

Au Naturel

March 2009

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Salon News

March 30, 2009 – The staff of Schatzi's will be conducting a natural hair care forum for the students of Shaw University at 7pm.

April 3-5, 2009 - Please be advised that Schatzi's staff will be taking a retreat to spiritually refresh and renew during this week. As a result, our salon will be closed on these days. We will re-open on Monday, April 6th re-energized and ready to serve you, our valued clients. We apologize for any inconvenience that this closure may cause.

Salon Updates

I would like to open this issue of *Au Naturel* by expressing my deepest gratitude to you our valued clients for all that you do to add beauty and richest to our salon. Many of you have brought the wonderful gift of music to us through your CD donations. What thoughtfulness! Others have provided magazines, pens, writing pads and even SWEET POTATOS, grown from your personal garden!! Such richness is a wonderful reminder that we truly are a community. Through our networks, we influence and inspire each other on an ongoing basis. Your gifts are cherished and appreciated! Dimples, you're a priceless gem!! ☺

Within the salon, we are being ever-challenged with managing stylist schedules with client demands. To facilitate smooth operations as much as possible, I encourage you to call as far in advance as possible to ensure that you are able to schedule with your preferred stylist on the day that you need your services. If you are unable to do so however, we will do all that we can to accommodate your request.

For this issue of *Au Naturel*, we have highlighted the full breadth of services that *Schatzi's* offers and will be offering in the near future. Aside from hair and massage therapy services, we anticipate the offering of skin care services by the end of the summer! This service is one that some clients have been asking about for a while now. As a pre-cursor to these skin-care services, Ms. Andrea Richardson is consulting with our salon to provide make-up and skin-care tips to our clients over the coming months. Please call the salon for more information or check out her promo on Pg. 4.

We hope you enjoy this issue of *Au Naturel*. Also, added thanks to all of you who have expressed to us how much you enjoy this newsletter. It is truly our pleasure to provide productive and creative information to our community!

About Our Salon

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, with a two-floor art gallery provided courtesy of local artist Jasmine Hawthorne. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services.

Au Naturel newsletter, an essential part of our information 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.

Embrace the Beauty of You.

Description of a Massage Therapy Session

“Throughout the experience, I felt that I was in the hands of a professional whose sole purpose was to facilitate my total relaxation for the entire duration of the one-hour session.... Through this mind, body and spirit connection, I felt that I was made whole again.”

Schatzi H. McCarthy

Massage Therapy for Relaxation

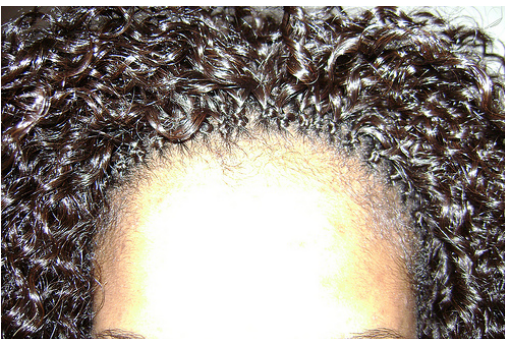
Have the recessionary blues got you down? Do you sometime notice your shoulders are up around your ears and your upper back carries more tension than it should? Do you long for personal pampering and self-indulgence? If you answered yes to any of these questions, we would like to remind you that *Schatzi's* offers massage therapy services in our second floor spa area. We contract with licensed massage therapist Rochelle Davis to provide aromatherapy, deep tissue and other relaxation therapy treatments. I have been to several massage therapists over the years and I find Rochelle to be the best I've experienced! Massage therapy is a true calling for her!

In this recessionary climate, spa services are often seen as a luxury. However with massage therapy's known benefits in promoting overall mental and physical health through increased blood circulation, mental alertness and overall stress reduction, this is the perfect time to try one out. If you haven't treated yourself yet, give it a try. You won't be disappointed!

Style of the Month: Lace Braids



These photos were borrowed from internet sites. Top Photo: www.city-data.com; Bottom Photo: www.flickr.com I like the one below, because it's a good close-up image of the concept to achieve this look.



The lace braided style is one that has emerged in recent years and is gaining prominence in many hair care arenas. The photos to the left show two head shots of variations of this style. Here at *Schatzi's*, we are privileged to have master lace braider Tonya Barbee in house!

The lace braiding style is one which is ideal for clients with natural and transitioning hair. The look of this style is achieved by braiding the client's hair using synthetic or human hair. We recommend usage of wet and wavy hair, though just about any extension style hair that is tangle-free and comfortable to the skin will do.

The foundation for this hairstyle is the regular box braid hair style. However, we do not recommend making the braids too small. While this style looks like micro-braids, it is not! Micro-braids can tend to be very taxing to the hair by creating considerable frustration during the loosening process. Because our core objective is to protect the client's hair first, we choose a braid size that is manageable.

As the client's hair is braided with the added hair, strands of the extension hair are pulled out of the braid periodically. Upon completion, the braided strands, which are covering and protecting the full length of the client's growing and transitioning natural locks, are camouflaged underneath the wet and wavy strands which create a unique look all their own. Many clients who plan to spend the summer in the pool or on the beach favor this style because of it's versatility and natural look. The style has all of the ease of maintenance and versatility of a braided style without the look of a braided style. For those clients very nervous about the "big chop" during the transitioning process, this style is a wonderful alternative! Try it out for yourself!

Don't Wait to Take That First Step by Athena Uslander

(Reprint of an article of the same title posted on <http://dove.msn.com>; originally dated 12/2/2008)

I arrived from Iran at O'Hare International Airport in Chicago at age 17. It was Christmas Eve, and the glimmering lights of holiday decorations were everywhere, but I had no idea what Christmas was. My English was so limited that I couldn't really understand what I was being told. I had no family or friends in this country, and the only thing I knew was that I needed to get to a little Illinois town called Carbondale so I could continue my education. I was so appreciative to have the opportunity to be in this country that the mishaps that happened to me on the way to Carbondale weren't enough to distract me from my goal of being in the land of opportunity and making something of myself.

When students in my dorm found me alone around New Year's Eve, during spring break and on all the various holidays, they would ask, "Aren't you homesick?" After I found out what "homesick" meant, I felt ashamed that I wasn't. During the subsequent six years, I earned a master's degree in engineering because that was what I was expected to do and something I was always told I would be very good at. I picked up some English along the way, got married and was hired as a structural engineer in charge designing bridges in downtown Chicago.

I thought I was done. My family back home was proud of me. I had a great job with a good salary and a good husband. What could be better? Only, I knew something was missing. I was not happy. I felt like I could have had that kind of life anywhere. What I had

come to America for was not to just get a great education. I could have done that anywhere, even in Iran.

After four years of struggling with my unhappiness, I decided, against advice from family, friends and university advisers, to leave my steady, well-paying job to open my own business: a bakery. A bakery??!! My friend Lisa had an old brownie recipe from her grandmother and was making them from her Chicago apartment. She had asked me a number of times, half-jokingly, if I would be interested in going into business with her. And the thought had always stayed in the back of my mind. One morning, she called and told me she had been shut down after a jealous neighbor reported her to the health department. She'd been looking for a retail space, but without success. She wondered if I would be interested in the business, and could I help? I said yes without hesitation. By that afternoon I had found a storefront in Elmwood Park, Illinois, and Lisa and I were business partners.

Close family and friends asked my husband if I had gone insane, but I knew what was in my heart. The thought of having my own business made my heart jump the way it did when I got my visa to come to the U.S. I was excited, the way you feel when you're in love. I couldn't wait to build something from nothing and make money from my creations.

At the same time I opened my business, I found out I was pregnant. My family and friends were sure I would come back to the "real world" and get back to my old job so I could have a place to go back to after my maternity leave. What was worse was that Lisa's husband, who is a pediatrician, got a great offer in San Francisco. I agreed to buy her half of the business and say goodbye—all before our first anniversary. I knew that once again I was on my own, except now I had a baby under my arm. It was familiar territory, as I had been on my own before. Again, my friends and family thought I was crazy.

Between babies and business, I hardly slept. But I was having some success. Soon I started hiring a few employees, even though I wasn't making a lot of money. I was eventually busy enough that I had to hire a director of sales. My husband, who had bought his grandfather's engineering firm, decided to close his business and started managing my company's sales. With every year, my company won more awards and accolades and became very well known in the fancy food category. And we celebrated our 25th anniversary this year. It makes me proud to know that when companies such as Godiva chocolate think of someone to make their private label brownies, they turn to us to see if we're interested.

I realize that I've come a long way from that shy 17-year-old who came here with very little knowledge of English. When I started out, not many women even attempted entrepreneurial businesses, but now, fortunately, that was changed in a big way. I try to give back by mentoring aspiring entrepreneurs (young and old, especially women) on how to go about starting a business. This year, my company also started a fund for young, female entrepreneurs who have the fire in their hearts but can't afford to take the first step.

And that's my advice to women who want to be independent and in control of their own futures. Take that step. You won't regret it!



Photo from www.beauty.ivillage.com

Black Skin is Beautiful, But Beware Its "Darker" Side by Tamar Nordenberg

(Reprint of an article of the same title posted on <http://health.discovery.com>; Quotes Added)

Forget the old-school stereotypes, like black skin's always oily. There's little about African-American skin that is safely assumed, except that it can be supersensitive — its pigmentation, called melanin, may rebel against the wrong products by developing a discoloration that can stick around for months or years.

Take these skin-safe tips to heart. The nation's top dermatologists advise following these rules to preserve your dark skin's smooth, rich tone:

- *Stick With a Simple and Safe Skin Care Routine.*
Cleanse your face daily — as little as once a day if it's dry, up to three times if your goal is to remove excess oil. Gentle treatment is key for any skin type — avoid abrasive cleansers or irritating cleansing puffs or loofahs. And use moisturizer only if your face feels dry without it.
- *Pick the Best Products for Your Skin Type.*
Experts' favorites are nothing fancy — drugstore brands will usually do — but use products designed for your skin type. Favor products for sensitive skin, especially if your skin is dry — products with harsh ingredients such as benzoyl peroxide and salicylic acid can wreak havoc on certain skin types. Want to try something new on for size? Go ahead, but use it sparingly at first.
- *Protect Yourself From Skin Cancer.*
Darker skin does provide some protection from the sun's UV rays, but don't count on it alone. Skin cancer is less common, but can be more deadly, in those with darker skin. Begin each day by applying a sunscreen or moisturizer with an SPF 15 to 30. And reapply sun protection often while you're in direct sunlight.
- *Mind Your Skin When You're Taking Certain Medications.*
Many drugs increase sun sensitivity, making it especially important to apply sunscreen or avoid the sun altogether. Among these medications are birth control pills, antibiotics, acne medicines and cancer drugs. But there are many others, too. Ask your doctor if your medicine makes the list.
- *Get Help in a Hurry When Your Skin's in Distress.*
Whether your problem is acne or another condition, it's much easier to prevent problems from lingering if you address them promptly. A trip to the dermatologist might save your skin — and even save you money by preventing you from purchasing a panoply of products to wage the battle against the condition.

Photo from www.health.discovery.com



HOT! HOT! HOT!
Great LOOKS for 2009 Prom
New Promotion: Book now while space is available. A choice of Hair, Natural Nails, Skin Care and Make-up. For appointments call: (919) 844-1933 between 12pm-4pm M-F; Nail and Skin Care Only Clients may also call: (919) 817-6717 and ask for Andrea.

- *Avoid the Common Makeup Mistakes.*
Match your makeup with your skin tone for a natural look. "Makeup made especially for women of color has come a long way," says dermatologist Wendy Roberts, M.D., who adds there's nothing wrong with relatively cheap drugstore brands. Have dry skin? Oil-based makeup is best. And for acne-prone, oily skin, water-based is the way to go.
- *Seek Out a Specialist for Prescription Therapies or Cosmetic Surgery.*
When you want more advanced skin care than you can apply yourself at home, there are professional treatments that might help, both low- and high-tech. Whether you're thinking about a prescription acne drug, facial peel, microdermabrasion, laser treatment or other approach, ask around for an expert in treating dark skin. In inexperienced hands, these more complex skin therapies can end up ruining your look rather than rejuvenating it.