

Au Naturel

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What to Expect from a Massage Therapy Session

Reprint of article on massagetherapy.com

Embrace the Beauty of You

Schatzi's Design Gallery & Day Spa

Where Will My Massage or Bodywork Session Take Place?

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Who Will Perform the Massage or Bodywork?

[Y]ou can be sure your session will be conducted by a professional who has received proper training. ...Although no two massages are exactly alike, you may request a certain technique or modality. You may also request your preference of a male or female therapist.

Must I Be Completely Undressed?

Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

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Tips for Transitioning to Natural Hair

Reprint of article on curlyhairsalon.com

Embrace the Beauty of You

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Going from relaxed hair to natural hair is a process that involves patience, love and dedication. This is the time you decide you no longer want to relax your hair. At this point, you are "transitioning".

During this period, proper care must be taken to care for your hair. It may be frustrating sometimes dealing with the two textures – that's why some opt for "the big chop". This is the point where the relaxed hair is completely removed. Depending on how much natural growth you have, this may mean shaving your head or if you have an inch or two of new growth, you can cut the hair to the point of the new growth. This is known as a **TWA** (teeny weeny afro) - which looks great on most women!

If "the big chop" or TWA are not options you're willing to forgo, **try to embrace your hair during the transition period by practicing the following tips:**

Take the time and energy to care for your hair with the right styling options. In order to hide the two textures, you may opt for styles that require very little or no daily grooming like cornrows, braids, extensions, straw-sets or twist-outs. But, you must remember that **during this transitioning period – LOVE YOUR HAIR!**

One of the most important things to do is **condition, condition, condition!** Also, trim your hair gradually to get rid of the straight ends. This also aids in helping the hair avoid breakage. Another way to avoid breakage is to use a wide tooth comb, conditioning the hair regularly, and by giving your hair a hot-oil deep conditioning treatment. This is essential to restore moisture and balance.

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Will the Practitioner Be Present When I Disrobe?

The practitioner will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet or towel.

Will I Be Covered During the Session?

You will be properly draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed.

What Parts of My Body Will Be Massaged?

You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders. You will not be touched on or near your genitals (male or female) or breasts (female).

What Will the Massage or Bodywork Feel Like?

It depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. The oil also helps hydrate your skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when your body is not resisting.

Are There Different Kinds of Massage and Bodywork?

There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points, and more. Ask the practitioner about the methods he or she uses.

How Long Will the Session Last?

The average full-body massage or bodywork session lasts approximately one hour. A half-hour appointment only allows time for a partial massage session, such as neck and shoulders, back or legs and feet. Many people prefer a 60- to 90-minute session for optimal relaxation. Always allow relaxation time prior to and after the session. Hot tubs, steam baths and saunas can assist in the relaxation process.

What Should I Do During the Massage or Bodywork Session?

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

How Will I Feel After the Massage or Bodywork Session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

What Are the Benefits of Massage and Bodywork?

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Are There Any Medical Conditions That Would Make Massage or Bodywork Inadvisable?

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Your practitioner may require a recommendation or approval from your doctor.

Schatzi's now offers massage therapy treatments to include: aromatherapy, cranio-sacral, deep tissue, Swedish, Russian medial and Trigger Point massage. Call 844-1933 to schedule your appointment today!

CALENDAR OF EVENTS

GRAND OPENING!

SCHATZI'S DESIGN GALLERY & DAY SPA

SATURDAY, NOVEMBER 18, 2006, 1:00 – 5:00PM

Come and celebrate our grand opening! There will be an art & crafts sale, door prizes, meet & greet with Schatzi's staff, relaxing music, refreshments & more! Come one, come all!

WEB SITE DEVELOPMENT

Our web site is under development. It will soon be fully up and running. It will have information on spa services, prices and descriptions. Stay tuned!

MASSAGE THERAPY NOW AVAILABLE!

Licensed massage therapists are now on staff at Schatzis and at your service. Therapists will be on site on Saturday, November 18th to answer any questions that you may have about massage therapy sessions, techniques or personal health concerns. We hope to see you there.

Helpful Hints: Dandruff Home Remedies

Reprint of article by Cathy Wong - www.altmedecine.about.com

Dandruff is a common scalp condition characterized by white flakes on the scalp.

Dandruff is also known as seborrheic dermatitis. With dandruff, there is inflammation of the superficial layers of the skin, causing scales on the scalp and other parts of the body.

The mild scalp inflammation is caused by the body's reaction to the Pityrosporum yeast and to products that break down oils.

Some holistic practitioners believe that dandruff is dependent on the health of the entire body, particularly the digestive system.

Diet

Fried foods should be avoided. Reduce intake of fats, dairy products, sugars, chocolate, seafood, and peanuts. Increase green leafy vegetables and raw foods. Eat a whole foods diet.

Nutritional Supplements and Vitamins

Biotin – Biotin is a water-soluble B vitamin that helps to break down fats, carbohydrates, and proteins.

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Many women have sworn by this method and have said they have experienced very little breakage or no breakage at all.

Remember when your hairdresser told you to make sure you don't wait too long for your next relaxer? (6-8 weeks was the recommended time frame). Well, the reason she/he said this was because when you relax the hair, the structure of the hair is now modified. And depending on how straight your relaxed hair is this meant that the hair structure was altered that much more.

When you transition, the point where the two textures meet is known as the "line of demarcation". This is the weakest point. The curly/coily hair meets the relaxed or straight hair. At this point the structure of the hair is completely different due to the two different textures. This is the point where the hair is susceptible to breakage.

While transitioning, if you are conditioning your hair, comb the hair carefully with the wide tooth comb while the conditioner is still in the hair.

Leave the conditioner in the hair for 10 minutes and then rinse out. A great after wash and conditioner is **Infusium Leave-In Conditioner**. Add to the hair after washing and conditioning with the creamy conditioner. Infusium Leave-In Conditioner is a great product to use after every wash because it rids the hair of tangles.

Try to consult with a professional stylist to help you through your transitioning period. A visit to the stylist for a professional deep conditioning will also be very beneficial and helpful during the transition period. It's best to go to a stylist that embraces natural hair. The last thing you need is a stylist who makes you feel like you've lost your mind because you've decided to go the natural route. You need to surround yourself with people who support your decision. It's amazing how many stylists frown upon natural hair.

Your stylist will also be able to recommend the best products and methods to use for your hair. Another key point to having good hair (whether transitioning or not), is a healthy diet. So, get healthy! Try to eat right so that your hair will grow quickly and grow thick and

Schatzi's offers natural hair care services to include: twists, coils, locks, cornrows, micro-braids, cutting and general styling. Call 844-1933 to schedule your appointment today!

It is sold in supplement form and is also found naturally in foods. Food sources of biotin include brewer's yeast, nutritional yeast, whole grains, nuts, egg yolks, sardines, liver, cauliflower, bananas, and mushrooms.

Other nutritional supplements used for dandruff are:

- Vitamin B complex, especially vitamin B1 and B2
- Vitamin A
- Omega fatty acids, especially omega-6
- Zinc

Topical Remedies

Grapefruit seed extract – A few drops of grapefruit seed extract can be added to shampoo.

Tea tree oil – Look for a tea tree oil shampoo or add a few drops of tea tree oil to shampoo.

Apple cider vinegar – Mix 1/4 cup apple cider vinegar with 1/4 cup water. Pour into spray bottle and spritz onto your hair and scalp (avoiding the eyes) and wrap your head in a towel. Remove after 15 minutes to one hour and wash hair. Once to twice a week. This is a popular home remedy for dandruff.

Selenium-based shampoo – Selenium acts as an anti-fungal agent.

Flaxseed oil or vitamin E oil – Apply these oils to the scalp nightly and wash off in the morning. They can soothe and nourish the scalp. Use an old sheet or towel to protect your pillow.

Symptoms of Dandruff

Dandruff develops gradually. White or yellow (greasy) flakes appear on the hair and scalp, which may be accompanied by itching and redness. There is no hair loss.

People with the severe form of this condition may have yellow or red scaling pimples on the hairline, behind the ears, in the ear, or in the creases beside the nose. Factors that worsen dandruff are:

- genetics. Dandruff tends to run in families
- stress, emotional and physical
- climate (worse in the winter)

Dandruff may precede or be associated with development of psoriasis. People with neurological disease such as Parkinsons, or HIV may have severe dandruff or other forms of seborrheic dermatitis.

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