

Au Naturel

Schatzi's Design Gallery & Day Spa, 258 W. Millbrook Rd., Raleigh, NC 27609 (919) 844-1933

Special Events:

- Poetically Correct, our poetry sharing series, will be held on Friday, Sept. 21st at 7pm on the 2nd floor of Schatzi's.
- Schatzi will present a paper titled "Cross-National Perspectives: A Case Comparison of Breastfeeding Practices in Jamaica and the US" for the UNC-CH and UNC-G Schools of Public Health Breastfeeding and Feminism Symposium. The symposium will be held at the William & Ida Friday Center on Sept. 24-25, 2007.

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Salon Greetings

Greetings from Schatzi's. As I'm writing this greeting, I'm here in the salon communing with some of our clients and just mellowing with the music which is an integral part our spa experience. It's almost a spiritual experience. I've connected with some very beautiful people today, and I feel so blessed to be here. I just wanted to thank you all for your support. I feel humbled by our clients and their candidness in sharing their experiences and their lives. One client today said, "Wow, I like my hair! This is the

second time in my entire life that I've actually left the salon liking my hair style." I thought, "Wow! That's deep!" I don't feel responsible for her happiness as much as I'm just happy to be here and put a smile on her face and offer her an alternative that she's comfortable with. What a special gift! Another client yesterday had such a wonderful massage therapy experience that she stated, "She's the best I've ever had. She's good." SHE is my dear friend Jamillah El Bey who does reflexology and Reikki

massage. These services are not part of our official program but if our clients want them, we'll make it happen.

September heralds the onset of fall. I look forward to meeting the new people that I will encounter and offering a quality of excellence that is deserved. We ever strive for the mark.

This edition of Au Naturel includes a few photos from our 1st year anniversary party. It was a fine affair! Thanks to all who attended and sent their well wishes! As always, enjoy and... Embrace the Beauty of You.

End of Summer Hair Care Tips

Well, ladies and gentlemen. The summer has come to a close, as we prepare for another winter. August was a scorcher month—the driest in NC's recorded history, I heard. With temperatures regularly topping out in the 100s, it's no surprise that many will be looking forward to the fall.

As you prepare for the winter months, I have no doubt that many of you are seeking refuge from summer abuse of your hair. It's to be expected with the trips to the beach or pool and regular exposure to the sun's heat. The following tips may prove helpful as you recondition your locks back to

normalcy.

Get a Trim

- If you find that your ends are regularly catching in the comb, this is a sign that you have split ends. Now may be a good time for a trim. If you don't know how to do a good trim, please seek professional help. Using the wrong scissors or technique could make matters worse.

Give the Braids a Rest

- If you've worn braids for the summer, especially extensions, now might be a good time to give your tresses a chance to breathe. They'll thank you for it. Your hair edges will

also appreciate the hiatus. If you go through withdrawal without braids, find a style that you can work with and rock it for a few months. It's all about the attitude more than anything else! Be daring; be free...Just Be.

Get a Good Deep Condition

- I cannot over-emphasize the importance of this tip. Deep conditioning is the difference between good hair and GREAT HAIR. If you're a do-it-yourselfer, read the article called "The Anointing." It should prove helpful to you. Otherwise, stop by Schatzi's for a treatment. We'll set you up right! ☺

Embrace the Beauty of You.

The Anointing

“...thou anointest my head with oil; my cup runneth over.” (Psalm 23:5)



Christine & Johnnie White

Here are Schatzi's, all new clients are introduced to our facility and provided with a free consultation to acclimate our staff to individual hair care needs. During this consultation process, one of the questions that we ask is "Do you oil your hair?" And "if so, how frequently?" The interesting thing I find is that I often see people squirm a bit with this question. I'm not really sure about the nature of the discomfort. But it conjures up images of Mom asking, "Did you put your hand in the cookie jar?" Or something to that effect. First let me say (in case it needs to be said), there is no shame in oiling your hair. Oil is a blessing to the hair and the body. [Now, I didn't say anything about "grease." Avoid grease like the plague! It's neither for your arteries or your hair. Trust me. If it's got petrolatum, it's grease!] With that said, years ago, I recall watching the Oprah show and seeing Oprah's personal stylist prepare her hair for a show. The stylist pointed out that he does NOT put oil on Oprah's hair. Oprah then proceeded to profess and explain why Black hair can be washed everyday and that it does not need oil (as she followed up with a healthy shake of her head to show the movement of her locks.) Well, Oprah's hair is relaxed and her stylist is paid to tend to her personal hair care needs alone. Sorry, I aint' got it like that. If I did, I might wash my hair everyday too.....Nahhh! I wouldn't. It's just not necessary. Not for me. I try to treat my hair like a fine silk blouse. I'd never wash it everyday.

"Tea tree oil is beneficial for the hair because it can treat the symptoms of a dry scalp as well as problematic oily hair."

All the same, the most important thing that hair needs is moisture. If you are conditioning your hair daily (which some of our clients do), you may not need to oil your hair. However, a weekly hot oil treatment would still serve you well in providing a deep conditioning treatment for your hair. But, it's important to remember that oil and water don't really mix. Water provides moisture, which is essential to hair elasticity and vitality. Oil seals in moisture. The greater the amount of time that you go between washings, the greater the need to seal in the moisture that is within the hair strand to avoid dryness. It's very important to pick the right type of oil to meet this need, however. So, the following excerpt is provided to assist you with your selection. Here at Schatzi's, we style with (and sell) "Nature's Blessings" which is an all-natural pomade that uses no petrolatum-based products. It's great for the hair and is surprisingly light. However if you like homemade recipes, check out the Jojoba oil recipe at the end of the article. Your hair will love it!! By the way, it's also great for the feet. ☺

Embrace the Beauty of You.

Reprint of an article titled: "How to Choose Natural Oils for Your Hair" from www.icarefair.com

Introduction

There are two types of oils that can be beneficial for your hair. These two types of oils are essential oils and carrier oils. Essential oils are fragrant oils that are actually the concentrated essence of the plant. Essential oils are light and do not feel like an oil, but they also evaporate quickly. Essential oils are usually added to a carrier oil to be applied to the hair. Carrier oils are oily in texture and can be oil from a seed, fruit, vegetable or nut. Different oils present different opportunities for the hair to be nourished with the unique nutrients present in each.

Essential Oils

Choose the highest grade essential oil available. Try to purchase complete oils or genuine Grade A oils for the most natural oil with the least amount of chemicals and additives. Lavender, chamomile, and rose oil are all essential oils used in hair treatments. Some other essential oils for the hair include:

Tea Tree Oil

Tea tree oil is beneficial for the hair because it can treat the symptoms of a dry scalp as well as problematic oily hair. The oil has been used to treat dandruff, and has a unique astringent smell that is suitable for male or female use.



Deidre, Noriko & Theresa

Poetically Speaking...

The month of August was a very thoughtful and reflective month for me. It's almost cliché to say but "life is good." In all, there is much to give thanks for. Aside from the festivities at *Schatzi's*, I saw my son Jamar, participate in his first marching band performance! He was so proud to be with the band and he looked good. They looked and sounded good. He chose band over football, much to my relief and I believe to his fortune. After all, the Southeast Raleigh Magnet High School Bulldog marching band will be performing at the Citrus Bowl halftime show this year while the Bulldog football team will have to watch the game on TV! Who knew?! He's certainly not complaining though. ☺ Look for the trumpet player with the black trumpet and the very serious, yet somewhat uncertain expression on his face. That's Jamar. ☺ He should catch onto the footwork by December, so he may be minus the uncertainty. ☺

August 19th ushered in the anniversary of my first son's birth. We celebrated with a party for him and his friends on the 18th and then my family came to visit in the evening. My entire family was together for the first time in years, and there were NO ARGUMENTS!! ☺ I was honored that they chose my home as the venue for this august (no pun intended) gathering. In all, 13 people slept at my home on August 18th. It

was indeed a lucky number. I had no prior knowledge of my family's pending visit, so it was very special week-end that I will remember for the rest of my life. Also, God showed his favor to the Caribbean, as one dear soul rightly states. While Father McCarthy's roof is gone, thankfully that's all that the family lost.

I say all of that as a preface to the fact that many of us missed our every 3rd Friday gathering of Poetically Correct that week-end. It was not to be last month; but we give thanks for another month and another opportunity to commune in the spirit of poetic expression. During this reflective month, I have also endured the usual share of struggles, as life is want to provide. Still, we give thanks and praise and press on.

With that thought, I have decided to share two pieces that I wrote on "*life*." The first, written the week of August 19th, reflects my desire for peace and serenity in a world of confusion and turmoil. The second is actually a letter that I wrote to my children in 2006. It's strange to say but, I woke the morning I wrote this piece and believed with all my heart and soul that I was going to die THAT SAME DAY! Don't ask me why. I have never felt like that before or since that day. I was neither depressed nor in poor health. It was very strange, but I was convinced. I was resigned to my fate but I could not find peace within myself until I penned this piece. Once it was written, I delivered it to my sister, whose office is about 25 steps from my own. Not surprisingly, Jasmine

searched my face waiting for the punch line when I told her why I wrote this one. Once it was in her capable hands, I could relax...and wait. Well, I didn't die. ☺ We give thanks for God's mercies. I'm sharing this piece this month because I will be presenting at the UNC-CH/UNC-G Breastfeeding & Feminism Symposium on Sept 24th. In anticipation of that event, it feels appropriate to offer a piece that speaks to the power of a mother's love. I will be sharing a different piece on the 24th, also speaking to maternal love. But you'll have to come to the symposium if you want to hear that one. ☺

As for our faithful readers, I invite you to participate in the next session of Poetically Correct, to take place on Friday, September 21st at *Schatzi's* in the 2nd floor Sharing room at 7pm.

Embrace the Beauty of You.

Silence will suffice

Life is like a labyrinth.
Full of twists and turns, and hidden corridors.
Dark alleyways and clear pathways.
Turn one way, hit a wall; turn another way, hit a wall; turn another way, hit a wall.
Do I always have to go backwards to move forward?
Maybe, I should just look UP.
Shhhh.

I will move outside of the matrix that I find myself in.
I will chart a pathway to the soul.
It will ascend and transcend and descend and become.
Here is where music lies.
What a beautiful song.
Let's dance.
Ahhhh.

Sometimes,
Words are not enough to say what is in the heart.
Silence will suffice.
Sometimes,
We do not speak though every fiber of our being pours forward with emotion.
Silence will suffice.

Endurance is a race best run alone.
I will coach myself through the maze.
But I will stay the course.
Pace yourself.
Be strong; have faith.
Be still and know...
Shhhh.

Tonight, I will dream Nirvana.
Sleep, the Heavenly gift of gold,
Is delicately peppered with joyful songs of peace and beauty.
I eagerly await the nightfall.
For tonight, I will dream...
And silence will suffice.
(Sigh)

Poetically Speaking Continued... (from page 3)

ALWAYS I AM

You always knew this day would come. It was never a matter of IF, always when. The day has arrived. Rejoice in the truth of this moment. It is life, it is destiny, it is reality, it is truth. You shed tears for me because you do not know the future. You do not believe that you will see me again. Your father is miserable because he has no faith. He does not believe that I will remain with you always. But, I do not share your father's belief system. I KNOW that I will always be with you. My time as a human being on this Earth has ended, and I can no longer share your space in this physical realm. I have taught you all that I can and you have learned well. You will continue to remember and to know all of the lessons that I have taught. In the briefest moment of time, a small reflection will close the circle of knowledge and you will remember and know. You cry because you will no longer see me as you have known me but I rejoice because I have wanted to protect and guide you your whole life. In this physical plane, I have been limited in my ability to do that, as all humans are. But, in the vastness of the spirit world, the blessings that I can bring to your lives are limitless.

Good-bye my children...I will miss talking with you immensely. But alas, In the salt of your own tears, taste the legacy of self-confidence and comfort that I have passed onto you
 In silence of the night, hear the sound of my voice
 In the symphonic tapestry of autumn leaves, see my outstretched arms
 In the fragrance of the morning dew, smell my maternal essence
 In the gentle sway of the summer breeze, feel the warmth of my embrace
 And in the eternal passion of the sea, know the power of my love for you...

When you look in the mirror and witness the beauty of your form and the richness of your skin, know that you are blessed. For when you smile, you will see me. I'll be smiling too.

Love always,
 Your mother -- Schatzi Earlyn Hawthorne McCarthy
 February 7, 2006

Did You Know? : The State of Our Strands

(Excerpt from August 2007 issue of Essence Magazine Special Report on Hair Loss)

<p>"African-American hair is significantly more fragile than Caucasian hair," says Victoria Holloway Barbosa, M.D., dermatologist and director of the L'Oreal Institute for Ethnic Hair and Skin Research. She adds: "Hair breakage and loss are seen more commonly in African-American women than in</p>	<p>women of other ethnicities." The L'Oreal Institute has found that an estimated 60 percent of African-American women report having problems with hair breakage, and 27 percent experience hair thinning or loss. "Hair loss is pervasive because of how Black women style their hair,"</p>	<p>maintains Monte O. Harris, M.D., of Cultura Cosmetic Medical Spa. "The main complaints we see at Cultura are traction alopecia, which usually results from weaves and braids, and CCC (central centrifugal cicatrice alopecia), which is related to excessive heat styling and chemical processing.</p>
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"I have found the paradox that if I love until it hurts, then there is no hurt, but only more love."
 Mother Teresa



Mother & Child x 2

"Hair loss is pervasive because of how Black women style their hair."

The Anointing Continued... (from page 2)

Sandalwood Oil

Sandalwood has many properties that make it good for the hair and scalp. The oil is an astringent, an anti-inflammatory and an antiseptic. Use sandalwood oil to soothe a dry and irritated scalp.

Orange Oil

This invigorating and vibrant smelling essential oil aids the hair by regulating the production of sebum, the hair's natural oil.

Carrier Oils

Choose high grade carrier oils with essential oils for conditioner combinations that will help moisturize dry hair. Carrier oils can be used in conjunction with essential oils or on their own to treat the hair. Olive oil, almond oil, and castor oil are all carrier oils suitable for hair care. Other carrier oils for the hair include:

Jojoba Oil

Jojoba oil is useful for the hair because it closely resembles the hair's natural oil called sebum. This oil can be used by itself as a hot oil treatment, or mixed with a different carrier oil for a specialized conditioning treatment.

Avocado Oil

Avocado oil is full of vitamins your hair needs like vitamins A, E, D and potassium. Avocado oil is not heavy even though that avocado has the heaviest amount of protein in any fruit.

Grapeseed Oil

Grapeseed oil is popular because it is odorless and full of minerals and vitamins that help strengthen your hair. It is an odorless oil, and can help add shine and moisture to your hair. Grapeseed oil is known for having a high content of linoleic acid, an important fatty acid that supports cell health.

How to Use Natural Oils to Treat Your Hair

You can purchase your own essential and carrier oils and mix oil recipes for yourself that will combine your hair health needs with your personal fragrance preferences. When making your own oil conditioning treatment use 4 tablespoons of carrier oil per drop of essential oil for a strongly aromatic blend when mixing your own oil conditioner recipe. To make a hot oil treatment, mix your oils and place them in a plastic container or bag. Place in

hot tap water for one minute. After normal shampooing, coat your hair with the oil and let it set for 5 – 15 minutes. Rinse with warm water, then cool water. Repeat to treat severely damaged hair.

Jojoba Hot Oil Treatment

Ingredients

2 teaspoons jojoba oil
1 teaspoon soybean oil

Directions

Combine ingredients then warm gently on low heat. Test temperature on inside of forearm. Massage mixture into hair. Wrap hair in a hot towel or cover with shower cap or plastic wrap for 15 minutes. Shampoo & rinse out. This recipe may be doubled for very long hair.

This recipe is cited from

www.naturalhairdigest.com

This oil can also be used regularly between washings for conditioning and style maintenance.



Leon & Soula



Shaundrelle Todd

“Jojoba oil is useful for the hair because it closely resembles the hair's natural oil called sebum.”

Schatzi's Design Gallery & Day Spa

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We're on the Web!

See us at:
www.schatzisdayspa.com

Congratulations Osmand and Prafulla!!!!

Osmand: My heart bleeds to know that you are getting married without me in attendance! But if the human spirit and willpower have any say on this Earth, I'm there!! Truly! I am so happy for you. You are truly steadfast and determined, and I'm so happy to know that you and Prafulla are finally getting married. Clearly, the two of you were meant to be together.

With all sincerity, you are a true gentleman--a model of grace and serenity ...except when you're sparring of course! ☺ I'm really honored that you invited me to the wedding. When I am next in Toronto, which will not be too long as I have a wonderful sister-in-law there, I'm

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,

stopping by. So BE READY!!

I also better not hear any bad reports from Prafulla about you. Otherwise, I'll have to give you a DROP KICK (with Prafulla's permission of course)!! ☺

Prafulla: Osmand is a real gem, and he will cherish you all the days of his life. He spoke of you so often while here in Raleigh. I'm sorry that I did not get to meet you during your visit. But, I don't doubt that we will meet in the future.

Take great care and have a wonderful life together. I wish you all of God's richest blessings. If the picture is any clue about the future, I know that your life together will be BEAUTIFUL!!!

Much love,
Schatzi

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.



*Osmand & Prafulla Christian
Wedded Sat., Sept. 1, 2007*

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
258 W. Millbrook Rd.
Raleigh, NC 27609

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