



# Au Naturel

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## Special Events

- Women's Wisdom Unlimited will be hosting their "Writing Circle" here at *Schatzi's* on Saturday, May 22<sup>nd</sup> at 4:00pm.
- The North Carolina Natural Hair Care Expo will be held on Saturday, June 19<sup>th</sup> from 12pm-8pm at the Lighthouse Convention Center, 326 Tryon Rd, Raleigh, NC. The cost is \$10.00.

## In This Issue

- NC Natural Hair Care Expo Coming to Triangle!
- How to Do a Natural Wash and Go Hairstyle
- Get Healthy Hair: How Oils Can Help
- Pregnancy Massage: A Special Treat for A Special Time
- Spa Waxing Services: A Guide to Professional Hair Removal

## NC Natural Hair Care Expo Coming to the Triangle!

In case you haven't heard, the organizers of the Baltimore Natural Hair Care Expo are bringing their "Happyness is Nappyness" message to the Carolinas with their first natural hair care expo in the area!! This event will follow the format of it's predecessors with performances, classes, presenters and lots of natural hair and skin care products from national and local vendors. Come one, come all! The event is sure to please. The event will take place at the Lighthouse Convention Center on Saturday, June 19<sup>th</sup> at a cost of only \$10.00. The event will be from 12pm-8pm and is based right here in Raleigh! Visit the website at [www.northcarolinanaturalhaircareexpo.com](http://www.northcarolinanaturalhaircareexpo.com) for more info.

I will be presenting at this expo and look forward to seeing many of you in the audience! For those who have not yet met me, my personal bio is found on the site at the "presenters" link. I have done numerous workshops and group discussions in the area but look forward to reaching a much larger group with the "Embrace the Beauty of You" message; so please come out to show your support and *prayerfully* to leave inspired. In addition to vendors and presenters, many of you will have special interest in the numerous "how to" classes that are being scheduled throughout the day. The event promises to be a special treat and an important precedent for the North Carolina natural hair care community. Please check out the site for information on hotels in their area where group rates may be available! Make it a "Girls Week-end Get-away." It promises to be a memorable event! See you there!

On the salon front, we want to welcome Ms. Vanessa Andrews as our new in-house massage therapist. Prior to now, we contracted with a dear friend of mine for these services. Now, Vanessa is available in-house. She is NC licensed in massage therapy and is very eager to spread the message of healing through relaxation therapy. In honor of this service change, we have revised some of our pricing and are also offering 1/2 hour massage therapy sessions. Prices are on our website [www.schatzisdayspa.com](http://www.schatzisdayspa.com) on the "Services" (reference *Spa Nirvana Services*). So if you've never treated yourself, YOU CAN'T GO WRONG! Schedule your test session now and learn the healing power of human touch!! If you're interested in scheduling a salon package with hair care, skin care, make-up and/or massage therapy, please call Etheopea at (919) 844-1933 to organize your unique package of services. Bundled services are discounted, depending on the services provided. Once we have an idea of which package deals are most appreciated by our clients, we will post special rates for combination services on our website. We look forward to seeing you for Mother's Day or for no special reason at all.

On the personal side of life, I give thanks for all things and pray that you all are blessed...and that you continue to see and appreciate your blessings, even when they seem elusive. Spring always represents "new beginnings." May your "new beginnings" this Spring 2010 usher in an era of power, grace, compassion, love and peace! Embrace the beauty of you.

Schatzi Hawthorne McCarthy

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## How to Do a Natural Wash and Go Hairstyle

Reprint of an article of the same title published on [associatedcontent.com](http://associatedcontent.com) (Photo borrowed from [kathmanduk2.wordpress.com](http://kathmanduk2.wordpress.com))



Creating a wash and go hairstyle with the wrong products or technique can leave your hair hard or tangled. No matter what your hair texture is, you can create a wash and go fresh out of the shower in ten minutes or less. Here are a few tips to help you do a wash and go.

Wash your hair with a moisturizing conditioner, then deep condition. A great deep conditioner is Organic Root Stimulator Olive oil replenishing pak. [**Note from Schatzi:** In the salon, we use Queen Helene Cholesterol Hair Conditioning Cream. I personally have not found any deep conditioner that's better. But then again, I'm not looking. It's excellent!] Comb through your hair in the shower under the running water with a wide tooth comb. Using a quality shower comb or K cutter style of comb will help make your comb out smoother. Start at the ends of your hair and work your way up. After detangling if your hair is long enough, section into four sections and create four plats.

Place a towel under your hair as you began to unravel your first plat. Gently blot your hair, but leave some water in the hair. Section this section into two or three sections depending on how thick your hair is. Apply your product. Use your favorite curling cream or Shine and Smooth gel with aloe vera. Apply this product from root to tip. Smooth and rake the product through with your hands. Starting with the bottom of your section of hair using a Denman D4 or similar plastic ball tipped bristle brush. Gently brush through your hair with the product in it starting at the ends. Continue with this section, then move on the next section. This entire process can be completed fairly quickly. Medium length hair that is ten to twelve inches long can be completed in ten minutes.

If your hair starts to become dry, apply water from a spray bottle. Gently shake your head from side to side. Decide how you will wear the front of your hair. Use your diffuser to gently lift and stretch your hair in the desired shape in the front. If your hair hangs in your face, simply use a few hair pins or clamps to create a style. If you do not use a diffuser to stretch out your hair, it will shrink. The degree of shrinkage is unique to your hair, although the gel may stretch your hair out a bit. This hair style last up to three days if you cover your hair at night with a silk or satin scarf or bonnet. Use these tips to help you quickly create a wash and go hairstyle.

## Get Healthy Hair: How Oils Can Help

Reprint of an article of the same title posted in the April 5, 2010 issue of Jet magazine pp 22-23 (Photo borrowed from [going-well.com](http://going-well.com))



Spring has come, and while we are shedding heavy jackets and changing our wardrobe, hair experts urge women to also pay special attention to their crown.

Many Black women change their hair regimen when the seasons change. Hair doctors believe this is the perfect time of year to focus on learning how to get or maintain healthy hair.

*"Lubricating the scalp will actually cause the scalp to hold its moisture. Oils don't hydrate, but they can seal in hydration."*

*Lisa Akbari*

Lisa Akbari, a trichologist who studies the health of the hair and scalp and researcher who founded the Memphis-based World Trichology Institute (WTI), believes that even though you may make regular visits to the salon, there is no excuse to be uninformed about your own hair. She understands the struggles women face trying to achieve long or thick hair.

"You have to have a regimen, starting with the foundation which the scalp...and then make sure the strand is clean, hydrated and lubricated." Akbari says.

Mikal Clay, who has studied biochemistry and researched hair issues for almost 15 years, has launched a Healthy Hair Care Take Over campaign on his Chicago radio show. He says Black women need a wake-up call.

"It's very important because a lot of people, especially Black women, are getting away from their roots. It's sad that a society of people actually think that Black women cannot grow their hair," says Clay. "It's because we're very impatient. We don't like to go through the process of dealing with our hair, dealing with the maintenance. So what do we do? We put a patch on it or basically put some weave on it; we think out of sight, out of mind."

Experts point out that hair and scalp problems can be resolved by incorporating hair oils—not grease—in your hair care regiment. "Oils will help to lubricate the hair shaft and the scalp," Akbari says. "Lubricating the scalp will actually cause the scalp to hold its moisture. Oils don't hydrate, but they can seal in hydration."

"If you're going to use oil for the hair, you have mink oil, jojoba or macadamia ... Olive oil I would leave for the salads," Akbari says. For the best results, she says utilize oils that are closest to your skin's natural oils.

Jojoba oil is skin and hair friendly, works extremely well with fine hair and is most akin to our skin's oil, Akbari says. Mink oil, just like a mink coat, offers high shine and a soft feel to the hair and skin. And while macadamia oil is very similar to mink oil, new research shows that it is preferred over mink oil because of its higher concentration of palmitoleic acid, Akbari says. (Palmitoleic acid is an essential fatty acid used by the body to moisturize and lubricate the skin.)

What should be avoided? Pure mineral oil, Clay says. Mineral oil leaves deposits on the scalp, which hinders moisture and growth. Also, don't be heavy-handed when applying oils to the hair. Use in small amounts—just enough "to seal the cuticle of the hair to keep your hair smooth," he says.

Akbari, author of "The Black Woman's Guide to Beautiful Hair," has focused much of her recent studies on women growing out their relaxers or transitioning to hair that is not chemically treated. "A lot of women are running away from relaxers. The ladies who are transitioning are in the process of going from chemical to natural...and they need to prepare their hair for the transition and learn how to manage new growth," she says.

"Understand, natural is low maintenance, not zero maintenance. You do have to shampoo, you do have to hydrate because that's one of the greatest needs of natural hair," Akbari warns. "And if you don't, you're going to find yourself with very dehydrated hair, having problems obtaining length and scalp problems."

## Pregnancy Massage: A Special Treat for a Special Time

Reprint of an article titled "Oooo, Ahhh - Pregnancy Massage" by Robin Elise Weiss, LCCE posted on about.com (Photo borrowed from buyagift.co.uk - reference: pregnancy massage)



Most people enjoy human touch. A touch can convey comfort, love, awareness and many other sensations. It can also help alleviate aches and pains. All of these are of benefit, especially when you are pregnant.

### Benefits of Pregnancy Massage include:

- Tranquil relaxation and reduce stress.
- Relief from muscle cramps, spasms, and myofascial pain, especially in the lower back, neck, hips, and legs
- Increase in blood and lymph circulation, which can reduce swelling.
- Reduces stress on weight-bearing joints.
- Improves outcome of labor and eases labor pain.
- Enhances the pliability of skin and underlying tissues.
- Provides support for the new mother with physical and emotional strains of mothering.

Laura Davis, RN, CMT has been a nurse for 23 years and started doing massage several years ago. She then became certified in pregnancy and postpartum massage. She recommends that when you are looking for a pregnancy or postpartum massage therapist that you make sure the therapist is certified in pregnancy massage. "This means the therapist has taken special training and knows what is safe practice for mother and her baby. Just being a massage therapist doesn't mean they are qualified to give massage to pregnant and postpartum women," warns Davis. "Just because a brochure offers pregnancy massage doesn't always mean everyone is qualified to perform this type of massage."

Massage during pregnancy differs from a regular massage in a couple of ways. The biggest way it differs is that the person receiving the massage is pregnant, and therefore knowledge of pregnancy and the anatomy of a pregnant woman are very important. This means that positioning during a massage is critical to the safety and well-being of both the mother and the baby she is carrying. There are also parts of the body that should not be massaged.

"The massage table will be set up so you will lie in a semi-reclining position. This is not only really comfortable, but safe for baby. Also you will turn from side to side to do your back and hips, there are body pillows, wedge pillows and extra padding to make you comfortable," Davis explains. "Never use the tables with the whole cut out for your belly, these cause undo stress to your lower back, it may seem like a great idea, but it isn't."

The room setting for a pregnancy massage is much like a typical massage, the room will have low lightening, you will lie on a warm extra padded table. Soft music will be in the background to help you relax and drift off. Some therapists will provide music with a baby's heartbeat in the background, some use candles to also set the mood and of course they smell good too. Be sure to tell your therapist if any of these disturb your senses. Sometimes there might be music or smells that don't quite agree with you and they are easily changed.

A question I am often asked about massage is about the level of clothing one will wear. That is really between you and your therapist. Many moms choose to remove all of their clothing, though they are never uncovered, as they are always covered by the sheets. Some choose to wear their underwear or their bra and underwear. Whatever you choose to wear or remove is completely up to you and your comfort level.

*"...the therapist [must have] taken special training and knows what is safe practice for mother and her baby. Just being a massage therapist doesn't mean they are qualified to give massage to pregnant and postpartum women..."*  
Laura Davis, RN, CMT

**Note from Schatzi:** Our own Vanessa Andrews is a licensed massage therapist and is certified in pregnancy massage.

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Julie Martin

Massage is beneficial for almost everyone. Even women carrying multiples babies can benefit greatly from massage. There may be certain conditions that may or may not be related to the pregnancy that would preclude massage or certain types of massage. This may include women at risk for preterm labor, women with blood clots or clotting disorders, and other ailments. Many therapists recommend that you have a written notice from your doctor or midwife before receiving massage therapy during pregnancy. Massage done during the first trimester is generally up to the therapist, the woman and her practitioner. Massage has never been associated with an increased risk of miscarriage.

Massage can also be useful for labor. Techniques can be done by your partner or a doula. Davis says, "The time to learn the techniques is while your pregnant before you go into labor. It is a great idea to take your partner or friend with you when you get your massage, any professional therapist will encourage this, they can show your partner many comfort measures he or she can use at home and will also explain why some techniques are unsafe. These hits will really help out when your in labor!"

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## Spa Waxing Services: A Guide to Professional Hair Removal

Reprint of an article of the same title by Julie Martin posted on [body-care.suite101.com](http://body-care.suite101.com) (Photo borrowed from [health.howstuffworks.com](http://health.howstuffworks.com))



Waxing is a popular form of body hair removal. Melted wax that is specially formulated for the skin is applied to areas of unwanted hair in the direction of hair growth and then removed in the opposite direction.

The waxed area remains hair-free for a longer period of time than shaving, generally lasting 4-6 weeks and even longer for seasoned waxers.

### Types of Wax Used for Body Hair Removal

Two types of wax are used by estheticians: strip wax and hard wax. Strip wax is applied in a very thin layer, then a muslin or cloth strip is pressed into it, and the strip is pulled to remove the wax and hair. It can be used on any body part from large areas to precision areas like the brow.

Hard wax, also known as stripless wax, is applied in a thick layer, allowed to set, then removed by pulling on the wax itself. Hard wax is generally used on smaller, sensitive areas such as the brow, lip, bikini and underarm.

The type of wax used depends on several factors. Some salons and spas have both on hand while others use only strip wax. When both are on hand the esthetician chooses the appropriate type of wax for the area based on hair type (from coarse and stubborn to fine and sparse), the area to be waxed, and the esthetician's personal preference and skill level with the different types of wax.

### Types of Body Waxing

As most estheticians say, if it has hair it can be waxed. The two main exceptions to this are the scalp and male facial hair. The thickness of the hair in these areas make waxing extremely difficult and painful.

Most salons and spas offer a full range of body waxing. A typical menu of services includes:

- half-leg (lower leg and knee), upper leg (thigh area), and full leg

- toes
- half arm and full arm
- underarm
- bikini (area visible outside of swimsuit)
- extended bikini (goes a little farther in)
- Brazilian (removal of all hair in this area)
- back
- chest
- chin
- face (generally the cheek area)
- upper lip
- brow

### **What to Expect When Waxing**

Hair needs to be at least 1/8 inch long for successful waxing. Some spas and salons have very specific requirements regarding hair length. It is important to inquire about this when making the first appointment.

Waxing can be an uncomfortable service. Most people feel a mild to medium discomfort and find that overall it is very tolerable. There are a few who feel extreme discomfort. In these situations waxing may not be the best hair removal method and other options can be explored.

Sunburned skin should never be waxed. The skin is inflamed and irritated and waxing at this time could cause unnecessary damage to the area. Freshly waxed skin should not be exposed to the sun as it is more susceptible to burning. Avoid sun exposure to the area 24 – 48 hours before waxing and 24 hours after waxing.

All medications used, even topical creams, should be discussed with the esthetician during the consultation. Some medications thin the skin and during their use a person should not be waxed. Other options and services can be discussed.

### **How Long Does Body Waxing Last**

The first-time and occasional waxer will most likely notice new hair growth within a couple of weeks. This is due to naturally staggered hair growth cycles and is not a sign of a poor waxing service.

Regular and consistent waxing can leave the area hair free for up to two months. It is important to follow the guidelines given by the esthetician regarding length of time between appointments to achieve these results.

Waxing can leave the body smooth and hair free with minimal irritation for long periods of time. For many people waxing is an excellent choice for long-term body hair removal.

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