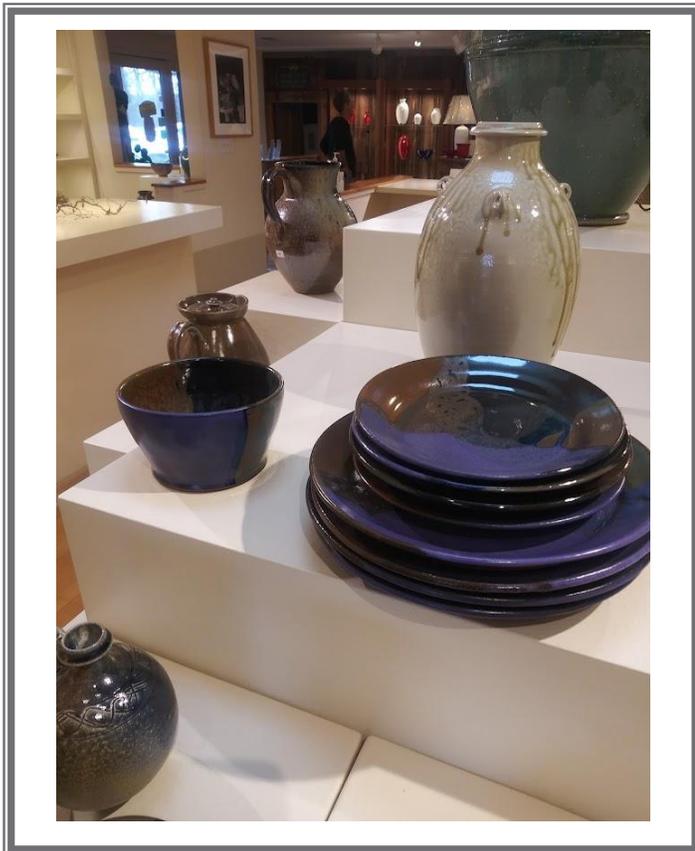


## AU NATUREL



### PERSONAL & SALON UPDATES

Happy New Year from Schatzi's Design Gallery & Day Spa! We pray that the new year found you in good health with a joyful heart! Peace and blessings to all! The adjacent photo is of a beautiful pottery dinnerware set that I purchased at [Ben Owen Gallery](#) in Seagrove, NC prior to the holidays! I LOVE IT! It was our place setting for Christmas dinner. If you haven't discovered the work of North Carolina's potters, you're missing out on some wonderful state history. Ben Owen and Brian Pulliam (who crafted this set) are among the best! Check them out if you are of the mind.

Well, I had every intention of releasing a holiday issue of Au Naturel before the end of 2021 but "the best laid plans of mice and men..." During the month of November, I was slammed with work as clients prepared for Thanksgiving. After Thanksgiving, I expected to pull things together, but I didn't fully consider the fact that I was taking a course in Advance Excel Modeling. The final exam was 50% of my grade.

### 4C AND ME

Over the years, clients and colleagues have often commented on my hair by saying things like, "Well, you have a more relaxed curl than I do" or "your hair texture is not as kinky as mine". I've always corrected them by stating the fact that my hair is AS AFRICANIZED AS IT GETS. My hair is the very definition of kinky. I merely style my hair to achieve the look that I want. A blow dryer can do wonders to address hair shrinkage. How my hair looks depends on how much I choose to engage heat for the current moment. The photos for this piece were taken after my most recent shampoo. The first is unadulterated 4C curls. I showed this photo to a client recently and her only response was: "Oh, bless your heart." 🙏 It's hard to imagine that hair with this much shrinkage can extend down to my chest when pulled straight but it does. The second is 7 HOURS LATER around midnight! I did only minimal blow drying for this look. I was exhausted! My hair always takes a ton of time. But, then I only style about once a month so it's no problem. So in short, embrace your 4C hair. It's the most versatile hair that there is! And to put the naysaying to rest, yes, my long, naturel hair is 4C. Water calls it home every time I shampoo! ❤️ (See 4C Photos below)



I am so OVER GRADES in life but when you sign up for a class, you conform to the guidelines. I've been using Excel since 1989 when it was called Lotus 1-2-3. I have used it for every job I've ever had. But, I knew that I had fallen into a rut and was not using its full potential. Now that I'm at UNC and can take free courses again, I decided, "Why not?" Over the summer, I recall thinking a lot about that fact that I am professionally a generalist. I have done a lot of things and know a lot of things. System strengthening is a consistent theme but how does God see me, and where does He want me to be. It's something that I've thought about a lot over the years. Then, my husband wakes from a dream and tells me how he saw someone placing a medallion around my neck and calling me a "data warrior". I was naturally intrigued because he perfectly described a chapter from the book "Destiny of Souls" without having EVER read the book. (He would never read this book. He's just not of that mindset.) So, as I considered that I've been moved into the evaluation side of my current position because of the strong need our team has in this area, I figured that it might be time to sharpen my tools for this leg of my journey. (Note: I take dreams very seriously. They've guided me my WHOLE life. I usually know which ones to ignore. Usually. Every business investment I've made since returning to the US, I dreamt about first. While in Jamaica, we made moves based solely on our thinking, and we made some pretty epic "bad moves." Only twice were dreams sent to my husband rather than me

though: the first was regarding my eldest son's education (which eventually led to him graduating from Hampton University with a Master of Architecture) and the second being the "data warrior" dream. So, if I'm moving back to the data realm (even for a moment), I want to be armed and ready.) Well, I was amazed at how many Excel tools I was unaware of for data analysis and decision-making! And I was really amazed at how many hours I invested in that course to make the grade even with all of my years of experience. I guess an

"old dog CAN learn new tricks." But, oh how my brain rebelled! 😊 The net effect however was that I did not have the time I would have liked to complete the newsletter by mid-December. Once we were in the pre-Christmas season of course, salon responsibilities kicked in again and I found myself fully booked fairly quickly. When I looked up, it was Christmas Eve and I still needed to go grocery shopping. So, I thought I'll get to the newsletter after Christmas. Then I got OMICRON! Surprisingly, I didn't get it from the salon. I got it from my sons during Christmas dinner. So much for keeping the celebration small and intimate. We had dinner, played a couple of hands of Spades and watched a movie. We weren't on top of each other and because we were all fully vaccinated (Lloyd even boosted), we figured it would be fine. So much for figuring in COVID times. Lloyd got a fever just like I did. So for what it's worth, keep wearing your masks and taking all precautions. It was not a fun time. All I could think was: I work my backside off all year long to get a brief one week break from work of ANY & ALL KINDS only to get sick during that week and be unable to go anywhere or do anything!! Ain't that a blip! Such is life. I guess the universe prefers me working.

Within the salon, our [COVID protocol](#) seems to be working famously "*knock on wood.*" We will keep it in place for now and the future. Wishing all good health, peace and prosperity for the new year.!

# COLORING LOCK TIPS

## Step by Step Guide



One of my regulars recently announced that he wanted his tips colored. He has been coming to the salon for a few years now. He saw a client's hair in a pharmacy and asked who did it. He's been with me ever since. He has a lovely African accent, and his demeanor reminds me of what I have been missing not living in Africa all of these years. "Miss Schatzi. I would like my tips colored. What do you think Mama?" I proceeded to explain to him that I DO NOT bleach locks at all. The process weakens locks considerably and therefore I would be unwilling to provide that service. But, I CAN use a standard lifting product to achieve a lighter hue. The photo above shows the products that I used: Clairol Soyplex Medium Golden Blond and 40 developer for maximum lift. I also used black towels and a frosting cap. The frosting cap is the key. I took some time to explain to my client that often when you see people with colored tips, their hair was dyed before it was locked. Then as the locks grow out, the tips remain the same color as when the hair was first dyed. As a result, the tips are uniformly colored, measuring the same length all over.

When hair has been locked for some time (a little over 3 years for him), the challenge is to isolate the tips so that they can be colored while the remaining hair is left natural. That is why the frosting cap is needed. I have used a nylon cap in the past to color tips but his hair is much thicker and fuller than those I have done this service on before. So, I searched the Net thoroughly in search of a cap that I thought could accommodate his locks. The cap featured in the photo is made of silicone and comes with a crochet needle to pull the hair through the cap. But, I knew that his hair is WAY TOO THICK for that crochet needle, so I acquired an embroidery needle whose eye I widened with a screw driver, and voila: a thick lock capture tool. After acquiring the needed tools, the steps to color the hair are as follows:

**Step 1: Prep the tips for coloring** – During this first step in the process, the locks are pulled through the frosting cap to the desired length for coloring. I tied his hair in a pony tail at the top of his head and started at the rear working up. (Note: He doesn't actually wear the frosting cap like when frosting loose hair because the locks are too thick.) This step took about an hour



because : 1) I wanted to ensure that I didn't miss any of the locks; and 2) I wanted the length of each colored tip to be about the same regardless of where on his head the lock is found. This type of precision takes time and patience. It was during this stage I discovered that I ABSOLUTELY WILL NEVER AGAIN USE A SILICONE FROSTING CAP. It was very delicate and tore easily which meant that I had to do makeshift repairs to the cap so that the color would not bleed. (Going forward, I'll use nylon again but may just use two caps at once: one for the front of the hair and one for the rear.)

**Step 2: Mix the color and apply it to the tips** - Hair color, particularly when it's lightening hair, can be damaging if left on the hair too long. For this reason, you MUST ensure that all of the tips are correctly staged before even bothering to mix the color. Once they are all ready, apply the color to the tips as quickly as possible. (Note: Color is typically crème or liquid. The benefit of liquid color is that it can more easily penetrate through dense locks to color the hair. But the downside of liquid color is that it can more easily penetrate the frosting cap as well. For this reason, I used crème color rather than liquid. You are free to choose for yourself. I preferred the precision and control of the process over the depth of lock penetration. But this is surely a personal judgment call.) I used a brush applicator adding color to locks sections protruding on the outside of the cap. Take extra care to ensure that you apply color to all of the tips. Also, ensure that you apply the color to the underside of the lock as well as the top and sides. Again, the crème color makes this part of the process easier to control.

**Step 3: Allow the color to penetrate the hair shaft** – For this client's locks, the color was left on his hair for a full hour to achieve this look. Please note that I explained the chemical process that takes place during hair coloring and the challenge of lightening melaninated (that SHOULD be a word) hair during the color consultation. I explained that black hair is the hardest hair to color without bleach and that even with a

blond color, the best we will achieve is a light brown or red shade depending on the color used. He was fine with that, as he wanted a color that makes sense for his dark, rich skin tone. When black hair comes out yellow grey or white after coloring, bleach has invariably been applied. The long term effect on locks that I have observed is that colored lock tips may appear to be thinner (meaning in width) than the rest of the lock.

**Step 4: Rinse the color from the hair** – This step involves another type of patience. Rinsing hair that has been colored requires time and thoroughness. Because coloring is a chemical process, you don't want to leave color product residue in the hair AT ALL as it can damage the hair. So, you should endeavor to ensure that all of the locks get a thorough rinsing. When much of the color has been removed, you can start peeling the frosting cap away from the locks. Because rinsing can take a few minutes itself, I prefer to leave the cap on as long as possible to ensure that the color doesn't bleed. Rinse the hair until you don't see any more color residue coming from the locks.

**Step 5: Shampoo the hair** – I often use natural, sulfate-free shampoos with locks clients. You can also use shampoos designed for color treated hair. Shampoo the hair as you ordinarily would, ensuring that you pay special attention to the scalp for cleanliness and the tips for color removal. During this step, loose hair is usually conditioned to restore balance to the hair after stripping it. But because I don't want to risk depositing product into the lock that is difficult to remove, I condition the locks with Jojoba oil instead during the lock maintenance step.

**Step 6: Tighten the locks through a palm-rolling or inter-locking maintenance technique and style the hair, as appropriate** – At this step, your regular lock maintenance service can be rendered. (Note: The photos of this client were taken before lock maintenance. I did not take a picture at the end of the service because the style he gets would lessen the ability to see the result of the color treatment.) Happy coloring!