

## Special Events:

- The *Beauty is Skin Deep Fashion and Hair Show*, hosted by Bornatty fashions will be held at the Greenville Convention Center, Greenville, NC on Nov. 20, 2011 from 11am – 7pm. The cost is \$15.00.

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## Salon Updates – Giving Thanks

Fall is undoubtedly my favorite season. I used to think it was because I was born in the fall; but now, I know that it's because I live in NC. The change of leaves is like a symphony that is so beautiful and profound, only God could have created it. When I think that the true colors of the leaves are unveiled only after the chlorophyll is released, I marvel at this miracle that for me is amazing to contemplate. Sometimes, I want to believe that crimson and gold is my favorite color contrast this time of year but when I look at some color combinations as mundane as green and yellow, I'm truly struck with awe. I pointed out a tree with a green/yellow combo to a chic just last week because it was singing a song that was grace and power! She agreed with my conclusions about the sight, because it was truly poetry in motion. Anyone would have thought so. *Sigh*. Well, I could go on about autumn for another page or two but then, that's not why you're here. So, I'll switch gears. Reluctantly though...☺

I have been putting off the writing of this newsletter because I've been really swamped over the past

month. I made the decision to change jobs on Oct. 13<sup>th</sup>. Closing one door and opening a new one definitely requires more effort than *maintaining*. I'm not located as close to the salon as I have been, but it's all good. Some things shouldn't be fretted over. While I was shifting to a new gig, Etheopea also make a change in her life. She was with us for almost 4 years and decided that she wanted to spread her wings and fly solo. I'm not mad at her. We all want to grow. I'm proud of her for being willing to step into the unknown. It requires self-confidence and tenacity. She's always had the tenacity. I like to believe that the self-confidence was nurtured under our roof. I wish her all the very best!

With that said, I feel compelled to make it very clear that our salon has not changed. We are in the same location and we provide the same services as always. I'm pointing out the seemingly obvious because a gentleman whose grandson gets his hair styled by E saw me in the parking lot and said: "I hear you all are moving!" All I could think was, "Oh lord, here we go." I responded, "No sir. We are here and will continue to be

so until God and the community, decide that we don't need to be any longer." After further discussion, I learned that he was a pastor and he subsequently gave me some very encouraging words that I appreciated. Let's face it: Transitions are difficult. Etheopea was my right hand for a long time. On October 14<sup>th</sup> when I learned that my right hand was being severed after having just resigned my job (a stone's throw from the salon), I slightly panicked. For encouragement, I went to a devotional blog for some inspiration and as always, God is faithful. The devotional spoke of measuring the affliction not by the pain it causes but by the outcome. That blog was written just for me on that particular day! I almost cried at the poetry of it all. Yet, I was and am grateful for it. And being ever faithful, God has given me another right hand in Jamie. She is truly rising to the occasion. I have been impressed with her management skills over these past few weeks. And her loc work, which heretofore has been overshadowed is truly "out of sight!" So, we rock on!

## Finding the Right Temperature Setting for Your Hair



Photo borrowed from  
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*"It's better to light a  
candle than curse the  
darkness."  
Proverb"*

Momma always says: "Better to light a candle than curse the darkness." I never really appreciated what this statement meant as a child but it sounded good. Now that I have a few years (and experiences) on which to reflect, I feel the full depth and breadth of this proverb. In short, it means: why complain about the things you can't change. Better to improve the condition in whatever small way possible and move on. With that thought in mind, I'm including part 2 of my article on "Navigating a Safe Pathway to Straightness." I decided to write this article because of the plethora of women that I have seen over the years who swear that they're "natural" but who have been flat ironing regularly, often to the detriment of their natural tresses. The result is often hair ends that are straight and incapable of reversion until the sister "transitions" all over again. Most people don't want to believe that flat ironing can be this harsh but it's the truth. As a result, my strongest and best advice is "Don't flat iron." With that said, there are invariably people who will argue that there's "no harm done." While that may be true, the conditions for damage to be minimal vary from individual to individual and from hair type to hair type. As a result, I have devised a scientific experiment

that will provide a sure-fire way for you to avoid ever damaging your hair with a flat iron. Preparation for this experiment may take up to six months as you will need to collect the hairs that you shed during regular shampooing for up to six months. It's good to have at least one good hand full of shed hair strands in order to begin this experiment. It only takes me one month to shed that much hair but everyone's different.

### **Materials**

Flat Iron with adjustable temperature settings

Handful (or more) of Shed Hair Strands

Anti-frizz Serum

Spray bottle w/water

Flat board or surface

Tape, Pen and Labels

**Goal: to find the optimal temperature setting that will give your hair the straightness that you want without "reprogramming" (ie, damaging) your hair so that consistent reversion becomes impossible.** This experiment is a bit clumsy so you may want to ask a friend to assist you.

Flat iron temperatures settings range anywhere from 120 to 450 degrees. That is an enormous difference in the amount of heat applied, as the

highest setting is almost four times the initial setting. Many women just go for the hottest temperature to get the bone strait look. While that might work for some, it won't work for everyone. So what we aim to do with this experiment is to test hair strand groups using different temp settings. Start wherever you like. I would suggest 200 degrees. Take a small group of your hair strands and line them up next to each other as much as possible. If your hair is as curly as mine, this is where a friend is useful. They can hold one end of the aligned hair strands, you hold the other. Then, using the 200 degree setting, flat iron the group of hair strands as you would your hair. (Note: Part 1 of this article recommended the use of thermal heat protectant sprays, to treat the hair prior to flat ironing. Because I know that people don't always apply these products to their hair before flat ironing, I'm assuming that no protectants are applied to the hair prior to flat ironing. In this way, you can determine the optimal heat setting for your hair without protectant. Once you know your optimal setting, use protectant every time you flat iron. This is an excellent way to avoid damaging your tresses.) For tips on flat ironing, please follow the process recommendations outlined in the link embedded in the October 2011 article. Once this hair strand group is

## Finding the Right Temperature Setting Cont'd...

straight, stop flat ironing and smooth a thin layer of anti-frizz serum over the hairs. Then, set them on your flat board, tape one end to the board and label the strand section 200 degrees.

Now using another group of aligned hair strands, flat iron the hair using a temperature setting increase of 25 (or 50) degrees. Follow the same procedure and label this group 225/250 degrees. Continue on up until you have reached the highest setting for your flat iron. Make sure to keep one group of hair strands that is not flat ironed as your control group.

Now that all of the hairs are laid out on your flat board, place the board in your bathroom where it will not be disturbed and leave it for about one week. Placing it in the bathroom allows the hair to be exposed to some degree of shower humidity and moisture which mimics outside environmental conditions that your hair will be exposed to. When the week is up, take the board and carefully examine the hair groups. Which hair groups have frizzed, and which groups are straight? How much frizz is too much for the look that you want? Most certainly, the strands with the highest temperature settings will be the straightest after a week. Your aim is to find the hair group(s) with the straightest look to meet your individual needs. Mark these labels with a check mark. Labels for

temperatures that are too frizzy should be labeled with a zero. (If all of the hair is frizzy, try the experiment again without the bathroom humidity.)

Now, that you have a feel for what the hair looks like after a week of exposure to the elements, spray each group of hair with water and wait a few minutes. Which strands have reverted? Are there any groups that have not reverted at all? How quickly did the reversion occur? If some hair groups did not revert, they represent the temperature settings that you want to avoid at all cost. Did some groups have partial reversion – with sections of the hair strands reverting and others staying straight? Compare the hair groups to your control group to be sure that you are accurately representing what your reverted hair should look like. Any hair groups that do not look like your original control group have been altered so it's important to maintain the control group for this part of the analysis.

Once you have identified the hair groups that don't match with the original control group after the strands have been wet and left to revert, mark an X on top of the original zero or *check marks* from the earlier task. All labels with an X represent temperature settings that will spell damage for your hair.

Now, review your labels. Which labels have check marks and no Xs? These are the settings that should work for you. My recommendation is that you employ the lowest temperature setting with only

a check mark to meet your hair straightening needs, because this experiment **does not** help you to understand the impact of straightening your hair over time. Some types of heat damage are gradual so using your lowest heat setting with a heat protectant is simply the equivalent to buying insurance. There are no guarantees of *no damage* whenever you're employing intense enclosed heat directly to the hair. But, you are more likely to fare well with this approach.

Once you know your optimal heat number, use it every time you flat iron. That means that you should also take it with you to the hair salon for flat ironing services. If the stylist won't honor your recommendation, LEAVE! You've already "done the math" so you know what the outcome will be otherwise. Happy hair straightening and good luck!

**Provisory comment:** *Please know that I do NOT flat iron my hair—ever. I choose not to do so because I love my hair as it is. I don't like the feeling that my hair is screaming "bloody murder" whenever a hot comb/flat iron is run over it. The most heat that I apply to my hair is blow-dryer heat. That is my preference. I therefore do not recommend flat ironing. All the same, I want to provide this experiment as an option for those ladies who feel they must have the bone strait look at times. I honestly and truly don't ever wish for anyone to regret the decision that they made for the sake of diversity. So, this article is written in the spirit of love and care. Do with it what you will. "As for me and my house, we will" not flat iron.*



Photo borrowed from blackhairinformation.com

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*"Love is all around you, love is there in you laughter, in your hair, love flows everywhere. Love is older than you but the light shining through makes one see your love is all new."*

## Wash & Go Tips and Tricks

I'm seeing sisters all over rocking the wash & go. It's now all the rage! It's a wonderful sight to see for me personally. It makes me wonder why we were ever duped into believing that anything else was better. Sisters are rocking 'fros and textured styles and the world is simply having to adjust to the "new world order." We give thanks. Through it all, many have asked my opinions about products to use for the ideal wash & go look. The truth is that within the salon, we don't do a lot of wash & go styles because they're quite easy to do at-home. When people come into the salon, they're typically looking for a protective style that will last—thus justifying the money spent on the service. But, the wash & go is the epitome of at-home hair care.

My girlfriend Meiko is an avid "wash & go" wearer. The look is beautiful on her. As far as products that she uses and recommends from personal experience, "Kinky Curly" was a past favorite. But, she's now pretty excited about the "Eco-styler Gel." I watched the following video link demonstration of its use and must admit that it looks like a winner, if your hair texture tends towards a looser curl pattern. The objective is really all about an anti-frizz look. [Check it out.](#) The only reason I'm not a wash & go gal myself is

that I don't have the patience to drip dry for hours and I don't use a diffuser much. I especially don't have the energy to do it all again in a few days. But, the look is truly *to die for*, so if you have the time, make it! I'm more inclined to capture the essence of this look with a twist-out because: 1) it better suits my lifestyle; 2) it is preceded by a protective style; 3) drying and touching my hair is not an issue. In effect, it's a textured look vs. an actual "wash & go." Everyone's got to choose what's right for them. My caution through it all is to be sure that you aren't over-wearing the look to the detriment of your ends. Sometimes, sisters coming into the salon have been wearing loose styles and neglecting their ends with the result being tangled hair. When you wear loose styles, you will need to trim your ends more frequently than when you wear protective styles. So if your aim is hair growth, please factor that truth into your hair care regimen.

For wash & go hair care tips, check out [this article](#) on the Long Health Hair Advisor website. I think it accurately details the steps of wash & go styling very well. Please note, however, that it makes numerous references to specific products, combs, etc. that should be used for the process. Please know that this is all about

recommending something for those who are seeking direction. It is not necessary to go out and buy all of these products if you are already using some that work for you. Many of you know how I feel about the product campaign so I'll say no more on that subject.

Happy Styling!



Photo borrowed from [curlcoilheads.com](http://curlcoilheads.com)

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*"The wash & go is the epitome of at-home hair care."*

### Information Sharing:

*On October 22<sup>nd</sup>, our salon hosted the Pretty Natural Self meet-up group for a day of sharing and hair care tips. It was a wonderful opportunity for many sisters to have long-standing hair care questions answered while others learned of style how to dos. Our salon was privileged to host this session and to meet the beautiful ladies of that group. In some ways, it was timely that they contacted me shortly after I published a reader comment in which she asked me to host more information sharing sessions. So with that said, the flesh has now caught up with the spirit. We're ready to host as many of these sessions as the community needs! So if you have a natural hair group that would like to have some key questions answered, topics discussed, etc., please don't hesitate to contact our receptionist Jamie at (919) 844-1933. We're only too happy to make it happen!*

*Embrace the Beauty of You.*

## Balancing Hair Health and Nutrition

Reprint of an article titled "Are you starving your hair?: Tips for Balanced Tresses" by Karen Marie Shelton posted on [www.hairboutique.com](http://www.hairboutique.com)

**Note from Schatzi:** As a vegetarian, I'm always concerned about nutrition. *Vegetarians* are often prone to miss out on important nutrients like protein, iron, Omega 3 fatty acids and vitamin B-12, all of which are essential to hair and skin health. For this reason, I take vitamin supplements, although I'm notoriously bad at taking them regularly. So when I found this article, I thought that others could benefit as much as I could. Even if you're a meat eater, there are so good tips here so read and learn. But I would take the references to hair shine with a grain of salt. As I always say regarding healthy Black hair, shine is non-essential.

### Introduction

Did you know that the human body requires fat in order to be able to properly process and absorb vitamins and nutrients? Yes, it's true.

Whether you get your vitamins from supplements or eat carefully to get nutrients from your daily food supply, if you live on only fat free or very low fat meals, your hair will definitely start to suffer.

The lack of fat can also have a negative impact on skin and nails.

### Eat Healthy Fat For Lush Hair

Hair utilizes fat stored in the body to thicken and develop luster or shine. Does this mean you should go out and do fat

laden meals to get a blinding shine for your tresses? No, the key according to nutritional experts is to eat a well balanced meal with some healthy fats.

Healthy fats which are also known as unsaturated fats include avocados, black and green olives and nut butters such as almond, cashew, peanut butter, sesame and sunflower seed.

Other great shine and hair healthy foods include macadamias, hazelnuts, pecan, almond, cashews, pistachios, brazil nuts, peanuts, pine nuts and walnuts. Seeds are also great for thick lush tresses, especially sesame, pumpkin, ground flaxseed and sunflower seeds.

Nutritional experts say the best foods of the unsaturated fat family are albacore tuna, salmon and extra virgin olive oil.

Fats which won't help grow lush healthy tresses include saturated and trans fats. Saturated fats include those found in meat and other animal products. Trans fats are found in foods with labels such as "hydrogenated" or partially hydrogenated".

### Lean Protein Helps Hair Grow

Nutritionists and trichologists preach the hair growing gospel of lean protein. Since human hair is almost 100% protein, it needs a constant supply

every day to keep it growing.

When protein isn't provided in adequate supply, hair growth will stall and possibly falter. In fact, without the proper supply of protein, hair may start to thin and may even start to shed.

Some of the best lean protein sources for optimal hair growth and health include lean turkey, chicken, fish and eggs. Many beans serve as an excellent sources of hair food.

### Eat Well Spaced Meals Throughout The Day

When the human body is not feed on a regular basis throughout the day it will draw from energy reserves. This often means that energy reserves earmarked for hair and skin will be lost for helping with hair growth.

Experts suggest that meals should be spaced every four hours throughout the day.

In addition to regular meals, consider adding one or two hair healthy snacks throughout the day.

### Summary

The human body requires "healthy" fats in order to be able to properly process and absorb vitamins and nutrients necessary to fuel the growth of lush healthy hair and beautiful skin.

In essence, the human body needs a constant source of energy which well spaced meals and properly times snacks supply.



Photo courtesy of Schatzi's

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*"And forget not that the earth delights to feel your bare feet and the winds long to play with your hair." Kahlil Gibran*

## Schatzi's Design Gallery & Day Spa

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We're on the Web!

See us at:  
[www.schatzisdayspa.com](http://www.schatzisdayspa.com)

## Salon Updates Continued...

We are also bringing on new staff in the coming weeks, so I should have more to say about that in the next issue.

For those readers who are at-home do-it-yourselfers, I encourage you to drop into *Schatzi's* and support the stylists that are there at least twice a year. It may be for a service as simple as a trim or a braid-out. But no service is too small to be appreciated. The natural hair care field is new and burgeoning. If it is to thrive and be a blessing for many years to come, it requires nurturing and

support. I know that many of you are so jaded by your mainstream salon experiences (i.e. long waits, insensitivity to your hair type, disregard for your opinion and your time, hair damage, etc.), that you don't want to sit in a stylists' chair ever again. Believe me, I understand ALL of that. Better than you know. For that reason, I sought to "be the change I wish to see in the world" by creating *Schatzi's*. But let's face it: Business does not maintain by *bread* alone but it sure helps a lot (pun intended). ☺

(Incidentally, I just realized that I made a pun reference that most of the readers of this newsletter are just too young to understand. For clarification: In the 70s, bread was used to reference money. *Sigh*. I am truly wearing my age, and it's all good.)

Well, this issue of *Au Naturel* is primarily a continuation of an article that I wrote in the October issue titled "Navigating a Safe Pathway to Straightness." If you decide to follow the tips here, let me know how it works out for you! Peace.

## 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 with licensed stylists who are happy to guide you through and beyond *naturalization*. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services. Our art gallery is provided courtesy of 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.



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