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Receptionist

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Au Naturel

Schatzi's Design Gallery & Day Spa, LLC (919) 844-1933

Salon Highlights:

- Poetically Correct, hosted by Row Lewis of Liberty Fellowship Center (www.libertyfellowshipcenter.org) will be held at Schatzi's on Friday, March 16th at 7:00pm in the 2nd Floor Sharing Room. Check out the Poetically Speaking article for more information.

- Schatzi's Massage Therapists, Chris Eaddy and Bonita Head, will be partnering with *Jinsa Fragrances* to showcase their talents with free chair massages at Women's Empowerment on Saturday, March 31st. Hope to see you there.

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Shaundrelle Todd

Cosmetologist & Loctician



Anglia Smith

Master Braider



Keely Scott

Makeda Trainee

Meet the Talented Stylists of Schatzi's

Shaundrelle Todd is a licensed cosmetologist who has been working in the hair care industry for 13 years. She has been specializing in natural hair for 4 years. Her area of specialization is palm-rolled locks, although she is also very skilled at cutting and twisting. Shaundrelle says "I often dream about my clients before working on their hair. When I do locks, it's like giving birth to a child and watching it grow. It gives me great joy to be part of positive people who come into my circle to be part of a natural journey or walk of life." As for her advice to natural clients, "It's okay to be you, no matter who you are."

Anglia Smith (pronounced Angela) is a highly skilled braider who has been working with clients for 16 years. For Anglia, her gift, which was passed to her through her mother, comes

very naturally. Her specialties include: twists, braids, cornrows and extension styles (e.g. micro-braids and kinky twists). Her advice to clients: "To keep hair healthy and natural looking, always be aware of the hair and scalp products that you use. Also, never have excessive tension applied to your scalp because you may lose the hair along your edges."

Keely Scott is a Makeda (youth) trainee at Schatzi's. At 16 years of age, she has been braiding and corn rowing hair since she was a child. Keely aspires to be a cosmetologist and says she often goes with girlfriends to braiding salons when they are having their hair done just so she can study the techniques and replicate them later. Now, that's passion, initiative and ingenuity! We look forward to great things from Keely in the future. Remember her name!!

Home-based Hair Care Tips: Deep Conditioning

Reprint of Hair Care Recipe cited on www.naturalhairdigest.com

OLIVE OIL HAIR CONDITIONER with honey and rosemary -- honey for shine and olive oil for moisture -- enhanced with essential oil of rosemary to stimulate hair growth.

Ingredients: 1/2 cup honey; 1/4 cup warmed olive oil (2 tablespoons for normal to oily hair); 4 drops essential oil of rosemary; 1 teaspoon of xanthan gum (available in health food stores)

Place all the ingredients in a small bowl and

mix thoroughly. Pour into a clean plastic bottle with a snug-fitting cap. To use, apply a small amount to your slightly dampened hair. Massage your scalp and work the conditioner through your hair until it is completely and evenly distributed. Next, cover your hair with a warm towel (your microwave or dryer can heat it up) or shower cap; leave the conditioner in place on to nourish and condition for 30 minutes. Remove the towel or shower cap; shampoo lightly and rinse with cool water. Dry as normal and enjoy shinier, softer and healthier hair the natural way.

Caring for Your African American or Biracial Child's Hair

Reprint of an article by Mahisha Dellinger published on www.adoption.about.com.



Schatzi's
Consultation Room

Caring for your angel's tresses can be a daunting experience, but it doesn't have to be. Armed with the proper education, the right technique, and, most importantly, the right products – you can master the art of caring for ethnic hair.

For as long as I can remember, I have been fascinated with hair. Because my hair was easy to manage, I began styling my own hair at an early age. Using my long locks, I taught myself how to French braid and soon became a styling expert (or so I thought). As I matured, my interest in healthy Black hair peaked. I learned which hair care ingredients were good for my hair type and which ingredients were not. I learned how to shampoo, condition, and properly handle my hair. Most importantly, I learned to love my hair. With the proper care, your child will love his/her hair too!

Over the years I've read, seen, and experienced unbelievable acts of ignorance regarding ethnic hair care.

It is my attempt to provide a few basic tips and tricks so you will avoid common pitfalls.

A Few Things You Should Know

- Black hair is extremely fragile. A gentle touch is required to avoid unnecessary breakage and hair loss. Therefore, always use a wide tooth comb or pick when combing the hair. Avoid fine tooth combs as they snag and pull out curly/kinky hair. Invest in a quality brush; natural boar brushes are the best.
- Curly/kinky hair needs moisture, moisture, and more moisture! Consider this when purchasing hair care products. Avoid drying products such as hair spray, mousse, holding gels, etc. Opt for moisturizers, leave in conditioners, and styling lotions.
- All products are not created equal. Just because a product claims to be created for "curly hair" doesn't guarantee that it

will be suitable for ethnic curly hair. Products created for Nicole Kidman's curly hair may not work for Angela Bassett's. Caucasian hair tends to produce more sebum (oily secretion created by the sebaceous gland) than Black textured hair; therefore, Black hair requires more oil. Read, no, scrutinize the ingredient list. Look for natural oils and quality ingredients. Remember, the ingredients are listed in order of volume.

What You Need

Keeping a good hair regime not only requires using quality, salon grade products, but it also calls for using the proper tools when styling. Curly women and girls require the quality brushes and combs to not only bring out the best in their hair, but to avoid unnecessary damage and breakage.

- Wide tooth comb or pick, the wider the better.
- Natural bristle brush.
- Hydrating shampoo.
- Moisturizing Conditioner.
- A daily moisturizer – this will add needed moisture, and ease comb-ability.
- Natural oils to apply to the hair (I recommend pomegranate seed oil.)
- Cream hair dressing for light control of frizzes.
- Elastics for securing ponytails.

Schatzi's note of caution: While elastics are widely used and appreciated for their convenience, they can wreak havoc on Black hair. The gravest error in my view: rubber bands that are **TOO TIGHT!!!** The result is typically breakage at the point where the band meets the hair. Please avoid this major mistake. I recommend avoiding rubber bands at all cost. But, if they are used, they should be used gingerly. Coated hair barrettes and bows are far more gentle and appropriate for the hair; but where they are overly-tight, the result is the same.

“Black hair is extremely fragile. A gentle touch is required to avoid unnecessary breakage and hair loss. Therefore, always use a wide tooth comb or pick when combing the hair.”



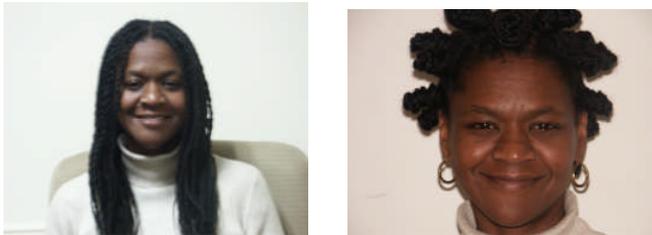
Schatzi's Massage
Oasis Waiting Area.

Versatility Has Its "Natural" Advantages: Variations on the Two-Strand Twist

This section is dedicated to highlighting the numerous styles that can be easily achieved with natural tresses. My personal style of choice is the Duet (2 strand twist). The only products in my hair are shampoo, conditioner and natural oils. To the nay sayers, I thought I better start with a picture of my hair before it's styled. In the first two photos, my hair has been loosened, and I'm all set for the shampoo bowl.



After shampooing and conditioning, I decide whether I want to blow-dry my hair for a longer look, or two strand twist it naturally, for a shorter look. In this instance, I blow-dried it and twisted it up. The bone-strait look that so many people adore can in fact be achieved with perfectly natural hair as shown in the third photo. I don't like the bone strait look very much though so I twist my twists into Nubian knots and rock that style for a while, usually the week-ends. Sometimes, I just sleep on them. I learned that trick from a Jamaican Rastafarian.



The next four photos are different angles of the Nubian knots style, away from the face, with and without a scarf adornment.



I've sometimes worn this style within the office environment. It makes for very interesting conversation. ☺ If you're on the shy side though, you may want to leave this one alone. When heading to the office, I typically loosen the knots in the morning (often while driving in the car—oops!) and I'm ready for the water cooler (see top of next page).



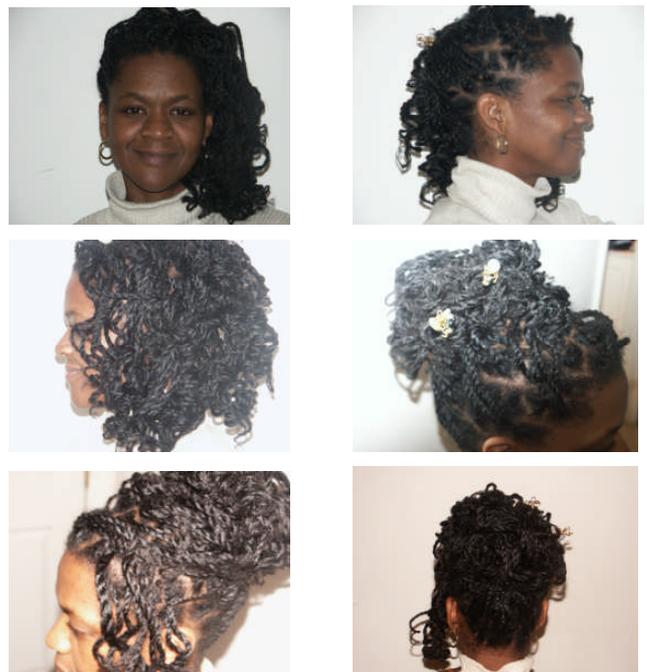
If I want an up do, it's fairly easy to achieve with just a few pins. The curls will last throughout the day.



Sometimes, I can't bother with the hair in my face or the up do, so I go for the conservative variation on a ponytail (see below). I often wear a simple ponytail when exercising, as it's a convenient option when active.



The final six photos are different angles of the side sweep and another up do style. Here, I use oriental mei fa sticks to hold the hair in place. I love these sticks. They're the absolute coolest!! (Continued on pg. 4)





Versatility Has Its "Natural" Advantages Continued...

In summary, the above styles are easy to achieve and all were created within a few minutes with the two-strand twist and Nubian knots as the foundation. There are numerous other options with or without Nubians, like buns, flat-twist variations, etc. Okay, I know what you're saying, 'I don't have your hair.' Well, my hair wasn't always this healthy or this long. In fact, I thought my hair couldn't grow when I was a little girl. After I learned how to work with my hair as it presents itself, it took on a life of its own. I just work with its natural tendencies rather than forcing it into to being what it's not.

In the next "Versatility Has Its Natural Advantages" segment, I'll show you the different options for short hair (I mean, long hair ain't the end all be all!) or for locks. I haven't really decided yet but I'll cover the full range of options before we hit the summer months.

In closing, I often hear considerable

frustration at the time and attention required to transition to natural hair. Well, I can safely say that anything worth having is worth working for. It's not a cake-walk but in my view, it's worth the journey. As a result of this journey, I don't mind walking in the rain or swimming in the summertime because I **allow** my hair to "snap-back." *It does what it do!* Of course, you have to be very careful with water and the two-strand twist because, if you're not diligent, you'll find that you're sporting locks before you know it. Kinky hair is active hair. The strands like to dance...a lot! So, take care to loosen your twists weekly if you're swimming or engaging in other water sports. Just an FYI. Until next time...Embrace the Beauty of You.

Schatzi

P.S. Special thanks to my sister Jasmine (the artist of all the original paintings at *Schatzi's*) for the camera and Shaundrelle, Yoneka and my sons Jela-ni & Jamar for indulging me with the photos. ☺

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"I often hear considerable frustration at the time and attention required to transition to natural hair. Well, I can safely say that anything worth having is worth working for."



A HAIRY Transition...or Not

March has arrived. With the spring fast approaching, I have the unenviable task of teaching my eldest son (now 14 ½) how to drive. Aaaaaargh!! The process has begun but, I can truly say I would be quite happy to wait another three or four years to transition into this new phase of life. A few weeks back when returning from an evening Taekwon-do class, he urged me to allow him to try. Well.....my dad gave me the wheel at the tender age of 12 and actually let me drive all the way home from the hair dresser. I can do this, I thought. So, I drove to the nearby vacant K-Mart parking lot and moved over.

Now, the car is a stick-shift, so I went back over the basics with him. But he's been watching the concept for his whole life so he understood the theory perfectly. Practice was of little concern to him. He was completely undaunted! *Rinnnnnggggg* goes the cell phone. I said something to this effect: "Hello! I'm very sorry but I can't talk right now! I'm teaching my son to drive and need to concentrate! I'll call you back a

little later!" I quickly closed the phone, with my heart racing and continued my driving instructions (while gripping the dashboard). I was expecting the car to move forward at any moment, but I soon realized that the car was not moving. I looked at Jela-ni see what was the problem. He then calmly turned to look at me with very innocent and sincere eyes and said, "Mommy, why are you so nervous?" He really didn't get it! So, I responded with equal sincerity and truth, "Jela-ni, I've known you since you couldn't do *one thing* for yourself. Now, you have my life in your hands. It's cause for concern!" He nodded affirmation, smiled and said, "I got this Mommy." He proceeded to put the car in gear and off we went. I was truly surprised! He did great!! The car didn't even bounce and rattle as he took off. Round and round the parking lot we went. It was a triumph! When he parked, I was honestly and embarrassingly relieved. "Wow! I said. That was great! Next time, we'll change gears."Okay, I'm a wuss!! (Story continued on page 6)

Poetically Speaking...

Thanks to all who came to the February session of Poetically Correct, as hosted by Row Lewis of www.libertyfellowshipcenter.org. The turn out was great! We had a ball. During this inaugural session, Row shared her poem "Love the Conqueror" with the group. We all loved it! The poem touched my heart so deeply that I had to include it in this issue. Row is not only a powerful orator but also a seasoned and gifted poet. In so many ways, I feel that she is truly my soul (spirit) sister. Thanks for sharing, Row. Much love. ☺

All are invited to the next session. You are free to share original works as well as favorites by noted poets. If you're like me, you may think that some original works are simply too personal to share but in our group, singing is also a welcome addition! So, see you on March 16th at 7pm! Oh, and special thanks to Ryan for being man enough to endure the estrogen levels in the room and remain free and unrestrained in the world of creative expression!! ☺

Embrace the Beauty of You.
Schatzi

Love the Conqueror
By Row Lewis

Throw love away...
Cast it into the darkest depths of hells fury,
And watch it come running back to you.

Tear it apart...
Into many pieces so there is nothing left of love,
And watch love, like its own puzzle find its way back together again.

Stomp on love...
Mashing it underfoot until you can no longer recognize it,
And watch it heal itself, bringing with it the familiar-ness of an old face.

Carry it in a crumpled up paper bag...
Filled with nothing but throwaways and unwanted garbage,
And witness its unfolding and self-cleansing renewal.

Dirty love, with cursing and resentment...
Call it out of its name, and be amazed at its tenacity,
When love stands strong and refuses to run away.

Bury love in work hours and monthly meetings...
Don't invite it to share in the goings ons of your life,
But love will hold on despite the neglect; love will never fail you.

Stifle love with your own two hands...
Take from it breath and the blessing of life,
And watch love resurrect; watch love, the conqueror love again.



Schatzi's Design Gallery & Day Spa, LLC

American's Turn to Massage for Pain Relief

Reprint of Article published on massagemag.com

A survey of U.S. consumers about their massage-therapy use shows that Americans turn to massage for pain relief.

Among the survey results:

- Women indicated massage therapy was their first choice when asked "what gave you the greatest relief from pain?" (24 percent versus 22 percent who chose medications as their number-one pain-relief choice).
- Men placed medications first (24 percent) and massage second (19 percent).
- Massage therapy was three times more popular as a form of pain relief among 18- to 24-year-olds than medication (34 percent for massage versus 10 percent for medication).
- Ninety-eight percent of 25- to 34-year-old

respondents believe massage can be an effective way to relieve pain, and 37 percent have already had a massage to relieve pain, while 48 percent of 18- to 24-year-olds have used massage to relieve pain.

The survey was the 10th annual massage-therapy survey of American consumers conducted for the American Massage Therapy Association (AMTA), with results released in late October.

The annual consumer survey was conducted by Opinion Research Corporation International August 10-13, 2006, among a national probability sample of 1,013 adults (508 men and 505 women) ages 18 and older, living in private households in the continental United States. The survey has a confidence level of plus or minus three percent.

For more coverage of the AMTA's annual survey, see "Consumers Use of Massage on the Rise" in the December issue of MASSAGE Magazine.



"Massage therapy was three times more popular as a form of pain relief among 18- to 24-year-olds than medication...."



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Embrace the Beauty of You.

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located at:

www.schatzisdayspa.com

A HAIRY Transition continued...

Now, you can only imagine my consternation to hear my younger son Jamar in the rear add, "It's my turn to try now Mommy." "Sorry son," I replied. "Not this time. You'll have to wait your turn and that will be when you're 14." He objected, "But granddaddy let YOU drive at 12! Why not me?" (He remembers EVERY BLASTED THING you ever tell him EXCEPT to clean up his room!! ☺) I replied, "Because granddaddy is braver than me and could afford to pay for that shed I destroyed in the process of learning at age 12." (Incidentally, he's also been known to drink to calm his nerves. ☺ I guess I'll have to rely on

nerve pills or something to that effect.)

Hmmm, now that I think about it, that trip to the hairdresser was the last time I recall going to the beauty salon while living with my two parents. By age 13, I was completely "au naturel." Well, I guess some transitions in life are just more dramatic than others.....

Trip to the hairdresser.... \$25
Bottle of nerve pills..... \$45
Destroyed utility shed \$250
Chance to bond with your child....
priceless!

Schatzi

Wedding Bells are ringing...besides, what's more "natural" than love?

I would like to take an opportunity to wish endless joy and matrimonial bliss to Terri Lynnette Porter and Michael Holmes for their pending nuptials. The couple will be joined as one flesh on

Saturday, March 31st. Their union is a wonderful testimony to the power of faith, love and steadfast obedience to the word of God. May God richly bless your lives together. I love you Terri.

Schatzi

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, 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. Come in and.... Embrace the Beauty of You.

Schatzi's Design Gallery & Day Spa, LLC
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