

Au Naturel

Schatzi's Design Gallery & Day Spa, LLC

Whazzup!!!!!!!!!!!!!!!!!!!!

Wow!! This month has been pretty fantastic! The first week began with a whirlwind of activity, including natural hair care discussions at Shaw University and the Durham Council for Senior Citizens. It was extremely busy and very rewarding. I look forward to repeating these efforts more in the future. By the holiday week-end, I was in Oklahoma chilling on a farm with my girls, Cheryl and Meiko! I honestly just met these ladies in June at a conference in Maryland and we all hit it off immediately!! We made plans to meet on the week-end before Columbus Day and in fact made it happen! Thanks a million for being such beautiful people, ladies. I look forward to the continued

friendship and fellowship! By the third week-end of this month, I found myself hosted by a wonderful new acquaintance and a most beautiful person, Caryl. She invited us to her home for dinner and celebration and prepared a meal fit for a KING!!! TRULY!! If you ever need a caterer, give me a call. She ROCKS!!!!!! In all, October was a month of communion-- beautiful new friendships.

The 24th ushered in a mini-family reunion that was DEFINITELY one for the history books! It was as controversial as it was blessed!! I give thanks! Then came my Dad's birthday. Today (as I'm writing this update) is mine!! I'm totally psyched!! Can you tell? I've been so busy and excited this

month, I almost forgot to get this newsletter out! Glad I didn't.

Things in the salon are beautiful and blessed as always. We give special thanks for that because it surely doesn't have to be so. In fact, we recently learned that the Board of Cosmetic Art Examiners will be licensing natural hair stylists so there's more than reason to celebrate on this front as well!! Well, early in the month, I felt real deep and reflective and had anticipated to share my soul with you in a very introspective kind of way. But right now, I'm just ready to go do this 5K that I committed to this morning. So, I'm out!! Peace and Blessings!! EVERYDAY!!!

Schatzi

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Getting Rid of Razor Bumps at the Nape of the Neck

This is a skin care tip that I gave to my eldest son when he experienced small razor bumps at the nape of his neck after a hair cut. His case was mild but rather unsightly to him. In fact, he's decided to lock as a result. But being a Mom and a natural hair stylist, I did NOT want him to start locks with such a condition left unchecked. First, let's understand the problem...

Ingrown hairs can often cause "razor" bumps in African American

males that can be a real nuisance to deal with, whether using clippers or razors. (The article on Pg. 2 goes into more detail on addressing this problem when shaving.) In my son's case, the bumps emerged from clippers. The problem is caused by ingrown hairs and bacteria. My recommendation to him was as follows: 1) make sure the clippers used are cleaned and oiled following each use; 2) use after-shave on areas that are very

close to the skin; and 3) don't pick with the area. After a problem has emerged however, treat the bump(s) with alcohol twice a day followed by *Organic Root stimulators Tea Tree Oil Anti-bump lotion*. (Please use a clean cotton ball to administer the treatment.) Continue the treatment until the condition clears up. This treatment worked for him so I not it will work for the men in your life. Let me know how it goes!

The Manly Side of Skin Care

Reprint of an article titled "Skin Care Tips for Black Men" by Sheron Hopkins posted on www.hair-n-skin-care.com

When it comes to caring for the skin, some of the methods that the black men follow are different from the methods of the white men. However, the general tips for both these races are; proper washing, using the right kind of moisturizer, and shaving the face with the use of the correct shaving products.

The most common problem that befalls upon black male individuals is the growth of ingrown hair. This kind of condition may lead to the growth of a curly hair within their skin. In turn, bacterial infection may develop and lumps will form over the affected hair follicles. Sometimes, the irritation usually leads to a discoloration. When the case is severe, it can result in permanent scars.

When this type of problem bugs you, then you have to look for ways to treat this. You should know how to put a stop to the growth of ingrown hairs in order to prohibit scarring. With the following skin care tips, you will be able to cease the further development of the hair within the inner surface of your skin:

- Before you shave, soften your face with the use of water and soap dilution. On the other hand, you can also opt to apply shaving cream. When it comes to softening your face, do not use a dry soap since this will

only make shaving difficult.

- While you shave your face, do not rush the process. You should take your time, and shave in short and slow strokes.
- Remember not to shave close to the hair follicles. When you do, the chances of growing your hair back are reduced.
- You should only shave in one direction. When you started the motion from the right side of your face, finish the process within the same direction.
- Make sure that the shaving blade you are using is sharp. Do not forget to change the blades regularly.
- If you want to prevent the formation of bumps on the pores, prevent pulling out your hair with the use of tweezers.
- You can opt for a depilatory treatment in order for you to shave off your hair well. The effect of this treatment is straighter hairs. Plus, you will be able to cure the inside growth of your hair. However, you should remember to consult with your doctor before you decide to undergo this kind of treatment.

Other than the aforementioned tips on the appropriate ways of shaving off the hair, there are also other ways for black males to take good care of their face and other skin parts.

- To remove the grime and dirt off from your face properly, you should wash it



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completely. Do this, at least, two times each day.

- Your shaving cream might contain chemicals, which causes dryness. In order to avoid this, apply a moisturizer to condition your face after you shave.
- When it comes to choosing after-shave products, make sure that these are mild for you.

After you take a bath or wash your self, apply moisturizing lotion all over your body.

Bad day: Chris Rock is sued over 'Good Hair'

Reprint of an article by Access Hollywood posted on msnbc.msn.com on Oct. 6, 2009

LOS ANGELES - Chris Rock's new film, "Good [Hair](#)," is having a bad day.

The funnyman is being sued over his new movie, a documentary which looks into the lengths members of the black community go to in order to change their hair, by a filmmaker who claims a film she made — and allegedly screened for the actor — is similar enough to Rock's movie to be considered copyright infringement to the tune of at least \$5 million.

According to the lawsuit filed by Regina Kimbell in United States District Court, Central District of California, Kimbell claims Rock's new film is very similar to her own film, "My Nappy Roots: A Journey Through Black Hair-itage." In her lawsuit, Kimbell claims there are over a dozen similarities between her film and Rock's, including their titles, which she says are opposites on the spectrum of how a person defines black hair.

She also claims both films are "socially and politically conscious"; both films were inspired by the filmmakers' respective daughters; each film includes interviews with medical professionals — in the case of "Nappy Roots" a doctor was used while "Good Hair" used a dermatologist; both films interviewed hair care pioneers; each film looks at how India is involved in the use of weaves; both films have comedians to add "comic relief"; both have "celebrities tell their own hair stories"; both tour a "manufacturing plant where hair relaxers are made" and more.

She also claims "Good Hair" is "clearly copied from" her own film. In the court filing, Kimbell claims Doug Miller, now an Executive Producer of "Good Hair," requested a screening of "My Nappy Roots" for Rock over two years ago. She alleges in her legal filing that she

asked Miller to sign a non-disclosure agreement with respect to the film and she claims he said he would.

During the alleged 2007 screening, Kimbell claims Rock yelled at the screen during a segment about Indian hair, saying, "We have to go to India!"

Following the alleged screening, Miller said she learned Rock was working on a film about black hair and she felt "stunned and violated." She also claims following the screening, Miller "refused to sign the non-disclosure agreement."

Kimbell is suing for copyright infringement, unfair competition and fraud and deceit among her complaints. She is seeking a trial and at least \$5 million.

A rep for Rock said the star had "no comment" when contacted by Access Hollywood.

The Seven Secrets of a Joyful Life

— Excerpt of a re-printed interview with

Dr. Wayne Dyer & Glen Paskin of *Family Circle Magazine* printed in June 2005; posted in part at www.drwaynedyer.com

Note from Schatzi: *I read the book The Power of Intention by Dr. Wayne Dyer about a year ago. I found that the book very well articulated some of the fundamental principles that I believe about life but was never so reflective as to write down. One of those principles is that 'There is no scarcity.' I believe this at my core. Sure, scarcity can be situational but in the broader context of life and existence, I see time and again that there is no such thing. So if we are not ruled by situational aspects of life, then we can truly live in peace and happiness. This way of living is one that I strive to achieve everyday. Sometimes I'm successful; other times, I falter. But in the end, my "intention" leads me ultimately to 'fish on the right side of the boat' (or so we pray). This write-up is a small excerpt and interview of an article published in Family Circle magazine. Dr. Dyer has posted the link on his website. If you feel inspired, check out the book. You won't be disappointed—only challenged to live and see life differently.*

Glen: What is intention?

Dyer: It's the difference between motivation and inspiration. Motivation is when you get hold of an idea and don't let go of it until you make it a reality. Inspiration is the reverse—when an idea gets hold of you and you feel compelled to let that impulse or energy carry you along. You get to a point where you realize that you're no longer in charge, that there's a driving force inside you that can't be stopped. Look at the great athletes, musician, artists, and writers. They all tap into a source.

Glen: What is that source?

Dyer: Some call that source God or soul or spirit or consciousness.

Glen: What if you are not religious?

Dyer: It has nothing to do with religion. I'm talking about a source of energy that lives within each of us.

Glen: Tell us about what you call the Seven Faces of Intention: **creativity, kindness, love, beauty, expansion, abundance, and receptivity.**

Dyer: All seven are expressions of what I imagine that source to look like. First, the very fact that we exist is proof to me that the nature of that source is **creative** at its core. And there isn't a person reading this who does not have a gnawing sense inside that there's something they're here to do, something creative.

I always say: Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul. When you do this, you're also tapping into another face of intention: **love**. If you're doing what you love and loving what you do—whatever it is—you make a living at it!

Glen: But fear stops people.

Dyer: Yes, it does. In fact, Marianne Williamson

has written that there are really only two primary emotions in the universe, love and fear. So anytime you're feeling anxious, insecure, worried, angry or resentful, you've left love and entered fear.

Glen: How can we counteract that?

Dyer: The most profound and important thing a person can do to erase fear and access the power of intention is repeating these five key words: I want to feel good! This is the same thing as saying, I want to be in harmony with the source of well-being. ...

Glen: Do you know anyone who has mastered this?

Dyer: Just watch babies. They're in a constant state of **love**. How could they possibly be so joyful? Because they're in harmony with the source. They have no resistance to being joyful—unlike adults. You didn't come forth into this world to suffer, to be anxious, fearful or depressed. Remember, your thoughts, not your world, cause you stress. And you can change your thoughts.

Glen: In fact, you say that one of the fastest ways to transform fear into love and tap into the source is through another face of intention—**kindness**.

Dyer: Absolutely true. Choosing to be kind is also a choice to make the Power of Intention active in your life. The beneficial effects of kindness on the immune system and the increased production of serotonin have been proven. Conversely, unkindness weakens the body and puts us into a state of dissonance. So extend acts of kindness; ask for nothing in return. ... for every act of violence and messiness there are a million acts of kindness and goodness. It just depends where you look. And when I look around at virtually anyone or anything on the planet, I can see another face of intention—**beauty**. ...

Glen: So paired with kindness would be another face of intention, what you call **receptivity**. No one and no thing is rejected?

Dyer: Exactly. Whenever you have a thought that excludes or judges anyone else, you aren't defining them. You're defining yourself as someone who needs to judge others.

Glen: But don't we all judge one another?

Dyer: Yes, we do. But doing that less is one of those things we want to practice. Anytime I judge another harshly, I always find myself feeling worse.

Glen: In your book, you write that controlling ego is intention's enemy.

Dyer: Ego is the part of us that believes: I am what I have, I am what I do. I am what others think of me. All this is just an illusion. The problem? If you are what you do, then who are you when you don't do it any longer? If you are what you have—

then when you no longer have it, you no longer have any value!

The truth is that we are all spiritual beings. And when you see yourself as a piece of God, then you see yourself as connected to everything and everyone.

Glen: In that heightened state, you write that we're more likely to tap into the faces of **expansion** and **abundance**.

Dyer: Absolutely. We need to connect with the image of an expanding source—one which never becomes stagnant or gets tired of growing and improving. And when we see there are no limits to our potential, we can tap into abundance knowing there's more than enough.

Glen: What's the difference between will and intent?

Dyer: Will is the idea that I'm going to make this thing happen. Intent is inspiration—allowing it to take place. I don't say that will is bad. But it's the work of the ego—believing that we are controlling everything—rather than surrendering to the source of energy that is greater than any of us. In my children's bedroom, I framed this message: "Good morning. This is God. I will be handling all of your problems today. I will not need your help, so have a miraculous day!"

Glen: But if you let God handle everything, you'd never bother to go to work, pay your bills or do your laundry.

Dyer: That's not true. God goes to work with you and does the laundry with you too. There's no place that God is not.

Glen: But you can't just wake up in the morning and do nothing.

Dyer: It's not about doing nothing. In the recovery movement, they call what I'm talking about letting go and letting God. (If you're uncomfortable with the word God, just add an o and make it Good. The two words are interchangeable.) It just means allowing this divine source of **kindness, beauty** and **creativity** to be the dominant force in your life—whatever you're doing. I truly believe that God writes all the books and builds all the bridges. Sure, I sit down for six or seven hours a day with my pen and pads—but the message moves through me and I just allow.

Glen: And when we're able to align ourselves with the power of intention, how will our lives change?

Dyer: I think you'll experience calmness where there used to be anxiety. You'll leave others feeling energized, so people will want to be around you. You'll start seeing miracles showing up—the right person, unanticipated abundance. You'll feel like you're collaborating with the universe instead of it working against you.

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Embrace the Beauty of You.

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.

We're on the Web!

www.schatzisdayspa.com

Skin Care Tips for Teens

Reprint of an article by Lisa Smegal posted on www.docshop.com on March 18, 2009

Being a teenager is difficult enough as it is, but when you toss in horrible teenage acne, it becomes a down right nightmare! Many teenagers suffer from this awful condition due to the hormonal changes that their bodies are experiencing, but there is hope. With proper skin care, teens can help to control and prevent their acne breakouts, and have clear skin they won't be embarrassed by.

Developing a Skin Care Routine

While hormonal changes may make some acne unavoidable, with a proper skin care routine, teens can help to prevent breakouts from becoming to severe, and help minimize the appearance of pimples. Developing a skin care routine is easy, and once you get in the habit of doing it regularly, you'll definitely be able to see an improvement in your skin.

The first step in developing your teen skin care routine is to start washing your face twice a day. This will help to remove excess oil, which is a large contributor to teen acne. Regular cleansings will help prevent breakouts from occurring. You will want to use a mild facial cleanser, not soap, and gently cleanse the skin once in the morning and once in the evening. Don't over wash the skin, as this

can cause the skin to dry out and become unhealthy. You also don't want to scrub the skin too hard, as that can cause irritation and aggravate current acne breakouts.

Next you will want to find a skin toner to use. A skin toner will help to restore the skins natural PH balance, and keep oil and bacteria from building up. You can use a toner after washing your face, as well as throughout the day to get rid of any oil that has built up, and help your skin feel refreshed. Find a mild skin toner that does not include high levels of alcohol, which can dry the skin out too much.

Finally, find a good moisturizer that contains an SPF for sun protection. You want to avoid heavy moisturizers that will clog pores and cause your acne to become worse, so look for a mild moisturizer made for the face.

For teens who suffer from severe acne, professional Blue Light acne treatment and use of professional skin care products may be appropriate treatment options.

Other Considerations for Good Skin Care for Teens

Besides having a good skin care routine, there are other things that

teens can do to help control acne breakouts, and prevent scarring from occurring, which is a common problem with teen acne. One thing that teens can do is to get in the habit of not touching their faces. Frequently touching your face transfers oil and bacteria from your hands to your face, which will cause the facial skin to break out.

Also, as tempting as it may be, do not pick or squeeze pimples, which will aggravate the skin, and can cause permanent acne scarring. Young teen girls should avoid wearing heavy makeup, which can cause the skins pores to become blocked and exacerbate acne occurrences, and young men that play sports should routinely cleanse their skin after playing, to help remove sweat and oil.



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