

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

Special Interest:

- Women's Wisdom Unlimited will be hosting the screening of "Diary of a Tired Black Man" on Saturday, Dec. 12, 2009 at 5:30pm. The venue is 4405 Waterford Valley Dr., Durham, NC 27713. Discussion of the film will follow the screening. Due to limited space, please RSVP at 845-4550.
- **Schatzi's** will host the next Women's Wisdom Writing Circle on Saturday, January 30, 2010 from 4-5:30pm.

Individual Highlights:

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Season's Greetings

Hi All! Season's Greetings and holiday well wishes to you and yours! I must confess a bit of delinquency in the world of writing of late. But if you're a regular reader of Au Naturel and know me well, you know I've got to be in the zone to put "pen to paper" or should I say "hand to keyboard". So, it's all good. With this edition, you won't be disappointed. I'm totally there!! ☺ It's been a short while in coming but "it's all good!"

This issue is extra long because it includes information from the November and December issues. It includes articles with lots of hair care tips and ideas. For the poets among you, I've included an esoteric vibe that I penned last month. Upon re-reading it, I smile upon reflection of the place I was at upon its creation. Hopefully, you will find it to be a special holiday treat. And for you writing buffs, I've also included my response to the writing

prompt from our November 21st writing circle meeting, as organized by Dr. Theresa Edwards of Women's Wisdom Unlimited. This is just to give you a little flavor of the fun that we have at these gatherings. Hope to see you there in 2010!

And to add more spice to this season of giving, we're offering free deep conditions to clients who schedule between now and Christmas for their holiday hairdo!

Embrace the Beauty of You.

Home-Made Deep Conditioner Recipe

Reprint of a write-up titled "Deep Conditioner" by Mia Jones posted on www.pioneeringthinking.com

Note from Schatzi :

While we are offering a free deep conditioner special at the time of publication of this newsletter, I thought I'd also include a useful homemade recipe for those of you who prefer home-based hair care. While we would love to see you all at Schatzi's, we appreciate that individual preference is always what prevails. There are numerous internet based resources out there with homemade recipes but I've tried the

avocado recipe before and found it quite good. Let me know what you think.

Avocados contain vitamin B6 & vitamin E

The Ingredients

- 1 small jar of real mayonnaise
- 1/2 of an avocado

The Instructions

Put together in a medium bowl and squish together

with your hands until it's a minty green color. Smooth into hair all the way to the tips. Put on a shower cap or wrap your head with saran wrap.

Leave on for 20 minutes. For deeper conditioning put a hot, damp towel around your head -over the saran wrap. And if you have really long hair and only need deep conditioning at the ends, cut the ingredients in half and apply only to the ends and just wrap them.

Discouraged by Alopecia?

Reprint of an article of the same title posted on www.mynhcg.com



"Two years ago I made the decision to go natural. Since then I have not had major issues with alopecia."



Photos borrowed from www.outdoor-photos.com.

Baldness can be one of the most embarrassing situations to endure. Hair loss is not just physical. It takes an emotional toll as well. It is a difficult experience for anyone; man, woman or child. For many of us our hair is the ultimate accessory so when faced with thinning hair and bald spots it can be quite discouraging.

Alopecia is the medical term for hair loss. The cause of hair loss varies from genetics to hair care routines. If someone in your family has alopecia you are at a higher risk to develop it. While we cannot change who we are related to we can control other factors that contribute to hair loss. Several autoimmune diseases such as Thyroid Disease and Diabetes may affect hair loss. Seasonal allergies are a culprit too. If you are experiencing hair loss and unsure why take some time to study the side effects of medicines you are prescribed to take. Examine your lifestyle-do you have a healthy diet? Do you get enough sleep? Are you stressed? All of these factors are linked to alopecia but a definitive cause is unknown.

Alopecia Universalis is the total loss of hair including eyelashes and eyebrows. This is the most severe type but also very rare. Traction alopecia is probably the most common type of hair loss. It can occur from excessive and tight pulling (i.e. ponytails, cornrows) or too often. Certain products contribute to hair loss also. Avoid products that dry out your hair or on the other extreme are very heavy and clog the pores in your scalp. Traction Alopecia while the most

common is also the easiest condition to prevent. It can be easily corrected once identified.

I was diagnosed with Alopecia Areata or spot baldness several years ago. When I first noticed a thin spot in the middle of my head I immediately assumed it was the type of relaxer I was using so I switched products. My hair still didn't begin to grow back so I figured it was due to relaxing my hair too often so I tried to wait longer in between relaxers. Again, no real progress so I decided to just deal with it and wear styles that covered the thin area. I happened upon a stylist who could do wonders with short hair so I kept my hair short to disguise the growing baldness. Eventually, my hair began to come out in different areas...it was no longer just in the mid section of my head and became harder to hide. I asked a friend to take the clippers to it and shave it close (my first big chop was not by choice!) Once my hair was cut close the thinning areas became more prevalent. I had several quarter sized spots all over my head. Finally, I decided to see a dermatologist. My choices for treatment included a steroid injection into my scalp or a topical cream and medicated shampoo. I chose the latter. Since my hair was so short I decided to use a texturizer, still not believing I could live without

chemically treated hair. Unfortunately, the shampoo stripped my hair of all the chemicals! I wasn't ready to go natural yet so I stopped using the shampoo and continued to struggle with thinning areas in my hair.

Two years ago I made the decision to go natural. Since then I have not had major issues with alopecia. I still have an area of hair that does not grow as fast as the rest; however, I no longer have any bald spots. My hair is the healthiest it has ever been. Very recently I began to try natural recipes instead of commercial products to wash, condition and moisturize my hair. Within weeks I could see a visible difference.

One piece of advice to anyone experiencing hair loss is to educate yourself but be careful not to self diagnose. Simply changing hair care habits may not be enough. When one product doesn't work we are quick to find another in our search to find that miracle conditioner or moisturizer that will bring our hair back. We may even exchange one harsh treatment to our hair for another. It may be necessary to visit a doctor. If hair loss problems are ignored or untreated it could lead to scarring that may cause permanent damage and prevent re-growth. Anyone experiencing hair loss should take action quickly. Don't allow a bout with alopecia to keep you from a healthy scalp and a head full of hair. Be encouraged.

How to Two Strand Twist Natural Hair

Reprint of a write-up of the same title posted on www.ehow.com

1) First, make sure that your hair is clean and damp. Apply a leave in conditioner to the hair. If your hair was not damp from being washed, the leave in conditioner will dampen the hair enough to twist. If desired, you can also use a lock gel or pomade to help maintain the style.

2) Use your fingers to separate the hair into the sections that are to be

twisted. Do not use a comb to separate the sections. Using a comb to part the hair takes away from the natural appeal, and the parts allow the scalp to be more visible.

3) Once you have the section in your hand to twist, separate it into two pieces and begin to twist the two pieces around one another tightly. (Just as you would twist a little girl's

ponytail) There is no need for a rubber band or closure at the end of the twist. The coil of natural hair will hold the twist shape.

4) After the entire head is twisted, either blow dry or sit under the drier. It is very important that the hair is totally dry. Apply favorite hair oil for softness and sheen.



Photo borrowed from www.outdoor-photos.com.

Style of the Month: The Rod-Set Two Strand Twist

This style is without a doubt one of my personal favorites. It was not surprising to me that it has become a favorite among clients in the salon as well. I think the success of this style can be attributed to the fact that: 1) It works wonderfully with natural hair, whether transitioning or fully natural; 2) It is stylish and ultra-professional—a point that does not go unnoticed by those transitioning clients who are still influenced by the thoughts and opinions of others; and 3) It looks good on all face shapes and hair lengths. All around, it's A+! If you haven't tried it out, you're way over due! Here's how...

The Style Technique

Always start with clean, conditioned hair. (Tips on proper combing, shampooing and conditioning can be found

in the Feb. 2007 issue of *Au Naturel*.) Once your hair has been fully conditioned (and oiled, if you like), apply an oil-based mousse to assist with hold and longevity of the style. At this point, you can take one of two approaches, depending on the tools available to you, your hair and your personal preference. You can dry your hair before or after twisting it.

When drying first, you should use a blow-dryer with a comb attachment and avoid temperatures above 1800 watts. (*I personally prefer not to exceed 1600. All of this excess heat simply is not needed.*) Blow-dry the hair while combing it through. Once you have finished with drying, two-strand twist the hair all over. (Tips on two-strand twisting can be found above this article.) Then, select the size rod you want and using end wraps, rod set your twists starting at the ends and working up towards the

roots. The twists should be rolled on the size rods to suit the style that you want. (For example: spiral curls should be rolled vertically; diagonal curls are rolled forward to frame the face and backward for the reverse effect.) To avoid excess heat, sleep on the rods overnight and take them out in the morning. If you don't want to hand blow-dry your hair at all, you can two-strand twist it all over and then rod set the twists. You will definitely want to allow this style to dry a bit before sleeping on the rods. Otherwise, you can sit under a bonnet-dryer for 20-90 minutes, depending on the length and thickness of your hair and the heat setting of your dryer. When you think you're done drying, test a few sections at the rear and the thickest parts of your hair to be sure they are dry. When you're sure they are dry, loosen the rods. Separate the curls based on your individual preference. You are now ready to go!

"[This look] is stylish and ultra-professional—a point that does not go unnoticed by those transitioning clients who are still influenced by the thoughts and opinions of others."



Style of the Month

Understanding the Stages of Locks

Reprint of a write-up titled *Locking Stages* posted on My Natural Hair Care Guide at www.mynhcg.com

“The baby lock stage starts from the moment you start your initial locks until they first start to bud and mat.”

Note from Schatzi: *Our lead loctitian, Etheopea, proposed the inclusion of this article on lock stages. According to E, “I picked this one because all my clients that are starting locs are familiar with these terms but aren’t sure what “stage” their hair is in. I personally don’t believe in naming the stages because I look at the process as a whole... this may help them.” Like E, who has been wearing locks since age 4 and is a master at her craft, I tend to prefer the non-naming convention as well. But for those who need to know...*

Once you have your starter locks, if you are like most, [you] may be impatient to be completely locked. It is understandable but remember that locks are a lesson in patience. No matter what way you start your locks there will be an amount time that you will have to wait before they are completely mature. The amount of time will depend on your hair type and the method that you used to start your locks. Knowing the locking stages will help you to [be patient] as you are waiting. You will know what to expect and also when you are making progress. There are three basic locking stages baby locks, teenage locks and mature locks.

Baby Locks

The baby lock stage starts from the moment you start your initial locks until they first start to bud and mat. That could be anywhere from three to six months all depending on your hair type. If your hair is coily or curly it

may be on the shorter side. If you have wavy hair that is soft and fine you may have to wait a little longer for this stage to pass.

During the baby stage you will need to be extra careful with your hair if you have started your locks with coils, or rolls. You need to give them some time to set so you will want to wait at least 3 weeks (but no more than 4) to allow them to settle. During that time you can cleanse your scalp with an astringent and you will want to have your hair retightened by palm rolling or twisting.

If your hair was started by double twisting, braiding, interlocking, or with extensions, you will not have to worry as much about your locks coming undone but you still need to be careful while washing especially if you have a resistant hair type.

Teenage Locks

The teenage time is characterized [by locks] that may want to do their own thing. They will be budding, forming little balls of solid matted hair, in the middle and at the tip. Your hair may look very fuzzy and frizzy. And it can be frustrating to know what to do with it at times. Don’t despair; all locks go through this stage. It only lasts for a few months to a year.

Avoid the temptation to gel the strands i to submission, over twist or stress about your hair. It will turn out right in time. Just stay on top of your maintenance – re-twisting, palm rolling, or interlocking – for your lock type. Remember to separate your locks after washing to keep your bases from joining; and continue being patient.

If you started your locks with coils you will want to wash your hair every two weeks. If you want your hair to stay looking neat you will have to palm roll or twist your hair each time you wash. If you started your hair with braids twists or interlocking you have a little more freedom to wash your hair more often.

Mature Locks

Mature Locks are characterized by locks that are completely locked from tip to base. They are stronger and can stand up to most handling. Most locks reach maturity within two years. If your hair is coily or curly it will probably reach maturity sooner. Once your locks are at this stage, you may decide that you want to wait a little longer between maintenance or you can keep the same schedule. You will be able to wash your hair as much as you like and you can use some types of conditioner, which is not really recommended during the other two stages of the locking process.

“The teenage time is characterized [by locks] that may want to do their own thing.”



Poetically Speaking presents...

Wednesday Morning on the Stream of Consciousness

This morning as I write this brief note, I am enjoying my green tea in my beautiful State Fair pottery mug and I am surrounded by the sounds of beautiful music "Room 3"--a creative download of songs which are eclectic, timeless and nourishing. In the artistic space that I find myself, my thoughts reflect on the bounty of life and I succumb to this poetic vibe that beckons my heart to DANCE! Indulge me...as I say, "Good Morning!" Whether you're reading this missive in the morning, afternoon or evening, I salute you for being in this space to vibrate with my energy. And I pray that you Sleep Well! The day is overcast and the leaves are singing a symphony on the branches of the trees as the wind blows their melody into a weightless abyss. It feels like Sunday Morning...but it's Wednesday. I see birds flying all around and my heart feels as free and light as they are. Could it be the power of the art that surrounds and caresses my spirit or is it a general appreciation for life? I know not because in truth, they are the same--interchangeable oneness. What is a smile but a gentle record of soulful contentment; I smile at peace with the past, the present and the future. Life is a mysterious place where tangibles and

intangibles collide with rhythmic thunder and flow with the grace of a swan taking a tranquil sojourn on the current of time.

Sunday Morning Noon and Evening, I read The Color Purple for the first time. Last month, I watched the movie for the 1st time since its release in 1985. I shivered upon reflection. I cried upon reflection. Both times, I enjoyed the movie with excellent company...and I am humbled by the power of friendship. After this second viewing, my friend vowed with me to read the book and reflect on the full meaning that the author conveys. We spoke on the book and on life until the wee hours of this morning. What a kindred spirit! I felt glad that I hadn't read the book sooner. I would have never understood it. As I finished the last words and closed the cover, I saw a beautiful photo of Alice Walker--content and at peace with life and her own self-awareness. She was a reflection of me...and I smiled...and I smile. A thousand streams of consciousness flow into the river of life...and we wade in the balance of time. Some swim against the current...others go with the flow...and others seek the embankment for rest and renewal. Some reflect on moccasins and other water creatures and nearly



Photo borrowed from www.outdoor-photos.com.

drown struggling against the unseen and the unknown...while others swim with the river creatures and become one with them...embracing them as they are embraced by them...whispering words of love and understanding.

I was born to laugh and to love and to smile...as is all the world. I give thanks for beautiful laughter. I give thanks for silent tears. I aspire to be liquid and lucid in this river's current...that the trials of life may not mar my spirit and become manifest on my face. It is my intention to transition into the next life with the peace and calm that surrounds my heart today. What a realm of discovery--this place called Earth...this thing called life! I enjoy this plane of existence...though

*"I smile at peace
with the past, the
present and the
future."*

sometimes it truly makes me curse like a sailor. But not today...this beautiful Wednesday morning! Today, I am at peace. Today, I am peace. I strive to live in this eternal moment...always giving thanks. Sometimes I fail but always I intend. And so, I pray that your cup is full and at that you are at peace...in time and space. May God's love be with you...always. Mine is with you too.

Schatzi H. McCarthy
November 18, 2009



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& Day Spa, LLC**

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We're on the Web!

See us at:
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A Wise Woman Will Always Find the Way

Since the dawn of time, the universe has preached balance. It speaks balance through the rhythm of the birds and the trees, the flowers and the bees. The universe speaks balance, and I listen.

Ancient sages with their long robes, hidden deep within the bowels of monasteries preach "The

Way." It is called "The Tao," and all walk this path towards enlightenment.

Yin and yang flow eternally in a kinetic dance of the ages, swimming, circling, merging and flowing with the tide of time. Opposing forces, yet mirror images of sameness—reflecting all aspects of perfect unity

and balance.

So if balance is the tao, the tao is the way, the way is the path and the road is enlightenment, then walk this road with confidence my sister because whatever your journey, wherever you are in life...all roads lead to enlightenment; all roads lead to wisdom. And a wise woman always finds the way.

Schatzi H. McCarthy
November 21, 2009

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.

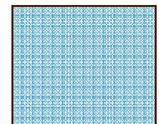
Schatzi's design gallery

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, facials and other skin

care services. 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.

SCHATZI'S
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EMAIL ADDRESS LIST