is designed to go beyond your typical hair care questions. I see the session as an opportunity to **share the fears, hopes, anxieties and successes of your own natural hair care journey**. I too will share my own personal experiences as well as those of clients within our salon. My session is scheduled from 12 Noon to 12:45pm. That time is very early based on my previous experience with the expos, so be sure to stop by the expo early to participate.

So what's the photo all about? Well each year, the expo invites performers from around the area to participate and to enrich the expo experience. One of the dance performances that can often be found on the program is "belly dance." The performances are typically very lively and fun! Expo participants have often enjoyed the experience so much that they want to learn. So, Sister Moonira Ananda of Maryland—who will be performing at the show, will be offering two belly dance classes immediately following the show. **The classes will be held at Schatzi's at 7:30pm on Saturday, June 16th and 6:30pm on Sunday, June 17th. Light refreshments will be on-hand.** If you enjoy dance, or if you just want some fun exercise, come on out and have a good time welcoming Sister Ananda to the Raleigh area. We hope to see you soon, in one capacity or another.

Well, as many of you know, I typically have a theme that binds together the articles in a newsletter issue. Keeping with that flow, this issue of Au Naturel provides three

NEW CLIENT SPECIAL!

FIRST-TIME CLIENTS WILL RECEIVE A FREE REIKI FOOT MASSAGE WITH THEIR PAID SALON SERVICE. THE MASSAGE IS PROVIDED COURTESY OF REIKI MASTER SIDDIQ. GET MORE DETAILS ON PAGE 3!

separate articles on healing therapy. Firstly for varying reasons, I've been moved to include a number of different links and resources about cancer in recent issues. So, it seemed most appropriate to include the first article which is a reprint of a story about henna head crowns that are helping women of all ages cope with the realities of hair loss following chemotherapy treatments. I think the idea is not only brilliant but so loving and divinely beautiful! I felt so inspired by the concept that my sister and I have joined forces to now incorporate this healing salon service in our salon portfolio. Jasmine is an artist who is experienced with applying henna tattoos. So, she would be very honored to provide this service in our salon upon request. Please call in advance if you or a friend will require this service, and we will provide ample private space and a relaxing environment to serve client needs.

The second article is about Reiki energy therapy that will also be available in our salon as performed by Reiki Master Siddiq Abdallah. Salon clients are being introduced to this service free of charge in the spirit of sharing and healing. Please read the article for more details.

The third article is about a photographer who felt so much inspiration from natural hair that he's dedicated an entire photography project to the subject. His work is being heralded by many as reinforcing a more universal standard of beauty. Soul-healing IS multi-dimensional.

After chemo hair loss “henna crowns” help heal Reprint of an article by Cari Nierenberg posted on [Health on Today.com](#)

After losing her [hair](#) to chemotherapy while receiving treatment for advanced stage ovarian cancer, Deanne Mayall was feeling depressed about being bald. Every look in the mirror reminded her of her cancer diagnosis.

So, the Kingston, Ontario, native decided to change that.

A friend passed along [a recent article from Samaritan Magazine](#), which described how a new Toronto-based business named [Henna Heals](#) is using the ancient art form of henna to beautifully transform the bald heads of people with cancer and genetic alopecia.

Using a hairless head as a canvas, henna artists hand-paint intricate and captivating designs onto the [women's](#) scalp with the natural plant-based paste called henna.

Known as [henna crowns](#), "the designs are customized and one-off works of art," says Frances Darwin, the brainchild behind Henna Heals. They take between 60 and 90 minutes for the artist to create, and the twirling patterns can simply ring the head, or extend as far down the neck and around the forehead and ears as a person desires, she explains.

Darwin is quick to point out that henna crowns are not tattoos, and involve no needles or pain. And the designs are temporary, lasting seven to 14 days.

Kelly, who preferred that we used only her first name, was diagnosed with breast cancer in early 2011 and recently finished her last chemotherapy treatment.

When first applied, the stain appears dark brown. But when it dries, it looks terra cotta, or brownish red. Over time, the color fades as [skin](#) cells naturally turn over and shed.

Darwin, a photographer, was inspired to start her company when she first saw the henna crown's transformative powers.

She was in San Francisco to meet with a henna artist about doing a maternity henna photo shoot of designs placed on women's pregnant bellies, when the artist mentioned that she also painted designs on the heads of cancer patients. Intrigued, Darwin asked whether she knew someone with one willing to be photographed.

While taking pictures of a breast cancer patient whose head was strikingly adorned with a henna crown, the woman told Darwin that she

had never felt this beautiful, even before she had cancer. Darwin knew that when she returned home to Toronto she wanted to continue this unique way of empowering women to feel beautiful, [confident](#) and powerful.

But henna artists typically use this type of body adornment on hands and arms, and few had experience working on heads. Then there was the issue of ensuring that artists used completely safe -- and the freshest -- 100 percent natural ingredients to make their own henna pastes. (Darwin advises avoiding henna artists who use "[black henna](#)," which has unsafe ingredients for people with hair loss.)

After finding some reputable artists and training them to work with people who have experienced hair loss, Henna Heals began offering women these "walking works of art." The new business has done about 20 henna crowns so far, mostly on women. Right now, the marketing for Henna Heals is aimed at women, but Darwin hopes eventually to introduce the idea to men and kids, too.

For her henna crown, Mayall selected a flowing paisley pattern with flowers. She got it after her second of six rounds of chemotherapy. The 51-year-old had decided against wearing wigs, hats or scarves, and that she would confront being bald.

Just last year, Mayall lost both of her parents to cancer, and this March, she was diagnosed with advanced ovarian cancer. Her doctors first tried surgery, but she was told that the tumors had grown too big and the cancer had spread too much. She's now had three of six rounds of chemotherapy, to help shrink the tumors before her doctors consider whether to attempt a second surgery.

Getting a henna crown seemed a way for her say, "I have cancer and I am not only OK with how I look, but I can take back some control and have some (temporary) fun doing it."

Mayall said her friends and family "loved it" and were not surprised she would find something audacious to do to tackle her cancer diagnosis.

But it's been the reaction from total strangers that has been the most unexpected -- and invigorating to her. "Having the henna crown



Photo from [todayhealth.today.msnbc.msn.com](#)

In the spirit of fostering healing, Schatzi's now offers henna head art as designed by Holly Jasmine Hawthorne--our gallery artist. Please schedule in advance for this service or treat a friend.



Continued on Page 4...

Reiki Master Siddiq Abdallah and the Reiki Massage Experience

I first became aware of Brother Siddiq back during the early days of our salon opening. He came to one of our poetry sharing nights. What struck me about Siddiq is that he takes his poetry VERY SERIOUSLY and HE'S GOOD!! He's vibrant, energetic and absolutely hilarious—in a subtle kind of way. If you're not listening carefully, you'll miss it. (I guess that's the poet in him.) He's also the host of this year's NC Natural Hair Care Expo, (as is consistent with previous years). So, it wasn't at all surprising to have Siddiq approach me about offering reiki therapy treatments in our salon. It didn't take long to sell me on the idea, as reiki is totally consistent with our mission and I'm all about the total body experience.

According to Wikipedia, reiki is “a technique commonly called *palm healing* or *hands on healing* as a form of complementary therapy and is sometimes classified as *oriental medicine* by some professional medical bodies. Through the use of this technique, practitioners believe that they are transferring universal energy (i.e., **reiki**) in the form of *ki* through the palms, which allows for self-healing and a state of equilibrium.” The Wiki-reference goes on to state that the existence of *ki* energy is speculative and there is no scientific evidence of its existence. Well as a student of taekwon do, I can attest to the reality of its existence. As most black belts are expected to do, I have broken a cinder block with my hand and truthfully used more than the force of my body to do so. In fact, I had never accomplished the feat prior to my black belt test. My own children broke cinder blocks during their tests, and “No” they didn't drop them on the ground. ☺ Martial arts training is only part of the mystery. *Ki* is the X factor that in my view, cannot be denied. I have had similar *ki* energy transfer successes with my knees through acupuncture. That transformation was perhaps even more profound than the cinder block experience. Before I leave this personal testimonial of the power of *ki*, I must state that not everyone succeeds in manipulating and transferring *ki* energy. One of my classmates attempted to break a block during her black belt exam and failed to do so. *Ki* requires knowledge, awareness and intention to be effectively manipulated. As a true believer, I don't doubt the validity and the healing benefits of Master Siddiq's reiki treatments.

When asked how he describes his craft, Siddiq responded, ***“It's difficult to describe without sounding cliché. I believe in the Universal order. I radiate positive energy in the universal order. Everything I do radiates positive energy whether it's my poetry or reiki. Reiki is energy therapy. People say there's no clinical definition of Reiki. But, it helps to regulate positive energy in the body. All systems of the body connect to your feet. As you go through your journey of life, your feet carry all your burdens and experiences. I do reiki to help regulate that. Once you get your hair done and your feet done, your body has experienced a holistic treatment. You're good to go!”***

When asked what the client can expect from the experience, Siddiq replied, ***“The client can expect to have a foot cleansing first. I then perform reiki on the foot. During the process, I***



Photo of Brother Siddiq Abdallah providing a Reiki service to one of our salon clients

will wash and moisturize their feet using all natural body products. Afterwards, the client can expect to experience a sense of balance and calm energy.” The entire process takes between 30-40 minutes. Testimonials from satisfied clients in our first week of offering the service were as follows:

“He did my service while I was under the dryer. And it made the dryer experience a whole lot more enjoyable to the point that I even forgot I was under the dryer. I felt so much calmer after the experience. I closed my eyes and meditated during the service. While he was doing the reiki, I felt a sensation like butterflies traveling up one side of my body and down the other side. He didn't do a massage at all. He just held my foot and looked like he was praying over it. I would like to get this treatment every time I get my hair done because it was a full body spa experience. When I walked out of Schatzzi's, I felt rejuvenated and renewed!”

Y. Trent

I also asked Siddiq about his qualifications to perform Reiki. He said, ***“I'm a Reiki Master who was trained under Master Teacher Evelyn Terry who lives in New Mexico. She's a Reiki Master Teacher. I apprenticed under her to become a Reiki Master and have been a master for over 13 years.”*** He went on to say, ***“I have a natural reiki gift. I'm a natural. Not every Reiki student will be effective.”*** As a further testament to Siddiq's effectiveness, another client stated: “

“The experience overall was extremely relaxing. The positive energy really flowed. It was something I really needed at that time. I highly recommend this service.”

A. Richardson

Siddiq will be in the salon throughout the week to provide reiki for first-time clients. If you are sure that you would like to try this service for **free** (whether a new or returning client), please indicate your interest when you schedule your appointment so that we can coordinate timing accordingly. The regular price for the foot service will be \$25 with a hair service or \$40 as a standalone service. Let us know how you find the experience!



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The Coiffure Project by Glenford Nunez

Well, in case you hadn't noticed, natural hair is all the RAGE!!! Sisters are embracing their natural beauty like never before! It is amazing how viral this phenomenon went in such a very short period of time. We've been in business for 6 years. When we opened, I had noticed that the popular media was just starting to focus on natural hair models and spokespersons. YES, six years ago this was true!! I don't think I would have opened my doors without this confirmation. I needed to

see that I wasn't shooting in the dark and expecting to hit a bull's eye. Well now, the natural hair debate almost feels like a moot point. But not quite! Check out this [link](#) to a beautiful brother who decided that there just weren't enough quality photos of natural women out there, so he decided to do something about it. I LIKE THIS GUY! Well, it just goes to show that truth can only be suppressed for so long. Check out the full article [here](#).

Henna Head Art for Healing Cont'd...

seems to have made me approachable to others who've been exposed to cancer in one way or another, and they've been more willing to share their stories" with me, explains Mayall.

"I think people are surprised to see this because I'm not hiding my baldness or my illness," she adds. For her, the \$100 investment has had unanticipated payoffs and been a bold and empowering way to approach losing her hair.

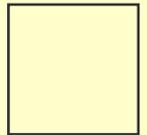
"I think a henna crown is a great option to boost people's spirits and feel more like themselves again while coping with hair loss," says Kathleen Gill-Bazazi, general manager of the Images

Oncology Boutique at Massachusetts General Hospital in Boston. "It sounds fun, and I imagine it's very uplifting," she adds.

For nearly two decades, Gill-Bazazi has helped fit women with wigs following hair loss. Women tell her that losing their hair is the hardest and most traumatic part of cancer treatment -- even tougher than coping with the illness itself.

"As long as a henna crown is not harmful to the patient and the medical provider has no issues with it, I think it helps make getting through a tough time easier," she says.

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