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THE HEALING HAIRCUT AT
BYU-TI TAKES GROOMING TO
A WHOLE NEW LEVEL

BY JOHN SIMMONDS

I'M TYPICALLY NOT BUDGETING ANY MORE TIME than I think I can get away with when planning a haircut. Actually, the plan is usually this: Show up at Shorty's on the way somewhere else and if there's more than "15 minutes to wait, leave immediately and try it again another time. So when trying to make an appointment with Natasha at Byu-ti, I felt way out of my haircut-time-allotment league. But still, I persevered, and by the time I was able to find a suitable time window, I was gagging for a haircut and what I got was more than I had anticipated.

Byu-ti (www.byu-ti.com) is known for its custom-blended diagnostic treatments, and owner Natasha Sunshine is famous for her healing haircut. It's not only a haircut, but also a relaxing experience, which allows for an internal focus on cleansing and purging of unwanted and unneeded things. Using acupressure, reiki, and essential oils, Natasha gives you no option but to open up, relax and allow your tonsorial transformation to bring out the best of you and leave behind what you no longer feel to be of use.

The energy and décor of Byu-ti is light and vibrant. As soon as I set foot in the door, I sensed that I was going to enjoy my experience. As soon as I had put on my robe, Natasha was there giving me her full attention and a beaming smile. She introduced herself, sat me down, and explained briefly what was going to happen. It all seemed very straightforward in a non-standard kind of way, and by that I mean that everything pointed towards my haircut being secondary to my state of wellbeing. I was led to a washing station where my hair was washed, conditioned, and I was given a quick acupressure introduction. I had already started to melt, but fortunately, before I was transmogrified from solid to liquid matter, I was daubed dry and led over to the cutting station, where I was swaddled in a cape and handed an iPod. Now if that isn't the perfect use for an iPod? I put the earphones in and closed my eyes. While the music filled my head, Natasha began her magic. First she started to massage my neck with lavender (one of her selection of many oils for this purpose) and I started wondering how I was going to a) stay awake and b) keep my head upright for the cutting portion of the treatment.

As I focused on keeping my attention on the treatment, I felt Natasha's deft hands locate some of my testier pressure points,



where she gently but firmly brought my meridians into balance. She maintained perfect pressure throughout and there was not one moment where the spell was broken, so when she began the reiki (or energy work) I was already deep in a trance of relaxed deference. I don't think I'd trust many people to do what Natasha was doing, but she clearly not only has the skill, but also the experience necessary to carry off the whole shebang. I have no idea how much time had passed before she brought me around, but after taking the iPod away (sensible—how many pairs of headphones do you think a hairstylist would go through on a busy day?) I was brought back to reality and the haircut began.

Time seemed to bear no relevance to my healing haircut experience. I was cleansed and primped all in one, and veritably floated across the street back to my motorcycle when I was done. Natasha has a line of natural hair products that go along with her holistic hair treatment idea and they are great—no damaging ingredients and all very nourishing, using natural ingredients such as rice protein, soy, date and strawberry extract, fenugreek and Japanese honeysuckle to bring back life to the most lost of hair causes. I highly recommend a trip to Byu-ti for a healing haircut. I for one know that I'll not be a stranger beneath Natasha's extremely capable hands.

To make an appointment for a healing haircut, call 310/587-2207 or drop by 510 Wilshire Blvd. in Santa Monica.

Got an innovative body service you want us to write about? Let us know: korina.jochim@frontierspublishing.com.