

# Au Naturel

## Feeling the Vibes of India...

I intentionally held this issue of Au Naturel to be able to provide my personal review on the India Arie concert which took place at the Durham Performing Arts Center on Sunday, May 10<sup>th</sup> (Mother's Day). It was my treat to myself and was probably the best Mother's gift that I can recall receiving. The artists leading up to India were quite good; Kem was even exceptional. But, India is just my girl. Her hit "I Am Not My Hair" is the unofficial theme song for *Schatzi's*. I feel her totally. So, she's the only one I'll spend time on for this issue. No disrespect but with limited space, I'm sure you understand.

First, I must briefly describe my lead up to the concert. The week before the show, I was still waffling about whether I would attend! Honestly, I wasn't sure I was ready for India! You see of all artists on the market right now, she's the one who consistently moves me. I knew she'd have me crying like a baby. Truly! When I describe her gift, I say that when spirits were standing in line to receive their gifts, "God kissed her...twice!" She is a favored child by the Creator in my mind because she is a little too efficient at conveying a depth of life and love and passion and spirituality with so few words. Her voice, her music, her passion, her lyrics, her delivery, her energy all merge to create a synergistic whole truth and honesty that can only be described as divine. Can you tell she's my favorite artist? Sure, Chrisette's got game! Don't get me wrong. I'd never deny her her props. But my vibe with Chrisette is totally on an artist plane. I love Ella Fitzgerald and Billy Holliday. So, to see a Chrisette emerge with a new age twist is like icing on a beautiful cake! But for me, that vibe is purely about the music. With India...it's about the spirit. You can't go deeper than that. It's about the whole, the connectedness, the oneness. So, I bit the bullet and bought a ticket in the center orchestra--seat, N 111...front and center. I had nothing to do with that location. It was divinely ordered as she so eloquently referenced in her opening prayer. She began with "*Grains and In Remembrance*," and as predicted the tears began to flow (for me)... as I knew they would. Her voice was hoarse that night so it was not the purest rendition of some of the songs that she sang. But with India, it is truly about the spirit. She didn't apologize for her voice and she honestly didn't need to. Because she delivered!! Following the opening prayer and the introduction, she expressed her own



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### Schatzi's Staff

Etheopea Balogun	<i>Receptionist &amp; Loctitian</i>
Tonya Barbee	<i>Lead Natural Hair Stylist</i>
Mateisha Fox	<i>Natural Hair Stylist</i>
Tamieka Vick	<i>Loctitian</i>
Schatzi McCarthy	<i>Manager</i>



## Feeling the Vibes continued...

spiritual state. In short, she was already on a spiritual high. In her words "I don't usually get to this place until much later in the show." I can only say that it was surely in large part due to the enormous amount of love and connectedness in that room. (As an aside, there were so many natural hairstyles that I gave up on even trying to hand out cards. There were just too many people and I was there to see India.) She continued with songs from her newest CD *Testimony Vol 2: Love & Politics*. In the salon, we've been vibing with that CD for months. The songs deliver a clear message that is powerful, graceful and true. Two of my favorite songs on the CD (also performed) are "Therapy" and "He Heals Me." But it was during her rendition of "River Rise" that the tears came

tumbling down...mine and later hers. (She took a brief hiatus off-stage to pull herself together afterwards.) She sang "Yellow" which has a definite Stevie Wonder vibe to it. She then brought her own Mom on stage to share her vocal gifts and to let the world know that "India got it honest." She neatly closed with the timeless classic "Brown Skin" and ended with a prayer wrapped in the words of "I Am Ready for Love." In a word, I enjoyed Mother's Day immensely!! I encourage all reading this segment to purchase the CD. It is truly inspirational! Closing words to India: "You remind me that self actualization is found in life and love and truth and a belief in our higher calling and a will to follow it...to a place where power and passion reign in abundance. Sing on, soulbird! You are blessed." Amen.

*India reminds me that self actualization is found in life and love and truth and a belief in our higher calling and a will to follow it...to a place where power and passion reign in abundance.*

### 5 Ways to Kindle Your Inner Glow

(Reprint of Beauty Care Tips posted on [www.dove.msn.com](http://www.dove.msn.com) on 3/18/2008)

Try these simple tips to let your light shine bright, and find joy and contentment each and every day.

Commit a Random Act of Kindness - The tiniest thing – helping an old person open the door, smiling at the cranky bus driver-- can help make someone else's day a little brighter, and give you a warm and fuzzy feeling.

Push a little harder – Channel your inner drill sergeant and run a little longer, walk a little harder, swim a few more laps, whatever you do to get your heart pounding and your face flashing will give you an all-over glow.

Meditate – You can do it almost anywhere, even for short periods of time, and still connect the benefits to mind and body. So clear your mind and take a deep breath.

Crack a joke – Share your favorite joke with friends and family. Laughter strengthens the immune system and reduces stress.

Be a beginner – Add a new move to your work-out. Take a course in something you've never done. Learning new things

## Five Tips for Maintaining Braided Styles

(Excerpt of an article titled "What Your Momma Ought to Have Told You About Cleaning Braids" posted on [www.mybraids.com](http://www.mybraids.com))

**WASH IT:** Clarifying shampoos are your best option for this task. Another badly kept "secret" is using horse shampoo. Yes, it has a picture of a horse on the bottle. No, it is not for horses but for humans. The high protein formula found in "Mane & Tail" is often cited as a beauty secret. Ask your stylist whether your hair texture is better off with a simple clarifying shampoo or a protein enriched one.

**TONE IT:** Optional for other folks, toning is essential to anyone who is serious about how to clean braids thoroughly. All it means is that you massaging your scalp gently. Since you do not want to disturb your braid design, be sure to only use the pads of your fingers. As you massage, follow any pattern that your braid designer created while sectioning your hair. Otherwise simply working from front to back, then back to front between rinses (see next step) will be fine.

**RINSE IT:** The bane of braiding is lint in hair. Often mistaken for dandruff or lice, hair lint is a collection of dirt, dust and textile fibers like towels that your braids can collect if you use hair products too much and cover your hair too little. A spoonful of apple cider vinegar (ACV) goes a long way in hair debris removal. Mix it in a ratio of 3:1 with distilled water after you shampoo. Remember to close your eyes!

**CONDITION IT:** Using a water based conditioner on the hair and an oil based light moisturizer for your scalp will help keep your hair both healthy and shiny. Do not go too heavy on the hair care products though or the ACV will become your best friend.

**GROOM IT:** Before styling, you will need to groom your hair. Air dry or use a microfiber towel to pat your hair dry. Do not rub as you may cause undue stress to your hair and scalp. This is the time to get knots out of hair or use a soft bristled brush to manage wisps of hair. If you are not satisfied with your grooming job, then call your braider for a "touch up."



## 5 Natural Remedies to Bags Under Eyes

(Reprint of article titled "Five Natural Methods How to Get Rid of Bags under Eyes" posted on [www.nutralegacy.com](http://www.nutralegacy.com))

Having bags under your eyes is not something most of us hope to see when we look in the mirror each morning. Unfortunately, it's a reality for many of us and most of us will experience this problem at some point in our lives. There is no miracle cure for bags under eyes because part of the cause is aging and changes in the collagen of our face. The good news is there are some answers to how to get rid of bags under eyes, and they won't require any plastic surgery.

**The Great Potato Treatment** - While you'll find produce used as a common cure for bags under eyes, this is one of the newer methods being touted as a success for some sufferers. The treatment is simple enough. You take a potato, slice it into fourths then slice one of those fourths into thin slices. Moisten your eyes and the area around you eyes with water and place the about five pieces on each eyelid for about ten minutes. One drawback to this method is that people with sensitive skin have reported irritation and over dryness because of the potato juice.

**Reduce Your Salt** - Although there are plenty of good medical reasons for not eating too much salt, if you're looking for a cosmetic one here it is. As you may already know, salt in the body causes the retention of water and that leads to puffiness in places, including under the eyes. Limiting the amount of salt you eat can reduce the problem and is easy to do. Don't eat so many processed foods and stop adding salt to your meals.

**Cooling Overnight Treatments** - Because those bags tend to be visible when we wake up, using an overnight treatment to alleviate the problem can be a wise choice. One of the easiest and safest is simply to take an ordinary washcloth from your linen cabinet at the end of your pre-bedtime routine. Get it soaking wet with cool water, squeeze out the excess water, and sleep with the cloth over your eyes as you sleep. Besides helping with the bags, this is also a good treatment for stress headaches and can help improve relaxation.

**Increase Vitamins Intake** - Good nutrition can have extensive effects on the body. Without enough vitamins, you're going to see a number of problems, including an increased likelihood of developing these unsightly dark circles and puffiness underneath your eyes. One way to improve the situation is to make sure you're getting enough vitamins, especially Vitamin K and Vitamin B-12. You can do this by add more foods rich in these vitamins to your diet or by taking supplements.

**Used Tea Bags** - Although cucumbers were once thought to be the best puffiness reducer, tea bags have become the top choice thanks to research which has shown tannin, a chemical found in the tea bags, will reduce discoloration and swelling. You'll see the best results if the tea bags are damp and cool tea bags on your eyes for up to 15 minutes in the morning. Keep in mind that only caffeinated tea has been shown to create the desired results.



## Style of the Month

**Classic Cornrows** – With the resurgence of cornrow styles particularly among men, one would rarely associate them with sheer elegance. However, this hallmark style is not to be under-estimated. For our style of the month, gentle twists and turns create a grace and elegance that demands a second look. In this photo, our model Yalyne is wearing cornrows in an asymmetrical wave pattern that recreates a rhythm and flow that says "one of a kind." The rows all flow towards the crown where strands are finished off with two strand twists. The twists are pinned in place with bobby pins and the style is framed with a tasteful jeweled adornment. It's ultra feminine!

Check out this month's issue of the *Independent Weekly* for another angled view of this graceful style. Bring the ad and receive a 10% discount on your next service.

## Schatzi's Design Gallery & Day Spa, LLC

258 W. Millbrook Rd.  
Raleigh, NC 27609  
(919) 844-1933

[schatzisdayspa@aol.com](mailto:schatzisdayspa@aol.com)

Find us on the Web:  
[www.schatzisdayspa.com](http://www.schatzisdayspa.com)

*Embrace the Beauty of You.*



## Upcoming Investment Opportunity

*Okay, this promo is all about being a good wife. ☺ As a rule, I try to make sure that everything in Au Naturel is about nurturance, inner and outer connectedness and the spirit. No matter how I turn and twist it, this one doesn't quite fit. But the message is an important one all the same so here goes: Today's house market presents many opportunities to purchase distressed, bank owned properties below market value. With the work of professional contractors, you can uncover the hidden potential in these homes to make them "better than new". On May 23, Horizon One Realty will provide a bus tour of local bank owned properties in Wake County. This is your opportunity to tour potential homes while consulting with contractors and bankers who specialize in home renovation. For more details or to RSVP please call Reginold Jones at (919) 451-8450 or Lloyd McCarthy at (919) 539-4338; [info@Horizon1Realty.com](mailto:info@Horizon1Realty.com). On second thought, a comfortable home is all about nurturance. ☺ Hope you are able to attend. You won't be disappointed.*

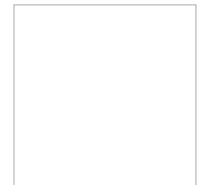
## About Our Organization

*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.

*Au Naturel* newsletter, an essential part of our information 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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Raleigh, NC 27609



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