



Au Naturel

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Upcoming Events

North Carolina Natural Hair Care Expo 2011 – Saturday, June 11th and Sunday, June 12th from 11am – 8pm at the Lighthouse Convention Center, 326 Tryon Rd., Raleigh, NC. Admission only \$10.00.

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Salon Updates and Blessings

Okay, this issue of Au Naturel has been very slow in coming. My apologies! But what can I say: Life happens! On the personal side, there's just a LOT going on. Last month, I enrolled for and passed the NC Board of Cosmetic Arts written and practical examinations in Natural Hair Licensure. That's one nagging concern that's been riding me for a while that is now a *fait accompli*. Grace à Dieu! As of July 2011, all natural hair stylists in NC will require licensure so we've been busily vying the study halls of late. In fact, Jamie just passed her exam last week! As I predicted, she stomped all over that exam! She studied really hard!! Incidentally, she had her baby just before Mother's Day!! He's a beautiful little boy named Nakim. Those who've been waiting to hear that she is back in the salon should be advised that she has decided to return to work in early June! Talk about a committed multi-tasker!! What can I say: she's making it happen! She looks great by the way and happily, her son is very healthy! Tamieka is scheduled to have her baby next week so we'll have another addition to the salon family very soon! ☺ Those who may remember Martina should be advised that she has returned to the salon and has been an enormous help during this period of maternity leaves. Martina worked with us about 2-3 years ago! Her cornrow work is featured in both sets of our website Hair Show photos. Professionally, her work is as impeccable as ever! Personally, she has blossomed and matured which is a beautiful sight to see!



May is a month of preparation as we gear up for the NC Natural Hair Care Expo scheduled for June 11-12, 2011 at the Lighthouse Convention Center, 326 Tryon Rd, Raleigh, NC. The event is scheduled to run from 11am – 8pm both days!! As before, admission is only \$10.00! That is an absolute steal for the wealth of positive vibes that you will receive just upon entering the doors. Some have already indicated that there are graduations scheduled for that week-end so I encourage you to choose one of the dates that is not in conflict with your personal schedule. You won't be disappointed. For more information about the days' events, check out the website at www.northcarolinanaturalhaircareexpo.com Also, reference the March 2011 issue of Au Naturel newsletter on our website at www.schatzisdayspa.com for a pictorial gallery of what to expect. See you there!!

Where would Beyoncé be if she sported a natural *sans extension*?



Photo from virtual-hairstyles.com

This is a question that I've recently come to ask myself because let's face it: the allure of long, blond tresses is not to be denied. Not in America anyway. I respect Beyoncé's ingenuity though because she went about as close to walking on both sides of the fence as anyone probably could when she wore long, blond extensions. But eventually, the braids just had to go. I guess the "take home" message was, "you're a grown woman now, girl." It's all good. She's beautiful no matter what she wears. All the same, in the natural world, it's a *thing that makes you go hmmm*.

I recall reading a magazine article years ago and reading about how Beyoncé and Jennifer Lopez' public persona's gradually lightened as they hit superstardom. I think about the sub-conscious message that blond hair has: In a nutshell, it spells S-U-C-C-E-S-S! I highlighted the allure of long, straight hair at a recent NCSU lecture but didn't elaborate on blondness at all. Maybe I'll have to cover that subject next time.

I'm on this subject as I recently watched an interview on American IDOL with Beyoncé and she acknowledged her nervousness which was visible as she spoke. She was sporting waist length, blond locks. I thought she would have looked much more becoming in brown or black hair but then I'm not her image consultant. All the same when I looked at her, I saw through the external adornment to a pure soul caught up in a world she didn't create and trying to make the best of it. And incidentally, loving it in the process! I mean, let's be real. If you're going to play the game, you might as well have fun doing it!! I think that's what her alter-ego Sasha is all about. Play the game with the hand you're dealt but keep your True Self guarded and private. Smart woman! I don't think I could have thought up that stroke of genius myself! Pretty insightful!

Part of the reason I ask the question is that hair gets much more play that it ever should, when you think about it. And straight hair gets the lion's share of representation. Just a few weeks back, I wore a twist out with my hair falling somewhere around my shoulders. I saw a beautiful young, Black woman who was the cashier checking me out at a local business. She wore waist length straight black hair. She said "Your hair is beautiful." I said, "So is yours." (It really was.) She responded, "It's not mine." (That was a surprise as this fact was not apparent AT ALL! The weave sisters out there have really got some SKILLS!!) She then asked, "Do you ever press your hair out?" I said, "No. That's largely why there's so much of it." She then smiled and proceeded with business. I reflected on that conversation as I recalled several websites that exhibited images of Beyoncé's damaged hair caused over the years by excessively tight braids and weaves.



Photo from zimbio.com

So, where would Beyoncé be if she wore a natural? Somehow, I don't think it would be where she is today. I recall her sister Solange cutting her hair down to a little more than a buzz cut a few years back and people seemed to go into shock about it!! She looked beautiful but somehow, it was missed on many but, thankfully not everyone! So, what is it about the allure of straight hair flying in the wind? When did it become a cultural requisite for beauty? Well, I don't have the answers but I'm waiting patiently for the anti-thesis to emerge. Let's face it, everything changes! EVERYTHING!! In the immortal words of Phyllis Hyman "This too shall pass away." One day, some mega-queen will say she's tired of looking like everyone else and the die will be cast.

Chaka Khan did it years ago; she always had long flowing locks, but they were naturally hers. Don't get me wrong: I don't really have a problem with straight hair. It's beautiful! That cannot be denied. But when the psychological impact of predominantly straight-haired images of beauty translates into burned scalps, bruised egos and poor self-images, someone's got to be the voice of reason. Afterall, it's just hair for God's sake. It is unique to everyone individual on the planet and is about as plentiful as the sand on a beach. So I argue, let's celebrate all diversity and dare to be an original!

For more information on the psychological impact of the blond-ing epidemic, check out the attached link to a Youtube video that Dr. Crumbley shared with her Africana studies class during my lecture on March 1st of this year: http://www.youtube.com/watch?v=_IZWtAxjmts&feature=related. It speaks to precisely how deep the conditioning has become and NOT just in America!

Why I'm voting for Scotty McCreery on IDOL



Photo from exposay.com

American IDOL is a show that I have managed to miss for about 10 years now. This season is the first time that I've actually watched the show, believe it or not! I think it has a lot to do with the fact that Simon is gone. I really have a hard time watching someone mercilessly berate another human being all because, "I can." It's just not my cup of tea. So, I have managed to miss the show for some time now. With the new cast of characters, I've come to really appreciate the show and the artists. I have been cheering them on since Hollywood week. My favorite was Casey but then, I didn't think he had the look to carry the IDOL crown!! Let's face it: it's all about marketing! The top three on the ballot all had the look and voices to boot!! You can't mess with these kids. They playing hard and taking names. I ain't mad. So, why Scotty!

Aside from the fact that he's absolutely adorable and could be my own son, I just love the beauty and richness of his voice. Country music has a beauty, an honesty and a purity that Scotty wears very well. It is part and parcel of who he is. The camera can't hide that. Also, I typically vote on these shows for the future. When I picture Scotty in the future, I see him having a lasting and

productive career, as long as he can keep his head on straight. I can see him rising to the prominence of a Randy Travis or a Garth Brooks. The first time I heard him open his mouth, I was amazed. He sounded like he was already a professional! Don't get me wrong, Haley is a Rock Vixen and Lauren has vocals to die for but I'm honestly discriminating against the girls. I had to admit that to myself and be honest. WHY!! Well when my husband posed the question to me this morning, it came out something like this: "I'm voting for Scotty because the music industry will allow him to be an artist. He can be true to himself and his craft. He has done nothing but sing country music since coming on the show. The others have dabbled in a little of everything. So, their niche has not been carved. With Haley now out of the running, I pulling all the harder for Scotty. Don't get me wrong; I won't be mad whoever wins as they both deserve it. But, the final plug for Scotty is ultimately and fortuitously that's he's an NC native. That gives him brownie points with me that are arbitrary but SO, SO IMPORTANT! You go SCOTTY!!

Delicious Recipes for Those *Oh So Kissable Lips*

Recipes borrowed from Mountainroseherbs.com, Newsletter issue Jan-Feb. 2011.

Note from Schatzi: *I borrowed the recipes below from my favorite site for essential oils and natural recipes: Mountainroseherbs.com. These ladies ROCK!! They always have tons of wonderful and fragrant ideas for those "do it yourselfers" among us. If you haven't checked out the site before, PLEASE DO!! Their newsletter archive is absolutely to DIE FOR!! If you decide to try some of the recipes out for yourself, consider ordering from them. They're reasonably priced and very prompt. As for the lip balm recipes, I can't wait to try some of variations of these listed when I get a quiet moment to vibe with the process. Incidentally, I think I want to replace the beeswax with shea butter. Somehow, I feel like it should work fine. If you test it before I do though, let me know what you discover.*

Mandarin Nutmeg Lip Balm

This sweet, citrusy, and warming lip balm has just a hint of spice. Made with Mandarin and Nutmeg essential oils, Mango Butter, Sunflower oil, and other botanical ingredients.

1 Tablespoon Mango Butter
2 Tablespoons Sunflower Oil
1 Tablespoon Olive Oil
1 Tablespoon plus 1 teaspoon Beeswax
15 drops Mandarin Essential Oil
5 drops Nutmeg Essential Oil
A few drops of Vitamin E Oil (optional, but recommended)

Lip balm preparation: Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, butter, and oils in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted. Once melted, remove from the stovetop and add essential oils and Vitamin E Oil. Immediately pour the mixture into lip balm containers. You can purchase lip balm tubes and jars, or you can reuse glass or plastic containers. Allow to cool completely before placing caps onto the lip balm containers. Your lip balm is finished! You can now add labels, ribbons, twine, or any other decorative elements. Makes approximately 1.5 oz of lip balm, enough to fill 10 lip balm tubes, 6 of our 1/4 oz plastic jars, or 3 1/2 oz tins or plastic jars.

Peppermint Cocoa Lip Balm

A refreshing, cooling, and nourishing lip balm with Cocoa Butter and Peppermint for that quintessential fusion of chocolate and mint.

1 Tablespoon Cocoa Butter
2 Tablespoons Sweet Almond Oil
1 Tablespoon Avocado Oil
1 Tablespoon plus 1 teaspoon Beeswax
12-15 drops Peppermint Essential Oil
A few drops of Vitamin E Oil (optional, but recommended)

Lip balm preparation: Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, butter, and oils in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted. Once melted, remove from the stovetop and add essential oils and Vitamin E Oil. Immediately pour the mixture into lip balm containers. You can purchase lip balm tubes and jars, or you can reuse glass or plastic containers. Allow to cool completely before placing caps onto the lip balm containers. Your lip balm is finished! You can now add labels, ribbons, twine, or any other decorative elements. Makes approximately 1.5 oz of lip balm, enough to fill 10 lip balm tubes, 6 of our 1/4 oz plastic jars, or 3 1/2 oz tins or plastic jars.

Lime Coconut Lip Balm

Reminiscent of tropical places, this blend is perfect for warmer weather or for those who prefer a lightweight and glossy lip balm.

1 Tablespoon Coconut Oil
2 Tablespoons Sunflower Oil
1 Tablespoon plus 1 teaspoon Beeswax
15 drops Lime Peel Essential Oil
A few drops of Vitamin E Oil (optional, but recommended)

Lip balm preparation: Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, butter, and oils in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted. Once melted, remove from the stovetop and add essential oils and Vitamin E Oil. Immediately pour the mixture into lip balm containers. You can purchase lip balm tubes and jars, or you can reuse glass or plastic containers. Allow to cool completely before placing caps onto the lip balm containers. Your lip balm is finished! You can now add labels, ribbons, twine, or any other decorative elements. Makes approximately 1.5 oz of lip balm, enough to fill 10 lip balm tubes, 6 of our 1/4 oz plastic jars, or 3 1/2 oz tins or plastic jars.