



Of Special Interest

Yoga Day

Tamieka Vick will be offering a Yoga class at *Schatzi's* on Sat., Sept. 26th at 11:00am. Please bring a yoga mat and/or towel. The cost of participation is only \$5.00.

Women's Writing Circle

Women's Wisdom Ltd is sponsoring the next writing circle here at *Schatzi's* on Sat., Sept. 26th from 4-5:30pm. Come with your pen, paper and creative energy!!

Contents

Sundance Film Festival Write-up on "Good Hair"	1
Preliminary Thoughts on "Good Hair"	1
Welcome Andrea Richardson!	2
Who Is an Aesthetician?	2
The History of Skin Care	3
Variability in Skin Tone	3
About Our Organization	4

Sundance Film Festival's Write-up on "Good Hair"



"When Chris Rock's daughter, Lola, came up to him crying and asked, "Daddy, how come I don't have good hair?" the bewildered comic committed himself to search the ends of the earth and the depths of black culture to find out who had put that question into his little girl's head! Director Jeff Stilson's camera followed the funnyman, and the result is *Good Hair*, a wonderfully insightful and entertaining, yet remarkably serious, documentary about African American hair

culture. An exposé of comic proportions that only Chris Rock could pull off, *Good Hair* visits hair salons and styling battles, scientific laboratories, and Indian temples to explore the way black hairstyles impact the activities, pocketbooks, sexual relationships, and self-esteem of black people. Celebrities such as Ice-T, Kerry Washington, Nia Long, Paul Mooney, Raven Symoné, Maya Angelou, and Reverend Al Sharpton all candidly offer their stories and observations to Rock while

he struggles with the task of figuring out how to respond to his daughter's question. What he discovers is that black hair is a big business that doesn't always benefit the black community and little Lola's question might well be bigger than his ability to convince her that the stuff on top of her head is nowhere near as important as what is inside." Recipient of **A Special Jury Prize: U.S. Documentary.** Source:

http://festival.sundance.org/2009/film_events/films/good_hair

My Preliminary Thoughts on "Good Hair"

Since hearing about Chris Rock's film "Good Hair," I've been a bit reticent about what he'll do with the topic. I'm honestly not brimming over with excitement to see it. I mean let's face it: 1) Chris Rock is a comedian; and 2) Have you seen "Pootie Tang"? Need I say more?! All the same, the film has made its debut and is already receiving accolades so I will undoubtedly be in line to view the film at some point in time. To edify myself about his take on the film, I viewed the above description presented on the Sundance Film Festival

website. After reading it, I personally registered even more concern. The primary nature of my concern comes from his impetus to make the movie: 'his daughter's tears at not having good hair' and 'his own deep-seated wonderment at how such an idea could be put into her innocent little head.' (*Blink, blink*). [*Enter stage left, Schatzi's own stupor.*] Is he for real? Do you feel like you're living in the twilight zone when you read that one or is it just me? Let's be real here! You can't be African American and have lived in this country for at least 10 years without

understanding the deep-seated issues surrounding black hair. Why does he seem so baffled? Does he not reflect on his own inherent biases? They are taught in the home. They are reinforced outside the home. I know because my mind was never programmed to believe that my hair was bad. I had a mother who demanded nothing less. Sure, I had hairstylists tell me to the contrary of what my mother told me, but I never internalized what they said because I saw the truth in the eyes of my own family. Sure, I wondered what it would be to have silky flowing locks but when my own natural hair fell to the middle



Andrea Richardson - A new and valued team member

Welcome Andrea Richardson!

We welcome to the staff Andrea J Richardson. Andrea is no novice to the skin care field! She has worked in the field of Make-up Artistry since 1985 and was a Mary Kay Cosmetic Team Leader from 1994 to 1997. She holds a BBA from North Carolina Central University with a concentration in Marketing and Management. She has performed many artistic services from Personal Makeovers, Group Classes, Bridal Parties, and Photo Shoots, including all photo shoots held at Schatzi's since our inception in 2006! She recently graduated from Miller-Motte College where

she studied Esthetics. With her new, more advanced skin care qualifications, she is now empowered to assist the community with the full range of skin care concerns prior to medical referral. Because of the broad nature of skin care issues, she works closely with dermatologists via a referral system. Andrea also works as a volunteer with the NC Cancer Society's program as a class presenter on "Look Good, Feel Better."

The professional product line endorsed by Andrea is the Eminence Organic Skincare line as well as the RxSystems line for chemical peels. The

makeup line and home care products that she recommends is none other than Mary Kay Skincare and Cosmetics. Andrea affirms that Mary Kay Cosmetics is a great line for home and general use while the professional lines provided targeted treatment to address specific skin concerns, based on skin type. For more information or to schedule an appointment, please contact the Spa today. You'll be one step closer to an absolutely divine pampering experience that you are sure to remember for some time to come. Services include back treatments, facials, natural manicures and pedicures, hair removal and skin rejuvenation via chemical peels.

Who is an Esthetician?

Reprint of information posted on www.wikipedia.com

An esthetician specializes in the study of skin care, including facials, microdermabrasion, body wraps (relaxing treatments which involve hot linens, plastic sheets, and blankets), salt glows (an exfoliation treatment), waxing as a form of hair removal, cosmetic make-up services and other services with advanced training. Estheticians may work independently in a spa or salon or may assist a doctor in his or her practice. Working with a doctor an esthetician may perform more advanced services that require a doctor's supervision, such as deep chemical peels. In addition to performing beauty services, an esthetician must be skilled in recommending skin and body care products and retailing them to their clients. Many state board cosmetology schools do

not offer training in retailing, but post graduate colleges will offer training in retailing skills.

An esthetician can be licensed solely for that skill. An esthetician is not necessarily licensed in cosmetology, but is typically well versed in knowledge of skin care.

Estheticians, also called skin care therapists, work at salons, day spas, and medi-spas. Estheticians are trained in the Beauty Schools cosmetic treatment of the skin. They perform various cosmetic procedures including facials, body treatments, and waxing. Most estheticians offer a variety of specialty spa treatments. All estheticians must be licensed in the state in which they work. They must complete 500 to 750

hours of training (depending on the state) and pass both a written and a practical, or hands-on, exam. A good esthetician also completes many hours of post-graduate education in Beauty Schools, and strives to stay abreast of the latest developments in skin care inside and outside of Beauty Schools. Estheticians are not medical doctors and therefore can't diagnose skin conditions, prescribe medications, or suggest treatment for any skin condition outside of cosmetic products. They can, however, perform treatment complementary to a doctor's treatment. Some estheticians may work closely with dermatologists, either in-office or through a referral system.

More from Wikipedia: The History of Skincare

Natural skin care has its roots in the 4th millennium BC in China and the Middle East. It is believed that the Egyptians developed many natural skin care treatments for a variety of skin conditions. One such treatment consists of bullock's bile, whipped ostrich eggs, olive oil, dough and resin mixed with milk. In the modern age many people with unique skin types and needs (sensitive skin, dry skin, oily skin) have turned to natural skin care solutions.

Some examples of natural skin care ingredients include jojoba, safflower oil, rose hip

seed oil, shea butter, beeswax, witch hazel, aloe vera, tea tree oil, and chamomile. Many of these natural ingredient combinations can be tailored specifically to the individual's skin type or skin condition.

Natural skin care goes beyond the application of products on one's skin. It also pertains to a holistic philosophy surrounding the holistic care of one's body. This includes the belief that what is ingested will affect all aspects of health, including the health of skin. People who use natural skin care

products are less concerned with artificial beauty enhancements, as they feel that natural beauty is healthy beauty.

The ancient Egyptians placed a great value on hygiene and appearance. Most bathed in the Nile and used a pasty soap made from animal fat and chalk. Men shaved their entire bodies for cleanliness, and aromatic perfumes and ointments covered bad odors and soothed skin. Clothing was made from simple linen sheets that were bleached white, and both men and women of the upper classes wore wigs, jewelry, and cosmetics.



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Fall Beauty Regimen

(Reprint of Article posted on <http://articles.directory.com>)

Bathing suits will soon be packed away for another year, but beauty doesn't take a holiday when summer winds down. Women everywhere will need to modify their daily beauty routines to keep pace with autumn's changing demands, and the rapid approach of the holiday season.

Your fall beauty regimen should focus on caring for the basics of beauty – skin, smile and hair. Here are some tips to ensure you enter the cooler months looking your best.

Fall Skin Care

Fall is one of the most demanding seasons for your skin. Not only does bright sunshine persist in many areas of the country, the air turns dry and cool – conditions which can add up to damage and drying.

~Remember to moisturize daily, and consider replacing the lotion or gel-based moisturizer you used over the summer months with a cream-based product. Cream-based moisturizers do a better job of locking moisture into the skin.

~You'll still need sunscreen, especially if you spend a lot of time outdoors, but you can probably pack away the 50 SPF cream until next summer. Go with a lighter SPF. Many makeup lines now offer foundations that include UV protection.

~Stay hydrated. Make sure you get your

recommended eight, 8-ounce glasses of water per day. If you live in a particularly dry climate, consider sleeping with a humidifier in your room. Not only will it help your skin, the humidifier can help relieve some respiratory symptoms brought on by dry weather

Something to Smile About

Your smile is often the first impression someone has about you. "It's easy to overlook the importance of taking care of your smile, especially as schedules get busier in the fall," says Dr. Nancy Rosen, a New York City-based dentist whose clients include business executives, fashionistas and politicians.

~Before the holidays hit and you have time for little else other than shopping and entertaining, schedule a checkup with your dentist.

~White teeth can turn a nice smile into a show-stopper. Consider incorporating a teeth whitener into your everyday beauty routine. Crest Whitestrips Daily Whitening Plus Tartar Protection provides five-minute once a day whitening and protection from tartar and daily stain build-up. "These strips not only provide tartar protection, they're a great way to whiten teeth daily." Rosen says. "The strips are gentle enough to use every day, even for people who are sensitive to

whitening." They are available anywhere Crest products are sold; or log on to www.whitestrips.com for more information.

~The cool, dry air and crisp breezes of fall can lead to chapped lips. Use lip balm that contains UV protection to prevent chapped or sunburned lips. Avoid petroleum-based balms, as evidence has shown that petroleum can actually dry out your lips.

Have a Good Hair Day

The flagrant abuse you subjected your hair to all summer comes home to roost in the fall. Autumn is a great time to recover from the effects bright sun and pool chemicals had on your hair.

~Update your cut. It's a new season and a good time for a fresh start. Look for a cut that complements your face, is fashionable yet easy to care for – a style that will serve you well through the increased busyness of the fall and holiday season.

~Treat yourself to a deep-conditioning session at the salon to help repair sun and chlorine damage. Afterward, use a light conditioner or shampoo/conditioner combination every time you wash your hair.

With a few simple enhancements to your daily routine, you can ensure your beauty regimen doesn't fall behind this autumn.

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Embrace the Beauty of You.



Continuation of *Preliminary Thoughts...*

of my back and I pressed it out, I didn't like how it looked OR felt? I had been successfully programmed to love myself. That programming required a critical pre-requisite--the self-love of my mother and father. With this solid grounding, one can be in the midst of a tempest of scorn and abuse and you will remain untouched, undaunted and whole. I know because I lived it. Because of the

disdain for Black hair that has emerged through the ages, it has become a billion dollar industry built primarily on taming and ruling the "savage beast." So I ask, is Chris honestly approaching the topic or attempting to make profit off of an industry that is rapidly being taken over by non-Black peoples? I must give him the benefit of the doubt but honestly, the stupor with which Chris seems to

approach this topic only suggests to me that he's *cashing in*. I hope I'm wrong because we don't really have time for foolishness (reference: Pootie Tang) when it comes to this important topic. So to Chris, I say: My brother, you needn't comb the ends of the Earth to find the seeds of discontent that lie in your dear daughter's heart as the tree surely grows in your own backyard. Know this and be free. May we all see this truth!

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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See us at:
www.schatzisdayspa.com