

Au Naturel

Schatzi's Design Gallery & Day Spa, LLC

I hope this winter season doesn't have you in the doldrums too much! Spring is just around the corner and that means fresh new looks and warm weather!! Yippee!!

In the interim, it's always advisable to get back into the swing of spring with well conditioned locks. To assist you with this exercise, we have two conditioning specials running--one for locks and one for free-form natural hair. Come on in and take advantage of the savings. We look forward to seeing and serving you.

For the next two months, we're going to be very busy in the salon. The start of spring is always

Natural Twist-out Style

This issue of *Au Naturel* is dedicated to natural hair's diversity. I was inspired to write this article by two people that I met this month. The first I encountered on a Saturday morning while walking through the mall marketing the salon. The sister was natural but was wearing a wig. She expressed interest in our salon but was concerned that we don't do Dominican blow-outs in our salon. I stated, "I've considered it but our primary philosophy is 'to do no harm.' I wouldn't let anyone put

a creative time. Just to fill you in a bit, a young lady named Renata Reeder of NCSU has organized a panel discussion, "From Root to Tip: An African-American Hairstory." I was interviewed for the video segment and will be on the panel so I hope you all are able to get out on the 17th to see and hear the discussion. We will also be hosting a natural hair care workshop here at *Schatzi's* on Sunday, March 13th at 3pm. For those ladies who are newly transitioned and



who would like to know more about how to care for your hair, this session is for you. The cost of attendance is only \$5.

And for those travelers among you, Malaika Cooper is hosting a 8-State Tour of the Natural Hair Care Expo! Check out the video on Youtube by typing: http://www.youtube.com/watch?v=gk9t4UF_blw. Please share the link with friends and family alike!



Thoughts on the Diversity of Natural Hair

that much heat on my hair so why should I encourage it for others. My hair is on my head for a reason. So I encourage women to "Embrace the Beauty of You" as God coded." She nodded affirmation but looked reticent. I then acknowledged that we'd surely be making more money if I did, but that's just not my calling. The second client was a young lady who wanted her hair cut into a graduated curly Afro style. The look was gorgeous but she needed much more hair

to carry it off. I encouraged her to wait to let her hair grow about 6 more inches. She was surprised that she needed it to grow so much more. I then said, "You don't really need to cut it at all. You can style your hair to create that look." Then I thought, "The proof is in the pudding." So, I decided to transform my long hair (above) into a graduated Afro-like style for demo purposes. So, this issue is dedicated to the idea that natural hair needs no chemicals and no cutting to create diverse looks. Hope you enjoy...

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Schatzi's in the Community:

From Root to Tip: An African-Am Hairstory - NCSU Talley Student Center Ballroom - Thursday, Feb. 17th, 2011 @ 7pm

Lecture - "Nappyness: the Linguistics, the Psychology and the Economics of a Cultural Renaissance" - NCSU Africana Studies Dept - Tuesday, March 1, 2011

Natural Hair Care Workshop, Sunday, March 13th - Hosted by Schatzi's & Coordinated by Natasha of the Raleigh Natural Hair Meet Up Group - if you would like to attend, please call us at 844-1933 to reserve your seat.

Lecture - "The Politics of Black Hair" - Baltimore Natural Hair Care Expo - March 26-27, 2011

NC Natural Hair Care Expo - June 11-12, 2011

Style of the Month: Flexi-Rod Set Coils

Okay, I don't really wear my hair out very much. The two-strand twist is my signature style-- unapologetically so. But, I really wanted to dedicate this issue to natural hair diversity, so I went ahead with the flexi-rod set. To create this style of Feb. 6th, Super

Bowl Sunday, I shampooed and conditioned my hair after twisting out (Photos on page 1). I then oiled my hair with natural oils (coconut, jojoba or Nature's Blessings are fine options). I then sectioned my hair starting at the ends and rolled up bending the

ends of the flexi-rods to hold them in place. I then wore the rods all day to air dry. The next morning, Voila! Shirley Temple curls for days. Okay, I didn't like the look at all. It reminded me too much of Nellie from Little House on the Prairie. You remember the girl



"My hair has a natural shine to it, and it moves gracefully and falls nicely back into place. No chemicals. No heat even--just oil and water."



who looked waaaay too big to be wearing Shirley Temple curls. Yeah, that one!! Anyhoo, I'm making a point. Work with me. ☺ So, the look came out as expected. My hair has a natural shine to it, and it moves gracefully and falls nicely back into place. No chemicals. No heat, even--just oil and water. The pictures below show the progression of the style over time. The first two photos show the style at the end of the week. For this look, I simply

separated the ST curls. I was going for volume here; and the last photo is week 2. At NO TIME have I combed my hair! That point is very important to note as it would only weaken the curl pattern that I worked meticulously to get.

I estimate that this style will last about 3 weeks solid, provided that it's wrapped at night. I wear a satin cap with my curls pulled to the top of my head so I'm not sleeping on top

of the curls. That's why they're not flattened and out of shape. When I'm exercising, I'm doing mostly yoga and walking so I don't really sweat much. The down side of this style is that it's much like a "press and curl." It doesn't like much moisture. But it's all good for a change of pace. When I consider I didn't go through stress, pain or discomfort to get this look, I'm pleased with the result.

Why Natural Hair Doesn't Need Relaxing or Even Cutting



The take home message for this month's style of the month is that natural hair is diverse hair. When left in its natural state, it doesn't require relaxing or even cutting to create classy, mainstream looks that

beg the question, "does she have a relaxer?" I did get a few double-takes recently so I know what their minds were wondering. No, there are no chemicals here: it's all natural! My hair is the length of the

photos on page 1 of this newsletter; to create a shorter look, I went with tight curls. You might say, "yeah but I don't have your length". My response: "Check out the August 2010 issue of *Au Naturel*. Period!

Relaxer Secrets of Our Caucasian Sisters

Reprint of an Article titled "Hair Relaxers for White People" by Kalpana Kumari, posted on buzzle.com.

Note from Schatzi: I was inspired to include the attached article as I pondered the harshness of chemical relaxer systems that are used on African-American hair. The logical question that I posed was, "Would salon stylists recommend "relaxers" for Caucasian women with super curly hair?" After seeing Chris Rock's "Good Hair" and learning what's in relaxers, it was disconcerting. Why recommend this treatment of Black hair? What's even more confusing is that my Milady's Standard Cosmetology book 2004 states: "Hair is 91 percent protein. The protein is made up of long chains of amino acids, which, in turn, are made up of elements. The elements that make up **human** [my emphasis] hair are carbon, oxygen, hydrogen, nitrogen and sulfur. These five elements are also the major elements found in skin and nails (pg. 205)." So, when I consider that we're not encouraged to ever place harsh chemicals on our skin and nails, why do so to our hair? That's the first mystery. The second thought is: since we are chemically the same, what procedures or products are recommended for Caucasian women desiring a straighter look. What's "good for the goose" **MUST** "be good for the gander." So, I then Google searched to find the answer to my question. I'll leave you to draw your own conclusions based on the article below...

The types of lotion or cream which work on hair to structurally relax the natural curls, and thus make it straight or less curly, is called hair relaxer. The active agent in most of the hair relaxers is a strong alkali while in some it is ammonium thioglycolate. The hair relaxer works on the hair to make it thin, straight and more manageable. It is considered as a permanent kind of hair treatment. However, new growths have to be touched up regularly. It is usually done every 6 - 8 weeks. You can go to a professional stylist to get your hair relaxed. However, if you wish to try your hands out at it yourself, you have a number of homemade or natural hair relaxer options to choose from. Either in hair salon or at

home, there is almost a standard procedure to use hair relaxer. Keep reading to know about it and get some useful information on hair relaxer for white people. Read on hair care.

Hair Relaxer: How Does it Work?

Hair relaxer for white people as well as brown or black people are commercially available. You may get it from a cosmetic or medical store. The usage instructions are usually mentioned on the commercial pack. Read it and follow it strictly. It is more or less similar to the procedure described here.

A small amount of hair relaxer is taken and applied on the hair. The hair relaxer should cover all the strands of your hair. It would be allowed to stay as such for a given period of time, usually mentioned on the commercial pack of the hair relaxer. During this period, the active ingredients in the hair relaxer alter the normal structure of hair to make it soft and straight. After the required period of time gets over, the hair is rinsed off well with lots of water. Most of the chemical hair relaxers are alkaline in nature. Therefore, an acidic shampoo is used to neutralize the hair. Neutralization of hair usually

"White people have a genetic makeup which gives them soft and delicate hair. Even if they have coarse, frizzy, and curly hair, their hair is comparatively softer and weaker than that of brown and black people." Note from Schatzi: Not sure I agree with this statement for reasons outlined above. It seems to suggest that Black hair is tough and hard and can take harsh relaxers. The truth is, most hair doesn't respond well to harsh chemicals.

strips off a significant portion of natural oils from it. This step is usually followed by the application of a moisturizing conditioner for hair. The conditioner restores the moisture content, improves hair texture, and makes it shiny.

Homemade Hair Relaxing Solution for White People

White people have a genetic makeup which gives them soft and delicate hair. Even if they have coarse, frizzy, and curly hair, their hair is comparatively softer and weaker than that of brown and black people. If you are a Caucasian with frizzy, dry and curly hair, and wish to use a hair relaxer, you need to go for a much gentler one. You may consult a professional hair stylist, or even a dermatologist, to learn about effective hair relaxer for white men and women.

If you plan to visit a beauty salon and get the hair relaxer for curly hair treatment done by a professional, you may have to pay anywhere between US\$ 100 and US\$ 200 per session. However, if you want to save your money, you can make an economic hair relaxer at the comfort of your home. The result will be almost similar to what you would obtain by getting it done by a hair stylist. Here is an example of a homemade hair relaxer for white people with curly, dry and frizzy hair.

Take half a cup of olive oil in a cooking pan, and put it over flame. Put the supply of heat off just when the olive oil is warm to the touch. Add 1 - 2 tablespoon of a moisturizing hair conditioner to the warm olive oil. Mix both the ingredients well. This is the homemade hair relaxer for white people. You may replace the olive oil with cocoa butter, sunflower oil, coconut cream and honey to get similar results.

Continued on Pg 4.

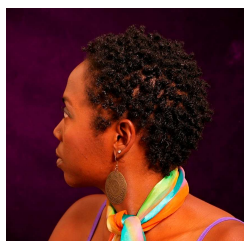
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Embrace the Beauty of You.

We're on the Web!

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 with talented stylists who are happy to guide you through and beyond the naturalization process. 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.

Relaxer Secrets of our Caucasian Sisters cont'd...

Apply this mixture to your hair with the help of your fingers. Make sure that the hair relaxer covers each and every strand of your hair well. One way to achieve such a goal is to divide the hair in small sections, and apply the hair relaxer to each one by one. When you are done with the application part, leave the hair relaxer on your hair for about 30 minutes. Do not allow it to sit for more than 30 minutes as over-processing may cause some damage to your hair. Now, rinse out the hair well with plenty of lukewarm water. Allow your hair to air dry. You would find your hair to be free from tangles and curls. You can style your hair as usual.

The homemade hair relaxer for frizzy hair, exemplified above, has been observed to be very effective for curly, dry and frizzy hair. You can use it safely once in 15 days. You can enhance the straightening effect of the hair relaxer by using a flat iron on your hair. It is always advisable to use a ceramic-coated flat iron as the damage caused by heat is comparatively less with it. The use of flat iron enhances the effect by drying the hair quickly and allowing the hair relaxer to infuse into the shafts of hair. This loosens the natural or permed curls, which in turn helps to straighten your hair.

Whether you treat your hair with hair relaxer at a salon or at

home, you need to take proper care of your hair. The alternation in the natural structure of your hair makes it weak, and more prone to dryness, breakage and sun damage. Therefore, you need to take proper care of your hair. Perform hot oil treatment for hair at least once a week in between the application of hair relaxer. Follow a healthy diet, which is rich in vitamins, minerals and proteins. This would nourish your hair internally with all the required nutrients required for its growth and health. Hope, the information obtained from this article on 'hair relaxers for white people' comes to your help in making your hair soft, straight and gorgeous.