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Upcoming Events

North Carolina
Natural Hair Care
Expo, June 11-12,
2011, from 11am-
8pm. Venue:
Lighthouse
Convention, 326
Tryon Rd., Raleigh,
NC. Admission: \$10.

Schatzi's will be
featured on
Saturday through
lecture and on
Sunday with an
evening hair show!!
Check out the web
site for more info on
expo activities!

Personal Reflections...

As the summer months swing into high gear, I hope to spend as much time on the beach this season as I am able. The beauty of the beach is that it always instinctively brings the mind to a fuller awareness of simplicity. I love that feeling of being in the moment with the majesty of nature and a clearer understanding of the humility of self while, feeling and knowing the infinite nature of time with the cresting of each wave along the sandy shores.

This summer 2011 is a time of thanksgiving and deep reflection. This summer, I will celebrate 20 years of marriage to my husband Lloyd. I honestly didn't think we'd make it this far at times and feel honored that union has found favor with us. With all of the challenges of marriage and commitment, it really does feel as though the time has flown by in an instant. To share your life with someone is JUST THAT!! There is no substitute for time and being present. We will celebrate the time this year on a beach with old friends, reflecting on yesterday, today and tomorrow.

Likewise this summer, *Schatzi's* celebrates 5 years of business in service to the community. I honestly did not think we would make it at times either. That number is a serious milestone for businesses and thus is one that I will not take lightly. I only pray that I can navigate through the next five years as a more purified vessel that welcomes trials as favor, normalcy as manna and abundance as a reminder of God's grace.

Overall, business has taught me some lessons in life that I honestly don't think I would have learned otherwise. It has also challenged me in ways that I would never have anticipated. One of the greatest challenges that I have come to face about myself of late is that I have latent utopian socialist tendencies which really are antithetical to

capitalist *laissez-faire* business modeling. That anomalous relationship has created internal struggles within me that at times have been absolutely maddening. It has taken 5 whole years for me to discover that about myself. It may take another 5 years for me to figure out how to rest easy with that truth and another 5 years to create a joyful non-duality about it all!! Somehow, I'm not looking forward to that journey though it's one I'm destined to take all the same. (*Sigh*)

Also this summer, we escort our two sons to their respective college campuses to have an "empty nest" occur with one fell swoop! I have long suspected that I would be quite happy to make this transition but I must honestly confess that it has caused me to reflect more than once on just how grateful and pleased I am to see these two young gentlemen at the end of a day. But, it is time and I relent without refrain. My eldest was gracious enough to attend Wake Tech for 2 years and save us a goodly portion of cash reserve. But as of August, the word *pirates* will have new meaning in our home as the youngest pursues studies in coastal Carolina while the eldest pursues studies in Tidewater Virginia. I honestly couldn't be more pleased with the choices they have made and prayerfully hope that they are successful in their future endeavors. But as the say in Jamaica, *there's many a slip between the cup and the lip*. So, I pray they stay focused and determined.

With more free time than ever, I will likely crochet more, read more, reflect more and hopefully write more. The next chapter of life will surely have its trials. I pray for grace and wisdom and mercy and peace and temperance and humility and awareness and joy and love and ...

What are the benefits of Vitamin-C Serum for the Face? Reprint of an article posted on eHow.com



Photo from
healthprivatecare.com

“Vitamin C... promotes collagen production, which subsequently plumps the skin and lends it radiance and smoothness.”

Vitamin C has become an increasingly popular ingredient in cosmetic skin-care products. In 1992, Dr. Sheldon Pinnell of Duke University published the results of a study that proved the vitamin-C form of L-ascorbic acid reduced sun damage. This launched further studies that proved vitamin C's other positive effects on the skin. Now, in the cosmetics world, vitamin C is a star ingredient in facial serums.

Vitamin-C Basics

Vitamin C is crucial to the body's immune system, and serves as an aggressive free-radical fighter. Humans are one of the few animal species that cannot produce vitamin C internally, and must incorporate it into diets and supplements to ensure it can perform its many beneficial functions in the body. It reaches every cell of the body and fights off immune-system invaders, while also playing a key role in the body's connective tissue. It contributes to the cardiovascular system, facilitates fat metabolism, protects tissues from free-radicals, and assists the nervous system. Vitamin C's protective abilities greatly benefit the teeth, bones, and skin.

Skin Benefits

Vitamin C is a prime ingredient of collagen, the substance that binds cells together. Collagen metabolism and production are key attributes of healthy, radiant, younger looking skin. Collagen ingredients and ingredients that promote collagen production are widely used and advertised in body and skin care products. Collagen, in fact, depends on vitamin C, which implies the vitamin's importance to healthy, attractive skin. Stable collagen production fights wrinkles, and ensures evenness in the skin's tone and texture. Vitamin C's function as an antioxidant also benefits the skin, as it is able to protect the skin from damaging free radicals. Vitamin C's function as an antioxidant also benefits the skin, as it is able to protect the skin from damaging free radicals.

Topical Application

All vitamins are subject to oxidation when used topically, meaning that the vitamins lose their potency (sometimes drastically) when exposed to the air. Therefore, scientists have had to develop ways to incorporate vitamins into skin-care products without the risk of degradation, so that they can provide as many benefits as effectively as possible. Vitamin C is included in skin-care products in the form of its derivatives, which include L-ascorbic acid, ascorbyl palmitate, and magnesium ascorbyl phosphate. These derivatives of vitamin C make it possible for consumers to benefit from the protein's topical application.

Topical Uses and Benefits

Vitamin C is used in skin care as a strong antioxidant, especially in regard to protecting the skin from sun damage. It strengthens the skin barrier and thickens the dermis. It can expedite the healing of wounds and reduce inflammation. In high concentrations, it can reduce the appearance of skin discoloration. Most important, it promotes collagen production, which subsequently plumps the skin and lends it radiance and smoothness.

Dermatologists often use vitamin-C products to enhance the effects of cosmetic treatments, such as microdermabrasion and chemical peels.

Facial Serums Versus Moisturizers

A facial serum is not the same as a facial moisturizer, and most cosmetic skin-care lines offer (and recommend) both. A serum, often lighter and thinner in consistency compared to a moisturizer, is applied to the face after cleansing, and before the moisturizer. Serums usually have specific functions, such as anti-aging or free-radical protection. Serums are able to penetrate deep into the skin layers, while moisturizers address only the superficial surface tissue and its condition.

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Products, products everywhere: Which one's right for me?

A frequent question that we get in the salon is about the best hair care products. Once clients are in pursuit of a more natural hair style, it sometimes translates into a more natural lifestyle. I can totally relate as I myself am a vegetarian and have been for over 12 years. I'm not always the most meticulous about what I put in my body but some things just don't fly with me at all. I figure, I have a lot of years, God willing, to inhabit this vessel so I intend for it to be as functional and healthy as possible. I've always been a sucker for doing things the easy way so good health seems like a *no-brainer*. From the standpoint of hair care however, the sky really is the limit!! There are so many products on the market that it would be impossible to critique them all. So, I think it's important to start with a few basic questions to narrow down the playing field:

What do you want the product to do for you? This question is important and needs to be considered very honestly. Because if the answer to that question is somehow that you want the product to make natural hair look like something other than natural hair, then I think you should reconsider what you're doing and why? For instance, I often get questions like, what product will make my hair shiny. My response is: hair rollers. The

look I get is often one of confusion so I explain the concept of light reflection off of a flat or smooth surface vs. light diffusion, defined as the scattering of incident light by reflection from a rough or irregular surface (American Heritage Dictionary). When you flat iron or rod set your hair, you coax hair growing in a thousand different directions to move on the same plane. The result is the creation of a smooth, flat surface vs. the pre-existing irregular surface that natural hair presents. From years of *shampoo commercial* conditioning, we have come to believe that shiny hair is synonymous with healthy hair. In reality, it's simply the play of light against the strands of hair. The darker and flatter the surface for light reflection, the deeper the shine. Hair health doesn't really have a whole lot to do with it because natural, healthy, extremely curly hair does not reflect light at all when it hasn't been coaxed into a twisted, curly or straight condition. That one is usually a big surprise for people but they understand the logic behind my reasoning so that's ultimately what counts. Once you understand your hair goal, choose products that target your specific hair care needs. Once you find the products that work for you: **STICK WITH THEM!** Your hair will love you for it!

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*Photo borrowed from
globalshoefactory.com*

How to Make Vitamin C Serum (Recipe from eHow.com)

If you want your skin to appear youthful, smooth and glowing, try making your own vitamin C serum. It's easy to make vitamin C serum out of a few simple ingredients that you can pick up at your local pharmacy. The benefits are great, and include protection against sunlight and environmental toxins as well as a reduction of wrinkles and blemishes.

Difficulty:
Moderate

Instructions

Things You'll Need

- 1/4 tsp. L ascorbic acid
- 1 tsp. glycerin
- 1 tsp. distilled water
- Small glass container
- Glass stirrer
- Small dark colored jar, sealable

- 1) Place 1/4 tsp. of L ascorbic acid in a small glass container.
- 2) Add 1 tsp. distilled water and mix with a glass stirrer. Stir the mixture until you're sure the L ascorbic acid is completely dissolved into the water.
- 3) Stir in 1 tsp. glycerin and blend well.
- 4) Put the vitamin C serum in a small, dark colored, sealable jar.
- 5) Apply the vitamin C serum every night before bed to start with. If your skin tolerates the vitamin C, gradually increase the usage to twice daily.

Tips & Warnings

- If you have sensitive skin, start with 1/8 tsp. of L ascorbic acid and gradually increase the amount up to 1/2 tsp.
- Be sure to use L ascorbic acid. Don't attempt to use a vitamin C tablet.
- It's important to store vitamin C serum in a dark colored jar, because light will degrade the vitamin C. For convenience, you can purchase a small dark bottle with an eye dropper at a pharmacy or herbal supply store.



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Benefits of Vitamin C Serum continued...

Serums with Vitamin C

A facial serum with vitamin C provides the most benefit in the vitamin's topical application. In one of its derivative forms, vitamin C will penetrate the surface layers of the skin to deliver its collagen-stimulation benefits, and protect the skin from damaging

environmental factors, like UV rays.

Considerations

While vitamin C provides sun-protection benefits, its topical application, as in a facial serum, is not a substitute for sunscreen protection. A moisturizer with an SPF, or a separate SPF lotion should be applied daily.

Products continued...

What is your personal philosophy for the care of your hair and your body?

This question is important because I often hear people tout the evils of products containing synthetic or man-made additives but the same people would never bother to ask what pesticides were used to grow the food they ate for breakfast. They would likewise go even less far to ask what was fed to the animals that they are ingesting. I personally think that kind of logic contradictory so I don't really suggest to anyone that they should ONLY use all natural products. Yes, all natural, organic products are healthier for the body! So if you're able, SPLURGE. Your body will love you for it! All the same in

this modern world, synthetic compounds and derivatives are almost unavoidable. So, be selective and informed in your decision-making.

How much are you willing/able to spend?

Because there is such an abundance of products on the market, cost can quickly narrow down the playing field even more. Determine the target price range for what you're looking for and stay within your budget. If you are a poor college student, you may need to work really hard to find cheaper organic products or create your own. With that said, higher cost does not always mean better quality. Research and ask questions BEFORE purchasing. Your wallet will thank you for it!

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