

# AU NATUREL

SCHATZI'S DESIGN GALLERY & DAY SPA, LLC

## MUSINGS ON AN AUTUMN AFTERNOON

### Personal and Salon Updates

I'll confess that it's actually late morning when I'm writing this article. And it's raining. But, the title just sounded better as scripted so I'll role with it. I figure that by the time I finish saying what I want to say, it'll be accurate. LOL!! The fall is almost over and it has taken me far longer than I had anticipated to get this newsletter out to you. I've been super-engaged. So much so that I have no trouble getting to sleep at the end of a day. Somewhere between 10-11pm, I drift off while watching Frasier re-runs. When I open my eyes and realize that I have no idea what they are talking about, I get up and turn off the television. My eldest son used to come quietly into the room and turn it off for me, but those days are over. It's amazing how quickly some chapters of life pass and are gone forever. Outside of work, business activities and volunteer work, I've been spending a considerable amount of time in my yard. My girlfriend told me shortly after the death of my grandmother: "Sometimes when a person who has been

very influential in your lives passes, they leave you a gift." She said that she has observed this phenomenon on numerous occasions in her life. So, I should be on the lookout. Well, that notion went in one ear and out the other. Then, the spring of 2024 arrived. My grandmother's birthday was the first full day of spring March 21<sup>st</sup>. It was the first spring of my lifetime without the ability to call her up and hear her wonderful voice. I wasn't overly sad or reflective because I know "We don't come here to stay." But, what I didn't know was how much I would be bitten by the gardening bug. I have a green thumb: I've always had it. But, household plants are my forte. I have never been comfortable in or enjoyed yardwork. But since the start of spring, I have purchased and planted 34 Japanese maples with two Korean maples slated for planting this week-end. Yes, that number is correct!! I keep thinking that I've lost my mind or become overly obsessed or SOMETHING!! But, it doesn't stop me from watching videos of

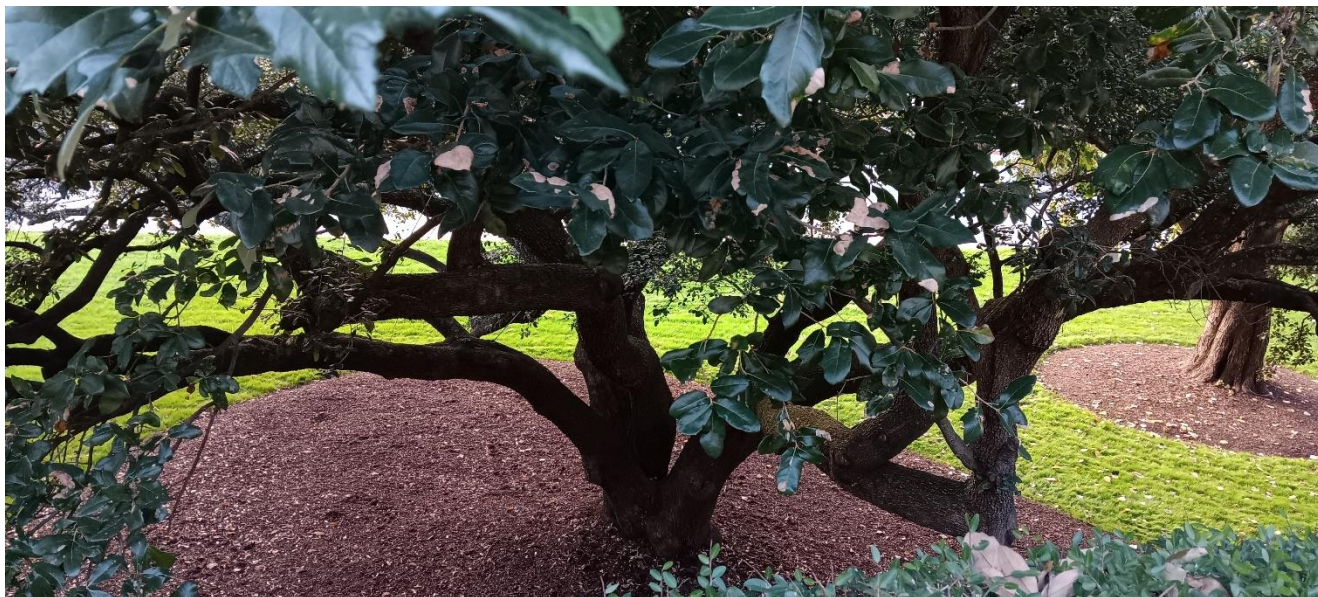
## CELEBRATING WINS!!

After 19 years of business operations, the salon now officially has NO DEBT!! All of our commercial loans have been PAID IN FULL! I'm so excited!! A little over a week after the election results, I thought to myself: "I can't control what's going on in the country, but I can control my sphere of influence." So, I slammed down the remaining balance on our loan. Since COVID, there have been some dismal predictions made on the commercial loan market, so I wanted to release the banks claim to any of my salon activities in the new Trump era. I will focus on acquiring more equipment to raise the ante on our hair care operations. I'd also love to acquire some new styling chairs. We give thanks for God's blessings of safe passage to this point in time. Amen.

people's Japanese maple garden and then shopping for more. Autumn is my favorite season despite the fact that it tries to kill me. Over the past decade, I have developed severe fall allergies. They are so bad that I take allergy medicine throughout and am compelled to use an inhaler throughout the season just to keep breathing. When the last leaf falls off of the oak tree in my front yard, magically I can breathe without the inhaler. Yet, the presence of these allergies DOES NOT even remotely affect my fall gardening activities. For the past three weekends, I have mowed the leaves (we mulch our leaves for a natural yard look) and done other maintenance activities. Prior to 2024, I left all yard work to my husband. Now, I just do it! I enjoy walking out in the yard and inspecting my plants. Since I don't want any wiggly surprises when I go out, I have been regularly mowing so that I can

see exactly what is in the yard. The regular mowing is also a deterrent to anything choosing to settle in my yard. I'm learning how to care for these maples. Two already died. Both were replaced by the seller so, I'm learning as I go. The regular inspection process is about understanding what's working and what is not working. I have one plant that is stressed so I'm keeping my eye on her pretty regularly. Maples can be pretty impressive when they bud out in the spring, but they are show-stoppers in the autumn months! And autumn is my favorite season, so it's only logical that I would be an autumnal garden. Likewise, I love trees. So, I need colorful vegetation that thrives in the shade. I WISH I had figured this out 10 years ago. My garden would be AMAZING RIGHT NOW!! But, all things in the fullness of time. I didn't have the mind or the interest 10 years ago. Now, it's what I spend a healthy

amount of my downtime thinking about. This past weekend, I went outside to start yardening. (I won't call it work. It doesn't feel like work. But, it sure used to feel that way.) After taking care of the leaves, I focused on transplanting my knockout roses to make room for my front yard maples that will take their place under my front windows. Lloyd had to help with that because the roots were well established. When I came back in the house, it was 1:30pm. I looked at the oven clock incredulously. I couldn't believe that 4 hours had passed. I was "in the zone." It was at that moment that I truly believed that my grandmother left me her gift. I called Mom yesterday to tell her. She said: "Mother told me yesterday: I am in the things not seen." She is in the wind, the air, the sunshine. She was with you for sure. I said, "I believe she was and is." I am planting with the understanding that when my garden is at its



most beautiful, I will likely not be here to see it. But, I am the co-author of this future symphony so I take pride in that alone. I do intend to be around to see a good portion of its beauty. And so, I'm getting as much in the ground as I can NOW. Someone planted this beautiful building near the legislative building, most probably when the land was first established for legislative purposes over 200 years ago. I had the honor and privilege of witnessing someone's foresight coupled with God's grace. Isn't she magnificent!! I HAVE NEVER SEEN A HOLLY TREE THIS LARGE. (I

took this photo from an upper floor landing.) She's so regal, that should cannot be successfully captured in a picture frame. While taking an afternoon stroll with a friend, I witnessed her wonder. I now feel compelled to walk that way more often just to appreciate her majesty.

Within the salon, we are blessed beyond measure. I paid our last commercial loan payment for the space on Nov. 15<sup>th</sup>. I fast-tracked the close-out of the loan because the post-COVID predictions for commercial loans have been rather bleak. And I have no

intention of moving backwards. With the new administration, a lot of life will feel unpredictable. So, I wanted to control one thing in my life and so I closed that door 10 days after the election results were announced. I can now focused more intentionally on the purchase of new equipment. Hair technology has advanced a bit since our opening but, I am most interested in effectiveness. So, I will do the needful research and invest accordingly. Stay tuned for updates as we learn and grow in this work. Embrace the beauty of you. P.S. It's officially 12:01pm. 😊

## HIGHLIGHTING SUPER-LONG LOCKS

### How to Achieve Superior Results Every Time

The beautiful client whose hair is featured in this article has been a client of mine for about 8 years now. Her locks are interlocked and are absolutely beautiful. A few weeks ago, she texted me to say that she wanted highlights for a change of pace. I did the mental calculation of procedural steps and told her that we would need to add-on 2 hours to her typical 3-hour service. She was down, so we moved forward with scheduling. Because she is a seasoned lock wearer, I didn't go into a detailed explanation of the process via text. But for newer clients, it's important to explain the step-by-step process to ensure that they understand

what will occur and how to care for their hair going forward.

**Color Selection:** Finding the right color for your client's hair depends on their stated interest. We spoke in advance and she wanted a honey blonde. When dyeing black hair, the final outcome is dictated by two primary variables: the amount of lift that is applied to the hair and the amount of time the product is left on the hair. There is no hard and fast rule here, so you have to make the determination of what is most appropriate based on the client's needs. When using a crème developer, the products available are at strengths 10, 20, 30 and 40. For black hair, a higher developer is most useful in





obtaining the color that you are interested in achieving. However even a 40 developer may provide a golden brown hue rather than a blonde color. Black hair is the most difficult to color. For this reason, many mainstream color kits include bleach which provides the additional life needed to achieve a blond hue on black hair. Crème of Nature and Dark N Lovely are two products that are specifically formulated to color African American hair. The formulations consider the typical black hue as well as the delicate nature of kinky/curly hair and its tendency towards dryness. Likewise, the kits include conditioning products for use after coloring. For this client, I used Crème of Nature Ginger Blonde. I used this color because of the thickness of the locks and some degree of uncertainty about the color penetration to the lock interior.

**Lock Selection:** Because I am only highlighting the hair, I first selected the locks that I would be applying color to. With loose hair, this step is not needed. But with locks, you don't want to be trying to determine where to apply the color while working. The color needs to be applied as quickly as possible and the distribution of color needs to be proportionate throughout the clients head. This process itself took approximately 20-30 minutes. I put a metal clip on each of the locks so that I could quickly identify the chosen

locks and expedite color application. I spaced the locks in a way that made sense to my understanding of the client's hair. I gauged how many locks would be colored as I was using two kits of color for this client's hair. (When the color ran out, I only had two clips remaining near the nape of the client's hair. So my guesstimation was pretty close!)

**Color Application:** Permanent color is always applied to dry hair. So, coloring is the next phase of this client's hair care service. In addition to having gloves and a brush applicator, I used sheets of aluminum foil for this client's service. The foil should be placed underneath each lock being colored at the root. With hair this long, I folded the lock several times so that it could all fit into the 11-inch-long foil sheet. I then used the brush to apply the color. Please note that the lock must be turned over on the foil sheet to ensure full coverage in color application. Once color is applied, the foil sheet should be folded around the lock so that none of the lock is exposed. This step is critical in ensuring that the color does not inadvertently leak onto or touch locks that you don't want highlighted.

Start at the front of the client's hair and move backwards. Try to complete this process as quickly as possible. Because highlights are lifting the color, the locks at the front will reach the lightest hue. Locks at the rear will

invariably experience less processing time. It would ideally have liked to apply the color to the front, rinse it out and then apply it to the rear. But with this amount of hair, it was not feasible. Another consideration that I had was to leave the rear locks covered in foil while rinsing the color off of the locks in the front. If this is something you want to try, have at it. I didn't bother with it because the foil sheets weren't substantial enough to hold with the introduction of water. But if you create your own foil sheets to suit your client's locks, you may have success with this approach.

#### **Rinse, Shampoo and**

**Condition:** You should regularly check the locks at the front to see how much the color has processed. Once the hair has reached the desired hue, you should remove the foil sheets and rinse the hair thoroughly. Then, shampoo with a color-friendly shampoo as you ordinarily would. After rinsing the shampoo, condition the locks with an effective after-color treatment. Highlighted locks will tend to be drier than locks that have not been colored. So, you want to be sure to add conditioning to the regular lock maintenance routine going forward. The hair can now be receive the regular lock maintenance service, as the highlighting process is complete. Embrace the beauty of you.