

# Au Naturel

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## Greetings & Well Wishes

Wow, what a spell of snow and winter temperatures during this February 2010!! This season has lovingly been dubbed Snowmageddon by many media sources as the winter has indeed been unprecedented. Here at the salon, we had two week-ends severely thrown off course with cancellations due to extreme weather conditions. I usually favor the weather in whatever way it presents. All things have their season. But with the week-end timing of two of

those snow breaks, I was a little jaded to say the least. But God is good and it all balances out in the end. We give thanks. Special thanks to the stylists who juggled their schedules, and covered for each other, to try to accommodate the numerous changes and adjustments that were needed for this memorable month. I give special thanks also to the power of technology. Without cell phones and other handy electronic tools, we could not have orchestrated such a



smooth landing on this side of February, to say the least.

For this issue of Au Naturel, I've focused on hair revitalization, skin care maintenance and proper curly hair care tips. God willing, we'll see you again in March with more beauty care tips to help you Embrace the Beauty of You.

## How to Revitalize Unhealthy Hair

Reprint of an article by Tellit posted on [www.ehow.com](http://www.ehow.com).

**Note from Schatzi:** After the winter months, the hair can often be dry, dull and lifeless. This condition may be caused by numerous factors including: excessive use of blow-drying or straightening tools, inadequate use of leave-in conditioners and moisturizing products, frequent use of wraps or other absorbent hair accessories or constant exposure of the hair to the harsh winter wind, and poor hydration and/or nutrition. With kinky/coily hair, it's not always easy to tell if your hair is dry and damaged. Tale-tell signs however are

in the eyes and ears of the beholder. If your hair feels or sounds crunchy to the touch, this is a clue that added moisture is needed. Also if you notice excess shedding or breakage, it's time for action! Now is the time to boost and revitalize the hair. The article below has some great tips for arresting dryness and revitalizing the hair. In addition to these tips, always remember to moisturize and/or oil the hair between styling. The hair can't show "ash" in the same way as the skin does, but it needs the regular conditioning just as much.

So, pamper your hair regularly using oil or a leave-in moisturizing conditioner.

One of the most important factors to healthy hair is general health. A balanced diet can greatly improve the condition of your hair. For those whose diets are mostly healthy there are a few things that can enhance the effects of the steps you've already taken or get much closer to the hair you desire.

## How to Care for “Biracial” Hair

Reprint of an article of the same title posted on [www.ehow.com](http://www.ehow.com)

**Note from Schatzi:** *I'm not really sure what “biracial” hair is, thus the quotes noted above. I prefer to say wavy/curly or textured hair. All the same, this article has some helpful tips.*

When it comes to caring for biracial hair, the specific products used are not nearly as important as the methods and processes that are followed. Since different hair types require differing levels of attention, you will have to adjust the following biracial hair care routine to suit your specific needs. However, if you follow a few simple guidelines, you can achieve naturally beautiful results.

### Styling Biracial Hair

#### Step 1

Apply a leave-in conditioner or curl-enhancing cream to define and soften curls. Separate sections and smooth conditioner or cream through the ends.

#### Step 2

Allow to air dry, as heat can damage biracial hair.

#### Step 3

To straighten biracial hair apply a natural oil, such as avocado, jojoba or coconut to the locks prior to blow drying. A bonnet style blow-dryer is less damaging than a blow-dryer.

#### Step 4

Use a ceramic flat iron

### Caring for Biracial Hair

#### Step 1

Wash hair about once a week using a high quality shampoo that will not dry out your hair. Look for products that are hydrating or contain natural oils. Washing hair too often can reduce shine. The natural oils in the scalp will keep the hair supple, and prevent drying out. Rinsing hair without washing between shampoos can freshen hair.

#### Step 2

Condition hair after washing or rinsing using a moisturizing cream conditioner. Gently massage conditioner, beginning at the tips and working your way

towards the scalp. Stop conditioning about a ½-inch from the scalp.

#### Step 3

Condition hair with a deep conditioner once or twice a month. Follow the directions on the bottle regarding application instructions.

#### Step 4

Pat hair dry using a clean towel.

#### Step 5

Comb hair using a wide-toothed comb. Start at the ends and comb working your way towards the scalp.

*“I have seen the after effects of much abuse with the ceramic flat iron and I am convinced that it is not the optimal straightening tool to use on curly/coily hair.”*

that has variable heat settings. Test the heat settings and use the lowest setting that straightens. Pin hair up in sections, straightening the hair at the neck first. Gradually move from section to section straightening from the base of the scalp to the tips of the hair. Straighten only small sections of an inch or so at a time.

**Note from Schatzi:** *Okay, this is the only section of this article that I totally disagree with. I don't agree because I don't believe it's necessary or advisable to use a ceramic flat iron on the hair. The main reason is that I believe people have a learned desire for straightness which often translates into flat iron abuse. When the hair does not burn or singe with the application of heat, we feel that everything is*

*fine, only to learn later that our natural curls have been permanently altered by the ceramic wand. I have seen the after effects of much abuse with the ceramic flat iron and I am convinced that it is not the optimal straightening tool to use on curly/coily hair. In my view, straightening hair with no damage to the cuticle is best achieved with a blow-dryer using a comb attachment. The hair should be sectioned off and comb with the blow-dryer on the higher setting (not to exceed 1800 watts). If desired, the anti-frizz serum in step 5 can be used while blow-drying. You will find your hair soft, manageable and damage-free with this approach.*

#### Step 5

Apply an anti-frizz serum to straightened hair and to maintain sheen.

## Style of the Month: The Mohawk

This style is a favorite among clients in our salon. It's stylish, edgy and just plain HOT!! Need I say more! ☺ There are a multitude of variations that a stylist can use to create this style. But for this hair show style, Jaime went for "flow" appeal. After regular shampoo and conditioning treatment, Jaime blow-dried the client's hair on a low setting, with minimal

drying on the top where the hair is loose. She then sectioned the hair into three canvases for creative expression. Using an upward arch as the style's foundation at the sides, she carefully crafted each small cornrows to terminate the "head-hugging" process at the top of the client's head. She then switched from braids to two strand twists to complete each

individual section. She continued this process on both sides, creating her own unique flow pattern. She then put styling lotion on the top section of the hair, and created small two strand twists throughout the middle and top portion of the hair. The client was then placed under the dryer to set the style. Once out of the dryer, the two strand twists were loosened and Voila!!

Style of the Month: The Mohawk



## How To Have Beautiful Skin by Anitra Brown

Reprint of an article of the same title posted on [www.about.com](http://www.about.com)

It's not enough to get a facial to keep your skin clear and beautiful. You need to have a great home skin-care routine. Here are the everyday habits you need to keep your skin beautiful:

- Eat a healthy diet with lots of fruits, vegetables and leafy green. Good nutrition is the basic building block of healthy skin.
- Drink plenty of water every day. (I fill a carafe to remind myself.)
- Cut out skin-damaging habits like smoking, excessive drinking, tanning booths and excessive sun exposure.

- Search out a good esthetician by asking friends and doing some research. Then work with her (or him) on a regular basis.
- Get a professional facial to deep cleanse your skin and review your product choices at least four times a year, as the seasons change. Every four to six weeks is ideal.
- Throw away the soap and use quality products that are right for your skin type. Discuss your home skin-care routine with an esthetician.
- If you can't afford all the skin-care products right away, ask the esthetician

- which are most important to start. Invest in additional products as you can.
- Wear sunscreen, even on cloudy days and in winter. Use a good-quality, high-SPF, full-spectrum sunscreen. Sun damage is the single most important cause of premature aging. On my face, decolette and the back of my hands I use Ti-Silc Sheer SPF 45 Sunblock (compare prices). It's reasonably priced and doesn't sting sensitive skin.
- Remember to put sunscreen on exposed areas like the back of your hands, neck and chest. They're often the first place to show your age.

*"Eat a healthy diet with lots of fruits, vegetables and leafy green. Good nutrition is the basic building block of healthy skin."*

## More Links on Healthful Eating and Living

Following distribution of the January newsletter, one of our readers expressed great appreciation for the information shared about Michael Pollan's book, [The Omnivore's Dilemma](#). She followed up by sharing some very useful links that may be of interest to others, the first of which is her website: [www.sistervegetarian.blogspot.com](http://www.sistervegetarian.blogspot.com). I was most impressed that she also shared a link which provides a non-GMO foods shopping guide: <http://www.seedsofdeception.com/documentFiles/144.pdf>. It's definitely a keeper. If you are interested in learning more or reaching "sister vegetarian" through the social network, she can be reached on Twitter at <http://twitter.com/sisvegetarian> and on Facebook at <http://www.facebook.com/pages/Sister-Vegetarian/260816971981>.

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Embrace the Beauty of You.



**We're on the Web!**  
[www.schatzisdayspa.com](http://www.schatzisdayspa.com)

*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.

## How to Revitalize Unhealthy Hair Cont'd...

You should note some of the most important [nutritional] elements and try to incorporate them into your diet or add as a supplement, e.g. iron, zinc, B vitamins, sulfur, protein, and healthy oils. Then try to incorporate some of my techniques into your regimen.

### Instructions

Things You'll Need:

- Aphogee or comparable brand protein treatment and follow up conditioner
- Supplements: sulphur, zinc, iron, B complex, evening primrose oil, and/or cod liver oil
- deep conditioner
- leave in conditioner
- jojoba, grapeseed or coconut oil

### Step 1

Use the Aphogee or comparable brand protein treatment once every 4-8 weeks according to package directions. For severely damaged hair use once every four weeks. Please remember to rinse thoroughly with warm water and follow with a deep conditioner.

### Step 2

Incorporate the supplements into your diet as needed and permissible. Keep in mind cod liver oil is better if used it the winter when sun exposure is minimal. Also, keep in mind that B vitamins should be taken as a complex.

### Step 3

Grape seed and/or jojoba oil, and glycerin can be used as natural moisturizers and sealants for you hair. As an alternative to commercial products they do not contain harsh chemicals like alcohol which can cause dryness and dandruff. I suggest apply at night especially to the fragile and vulnerable ends.

**Note from Schatzi:** Here at the salon, we provide Aphogee protein treatments as well as deep conditioning treatments to meet your hair revitalization needs. If your skin is also in need of pampering, we provide deep hydrating facial treatments as well.

*Embrace the Beauty of you.*