



TapDancing Lizard™ LLC

[Hennapedia](#)
[The Henna Page](#)
[Henna for Hair](#)
[TapDancing Lizard](#)
[Mehandi](#)
[HennaConference.com](#)
[Harquus](#)


Mehandi.com Mystique Products and HennaforHair.com

Catherine Cartwright-Jones: 4237 Klein Ave., Stow, Ohio, 44224 330-689-0725 Phone 330-688-8803 FAX

Email: info@mehandi.com

Pure plants for hair dye and conditioning: no metallic salts, no synthetic dyes

Merchandise	Quantity	Price	Total
Samples about 5 g:			
No additional shipping charge on \$1 sample items			
Body art quality henna Punjabi Prime		\$1	
Body art quality henna 2 from Pakistan		\$1	
Body art quality henna 3 from Yemen		\$1	
Henna for African Hair		\$1	
Indigo		\$1	
Cassia Obovata		\$1	
Emblica Officinalis: Amla		\$1	
Buxus Dioica		\$1	
Zizyphus Spina Christi		\$1	
Citric Acid		\$1	
Cloves		\$1	
Dried Limes		\$1	
Chamomile		\$1	
Carrot Bags		\$1	
Turmeric		\$1	
3 Carrot Bags for applying henna		\$1	
Larger Quantities: Add shipping on the items below:			
<i>Note: Henna crops always vary from one year to the next. For this year's henna crop, I've chosen Punjabi Prime to replace previous Body Art quality henna from Rajasthan ... better quality, better sift, better results, no price increase. This henna makes a wonderful red!</i>			
HENNA			
Body Art Quality Henna Punjabi Prime 25g (medium dye content for vibrant red,		\$4.50	
Body Art Quality Henna Punjabi Prime 100g		\$6.50	
Body Art Quality Henna Punjabi Prime 200g		\$13.00	
Body Art Quality Henna Punjabi Prime 300g		\$19.00	
Body Art Quality Henna Punjabi Prime 400g		\$24.00	
Body Art Quality Henna Punjabi Prime 500g		\$30.00	
Body Art Quality 2 Henna 25g (lower dye content for brunettes or lighter reds)		\$4.50	
Body Art Quality 2 Henna 100g		\$5.00	
Body Art Quality 2 Henna 200g		\$10.00	
Body Art Quality 2 Henna 300g		\$15.00	
Body Art Quality 2 Henna 400g		\$19.00	
Body Art Quality 2 Henna 500g		\$24.00	
Body Art Quality 3 Henna from Yemen 25g (highest dye content, covers gray best)		\$4.50	
Body Art Quality 3 Henna from Yemen 100g		\$7.50	
Body Art Quality 3 Henna from Yemen 200g		\$14.00	
Body Art Quality 3 Henna from Yemen 300g		\$21.00	
Body Art Quality 3 Henna from Yemen 400g		\$28.00	
Body Art Quality 3 Henna from Yemen 500g		\$35.00	
<i>Body Art Quality Henna for African Hair (high dye content, finest sift, gentle on damaged hair, safe for relaxed hair, good gray coverage, easiest to wash out)</i>			
25g BAQ Henna for African hair		\$4.50	
100g BAQ Henna for African hair		\$7.50	
200g BAQ Henna for African hair		\$14.00	

300g BAQ Henna for African hair		\$21.00	
400g BAQ Henna for African hair		\$28.00	
500g BAQ Henna for African hair		\$35.00	
<i>Body Art Quality Henna for Long Hair (great sift, packaged in 500g bags)</i>			
500g Body Art Quality Henna for Long Hair		\$25.00	
1000g Body Art Quality Henna for Long Hair		\$45.00	
1500g Body Art Quality Henna for Long Hair		\$65.00	
2000g Body Art Quality Henna for Long Hair		\$80.00	
INDIGO			
Indigo 25g		\$4.50	
Indigo 100g		\$7.50	
Indigo 200g		\$14.00	
Indigo 300g		\$21.00	
Indigo 400g		\$28.00	
Indigo 500g		\$35.00	
BUXUS			
Buxus Dioica (katam) 25g		\$4.50	
Buxus Dioica (katam) 100g		\$7.50	
Buxus Dioica (katam) 200g		\$14.00	
Buxus Dioica (katam) 300g		\$21.00	
Buxus Dioica (katam) 400g		\$28.00	
Buxus Dioica (katam) 500g		\$35.00	
AMLA			
Amla Powder 25g		\$4.50	
Amla Powder 100g		\$12.00	
Amla Powder 200g		\$22.00	
Amla Powder 300g		\$30.00	
Amla Powder 400g		\$40.00	
Amla Powder 500g		\$50.00	
CASSIA			
Cassia Obovata		\$4.50	
Cassia Obovata 100g		\$7.50	
Cassia Obovata 200g		\$14.00	
Cassia Obovata 300g		\$21.00	
Cassia Obovata 400g		\$28.00	
Cassia Obovata 500g		\$35.00	
THINGS TO ADD TO HENNA			
Fenugreek Powder for killing head lice 25g		\$4.50	
Artemisia Powder for killing head lice 25g		\$4.50	
Ginger Powder for better smelling hair 25g		\$4.50	
Cardamom Powder for spicy smelling hair 25g		\$4.50	
TOOLS			
20 Carrot Bags		\$5.00	
1.5 oz Root Shooter		\$2.50	
3 oz Root shooter		\$2.50	
10 Plastic Disposable Gloves		\$2.00	
8 Latex Disposable Gloves		\$2.00	
6 Nitrile Disposable Gloves		\$2.00	
SHAMPOO			
Yucca Shampoo Bar		\$12.50	
Japanese Camellia Shampoo Bar		\$12.50	
Bouncing Beer Shampoo Bar		\$12.50	
Bhringraj & Shikakai Shampoo Bar		\$12.50	
4 oz Chamomile/Cassia/Mandarin Orange Mehandi Shampoo Bar		\$12.50	
4 oz Nettle/Comfrey/Peppermint Mehandi Shampoo Bar		\$12.50	
4 oz Rosemary/Sage Mehandi Shampoo Bar		\$12.50	
4 oz Lotus/Ylang-ylang Mehandi Shampoo Bar		\$12.50	
4 oz Ginger/Cardamom Mehandi Shampoo Bar		\$12.50	

4 oz Zizyphus Spina Christi and Juniper Shampoo Bar		\$12.50	
4 oz Amla Shampoo Bar		\$12.50	
4 oz Pure and Simple Shampoo Bar		\$12.50	
4 oz Chamomile/Cassia/Mandarin Orange Shampoo Bar, travel box		\$13.50	
4 oz Nettle/Comfrey/Peppermint Shampoo Bar, travel box		\$13.50	
4 oz Rosemary/Sage Mehandi Shampoo Bar, travel box		\$13.50	
4 oz Lotus/Ylang-ylang Mehandi Shampoo Bar, travel box		\$13.50	
4 oz Ginger/Cardamom Mehandi Shampoo Bar, travel box		\$13.50	
4 oz Zizyphus Spina Christi and Juniper Shampoo Bar, travel box		\$13.50	
4 oz Amla Shampoo Bar, travel box		\$13.50	
4 oz Pure and Simple Shampoo Bar, travel box		\$13.50	
Dog shampoo Bar, 4 oz.		\$12.50	
Cat shampoo bar. 4 oz		\$12.50	
SOAPS			
Cedarwood Atlas Shaving Soap		\$12.50	
Cedarwood Atlas Shaving Soap in travel box		\$13.50	
Amber Shaving Soap		\$12.50	
Amber Shaving Soap in travel box		\$13.50	
Vetiver Shaving Soap		\$12.50	
Vetiver Shaving Soap in travel box		\$13.50	
Castile Mystique Soap		\$12.50	
Soothing Mystique Soap		\$12.50	
Green Tea Mystique Soap		\$12.50	
Madness of Mint Mystique Soap		\$12.50	
Charcoal for Joints and Muscles Mystique Soap		\$12.50	
Charcoal for Oily Skin Mystique Soap		\$12.50	
Coffee Mystique Soap		\$12.50	
Gentle Oatmeal Mystique Soap		\$12.50	
Gardener's Helper Mystique Soap		\$12.50	
Faerie Garden Mystique Soap		\$12.50	
Henna, Cardamom and Vetiver Soap 120g		\$12.50	
Henna and Lavender Soap 120g		\$12.50	
Henna, Lemon and Mint Soap 120g		\$12.50	
Henna and Patchouli Soap 120g		\$12.50	
Amla and Rosewood Soap 120g		\$12.50	
Exfoliating lavender Mystique Soap		\$12.50	
Autumn Soap		\$12.50	
Winter Soap		\$12.50	
Spring Soap		\$12.50	
Summer Soap		\$12.50	
Exfoliating lavender Mystique Soap		\$12.50	
Element Earth Soap		\$12.50	
Element Air Soap		\$12.50	
Element Fire Soap		\$12.50	
Element Water Soap		\$12.50	
DEODERANT			
Mystique Herbal Deodorant		\$12.50	
APPLE CIDER VINEGAR RINSES			
ACV Rinse for Dry Hair		\$15.00	
ACV Rinse for Oily Hair		\$15.00	
ACV Rinse for Healthy Hair Growth		\$15.00	
ACV Rinse for Soft Hair, and for facial toner		\$15.00	
HAIR OIL			
Chamomile Hair Oil for Blondes		\$25.00	
Sage Hair Oil for Strength		\$25.00	
Catnip Hair Oil for Growth		\$25.00	
Rosemary Hair Oil		\$25.00	
Ayurvedic Coconut Hair Oil		\$25.00	
HAIR SPRAY			
Mystique Natural Hair Spray		\$15	

CUTICLE BALM			
½ oz Cuticle Balm		\$12.50	
LIP BALM			
Chocolate Addict Lip Balm		\$5.00	
Cocoa Mint Lip Balm		\$5.00	
Garden Delights Lip Balm		\$5.00	
Peppermint Lip Balm		\$5.00	
Soothing Lip Balm		\$5.00	
Tea Tree Lip Balm		\$5.00	
LOTION BARS			
1 oz Henna Flower Lotion Bar		\$7.50	
1 oz Henna Flower Lotion Bar in a Tin		\$8.00	
4 oz Henna Flower Lotion Bar		\$25.00	
4 oz Henna Flower Lotion Bar in a Tin		\$26.00	
1 oz Henna Flower and Amber Lotion Bar		\$7.50	
1 oz Henna Flower and Amber in a Tin		\$8.00	
4 oz Henna Flower and Amber Lotion Bar		\$25.00	
4 oz Henna Flower and Amber Lotion Bar in a Tin		\$26.00	
1 oz Henna Flower, Cardamom and Vetiver Lotion Bar		\$7.50	
1 oz Henna Flower, Cardamom and Vetiver Lotion Bar in a Tin		\$8.00	
4 oz Henna Flower, Cardamom and Vetiver Lotion Bar		\$25.00	
4oz Henna Flower, Cardamom and Vetiver Lotion Bar in a Tin		\$26.00	
1 oz Henna Flower and Lotus Lotion Bar		\$7.50	
1 oz Henna Flower and Lotus Lotion Bar in a Tin		\$8.00	
4 oz Henna Flower and Lotus Lotion Bar		\$25.00	
4 oz Henna Flower and Lotus Lotion Bar in a Tin		\$26.00	
1 oz Henna Flower and Champa Lotion Bar		\$7.50	
1 oz Henna Flower and Champa Lotion Bar in a Tin		\$8.00	
4 oz Henna Flower and Lotus Lotion Bar		\$25.00	
4 oz Henna Flower and Lotus Lotion Bar in a Tin		\$26.00	
1 oz Alluring Blossom Lotion Bar		\$8.00	
4 oz Alluring Blossom Lotion Bar		\$26.00	
1 oz Bug-R Off Lotion Bar		\$8.00	
4 oz Bug-R Off Lotion Bar		\$26.00	
1 oz Calendula Lotion Bar		\$8.00	
4 oz Calendula Lotion Bar		\$26.00	
1 oz Chocolate Decadence Lotion Bar		\$8.00	
4 oz Chocolate Decadence Lotion Bar		\$26.00	
1 oz Cocoa Rose Lotion Bar		\$8.00	
4 oz Cocoa Rose Lotion Bar		\$26.00	
1 oz Asleep and Dreaming Lotion Bar		\$8.00	
4 oz Asleep and Dreaming Lotion Bar		\$26.00	
1 oz Garden of Earthly Delights Lotion Bar		\$8.00	
4 oz Garden of Earthly Delights Lotion Bar		\$26.00	
1 oz Melting Mint Lotion Bar		\$8.00	
4 oz Melting Mint Lotion Bar		\$26.00	
1 oz Peaceful Earth Lotion Bar		\$8.00	
4 oz Peaceful Earth Lotion Bar		\$26.00	
1 oz Soothing Lotion Bar		\$8.00	
4 oz Soothing Lotion Bar		\$26.00	
1 oz Vanilla Bourbon Lotion Bar		\$8.00	
4 oz Vanilla Bourbon Lotion Bar		\$26.00	
1oz Coffee Lotion Bar			
4 oz Coffee Lotion Bar		\$26.00	
1 oz Coffee Cinnamon Lotion Bar			
4 oz Coffee Cinnamon Lotion Bar		\$26.00	
BUTTERS			
120g Pure Mango Butter		\$6.00	
2” tin of Pure Mango Butter		\$3.50	
120g Pure Cocoa Butter		\$6.00	
2” tin of Pure Cocoa Butter		\$3.50	

FACIAL SERUM			
Oily Skin Facial Serum		\$15.00	
Dry Skin Facial Serum		\$15.00	
Mature Skin Facial Serum		\$15.00	
Sensitive Skin Facial Serum		\$15.00	
Unscented Facial Serum		\$15.00	
FACIAL LOTION			
Aloe Rose Facial Lotion		\$15.00	
Olive for Dry & Mature Skin Facial Lotion		\$15.00	
Tea Tree for Oily Skin Facial Lotion		\$15.00	
FACIAL CLEANSER			
Plain Soothing Facial Cleanser 4 oz		\$17.50	
Acne Soothing Facial Cleanser 4 oz		\$17.50	
Mature Soothing Facial Cleanser 4 oz		\$17.50	
Sensitive Soothing Facial Cleanser		\$17.50	
PERFUMES			
1/2 dram of henna flower attar		\$10.00	
Three Moons Perfume Gift Box		\$36.00	
Mati Syra Zemlya perfume		\$17.50	
Namaste perfume		\$17.50	
White Tara perfume		\$17.50	
Moon Mother perfume		\$17.50	
Mokosh perfume		\$17.50	
Kali perfume		\$17.50	
Incense perfume		\$17.50	
Boldogasszony perfume		\$17.50	
Yin Yang perfume		\$17.50	
BODY POWDER			
Rose Herbal Body Powder		\$12.50	
Lavender Herbal Body Powder		\$12.50	
Chamomile Herbal Body Powder		\$12.50	
Vetiver Herbal Body Powder		\$12.50	
Sandalwood Herbal Body Powder		\$12.50	
BATH TEAS			
Awakening Bath Tea		\$20.00	
Restorative Milk Bath Tea		\$20.00	
Green Tea Bath Tea		\$20.00	
Tender Children's Bath Tea		\$20.00	
Once Before Bath Tea		\$20.00	
Summer Bath Tea		\$20.00	
Spring Bath Tea		\$20.00	
Autumn Bath Tea		\$20.00	
Winter Bath Tea		\$20.00	
Aquarius Bath Tea		\$20.00	
Pisces Bath Tea		\$20.00	
Aries Bath Tea		\$20.00	
Taurus Bath Tea		\$20.00	
Gemini Bath Tea		\$20.00	
Cancer Bath Tea		\$20.00	
Leo Bath Tea		\$20.00	
Virgo Bath Tea		\$20.00	
Libra Bath Tea		\$20.00	
Scorpio Bath Tea		\$20.00	
Sagittarius Bath Tea		\$20.00	
Capricorn Bath Tea		\$20.00	
MYSTIQUE SACHETS			
Small Rosemary Drawer Sachet		\$8.00	
Large Rosemary Closet Sachet		\$12.50	
Small Lavender Drawer Sachet		\$10.00	
Large Lavender Drawer Sachet		\$15.00	

Small Herbal Drawer Sachet		\$8.00	
Large Herbal Drawer Sachet		\$12.50	
Small Citrus ~ Floral Drawer Sachet		\$8.00	
Large Citrus ~ Floral Drawer Sachet		\$12.50	
Small Fly Repellent Sachet		\$8.00	
large Fly Repellent Sachet		\$12.50	
MYSTIQUE SALVES			
1 oz Comfrey Salve		\$12.50	
1 oz Soothing Salve		\$12.50	
1 oz Calendula Salve		\$12.50	
1 oz Calendula and Lavender Salve		\$12.50	
1 oz Frankincense and Myrrh Salve		\$12.50	
MYSTIQUE JOINT OINTMENT			
Zen Joint Ointment		\$15.00	
FREE Henna for Hair "How to" Henna book on CD			
Subtotal			
Ohio residents add 7% sales tax			
Shipping			
Add shipping for inside USA:			
	Up to \$20:	\$5	
	Up to \$35:	\$10	
	Up to \$50:	\$15	
	Up to \$75:	\$20	
	Up to \$100:	\$25	
	Over \$100:	25% of total	
Add Airmail shipping for outside USA:			
	Up to \$20:	\$25	
	Up to \$35:	\$30	
	Up to \$50:	\$35	
	Up to \$75:	\$40	
	Up to \$100:	\$45	
	Over \$100:	40% of total	
Total			

We accept checks and money orders payable to Catherine Cartwright-Jones, Visa and Mastercard

Date	Email address	Phone
Name	Signature	
Credit card Number	Expiration	
Shipping Address		



Mehandi Henna for Hair Tapdancing Lizard™

<http://www.mehandi.com> 4237 Klein Ave., Stow, Ohio, 44224 330-689-0725 Phone 330-688-8803 FAX
Catherine Cartwright-Jones Email: info@mehandi.com

The following are very simple mixes. Learn more about how to mix and apply Cassia, Henna, Indigo and Amla at <http://www.hennaforhair.com>, look at other people's mixes and techniques there, and ask questions on the forum! These mixes work ONLY for body art quality products from Mehandi.com and BlackCatRedCat.com ALL of our products are body art quality!

All of these 100% pure natural products can be used over synthetically dyed and processed hair, and synthetic dyes and processes can be used over these 100% pure natural products without damage.

Complete instructions can be found at <http://www.hennaforhair.com/freebooks/hennaforhair.pdf>

Put these mixes THICK into your hair! Don't just brush it on like synthetic dye; put it in thick like you're a child making mudpies. Section your hair and get the paste down to the scalp. Use up 100g powder in every 3" of your hair.

Henna and Indigo mixes for red through black

If your hair is:	Use Henna	Use 2/3 henna and 1/3 indigo	Use 1/2 henna and 1/2 indigo	Use 1/3 henna and 2/3 indigo	Use Henna first, then indigo
Blonde	Vivid red	Light brown	Medium brown	Darker brown	Black, though it make take more than one try to get complete black.
Dark Blonde	Vibrant red	Light brown	Medium brown	Darker brown; though it may take more than one application to get it really dark.	Black, though it make take more than one try to get complete black.
Red	Vibrant red	Reddish brown	Medium brown	Darker brown; though it may take more than one application to get it really dark.	Black, though it make take more than one try to get complete black.
Medium Brown	Auburn	Medium Brown	Medium brown	Dark brown	Blue-black
Dark Brown	Dark Auburn	Dark Brown	Warm brown	Dark brown	Blue-black
Black	Black with red shimmer	Warm Black	Warm black	Warm black	Blue-black
Gray	Coppery red	Light brown	Medium brown, though it may take more than one application to get full color.	Dark brown, though it may take more than one application to get full color.	Black, though it make take more than one application to get full color

Cassia, Henna and Buxus mixes for blonde, copper red, and ash blonde through light brunette

If your hair is:	Use Cassia	Use 3/4 cassia and 1/4 henna	Use 1/2 cassia and 1/2 henna	Use 3/4 cassia, 1/8 henna, and 1/8 buxus	Use 1/2 parts cassia, 1/4 parts henna and 1/4 buxus	Use 1/2 henna and 1/2 buxus
Blonde	Glossy blonde	Reddish blonde	Fire red	Ash blonde	Dark blonde	Milk Chocolate
Dark Blonde	Glossy dark blonde	Coppery red	Fire red	Light brown	Dark blonde	Light Chocolate
Red	Glossy red	Warm red	Fire red	Red	Dull red	Cinnamon
Medium Brown	Glossy brown	Glossy brown	Red shimmer	Glossy brown	Glossy brown	Glossy brown

Dark Brown	Glossy dark brown	Glossy dark brown	Brown with Red shimmer	Glossy dark brown	Glossy dark brown	Glossy dark brown
Black	Glossy black	Glossy black	Black with red shimmer	Glossy black	Glossy black	Glossy black
Gray	Blonde/Gray	Golden copper	Fire red	Ash blonde	Dark blonde	Light Chocolate

Cassia Obovata is a plant. The powdered leaves have chrysophanic acid and tannins, which are antifungal, and will leave your hair glossy, dandruff-free, and healthy. Cassia Obovata will not change your hair color, unless your hair is white-blonde. Cassia obovata has a low content of golden dye, but it won't show up on most people's hair. Very few people are allergic to cassia, but it can happen! Test first!

Mix and apply Cassia Obovata to add golden color to graying or drab blonde hair:

- Apply Cassia Obovata to clean, dry hair.
- Mix Cassia Obovata with lemon or orange juice and let it sit overnight. Add enough water to make a paste about the consistency of stirred up yogurt.
- Section your hair, and apply the Cassia Obovata paste to your scalp, and gradually work it into all of your hair.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for 3 hours.
- Rinse the paste out.

Henna, Lawsonia Inermis, is a plant. The powdered leaves have Lawsone (hennotannic acid), a red-orange dye and antifungal, and will leave your hair glossy, dandruff-free, and healthy. Henna will penetrate and dye your hair's keratin. The resulting color will be a combination of your natural color and the red-orange henna color. Very few people are allergic to henna, but it can happen! Test first!

Mix and apply Henna:

- Apply henna to clean, dry hair.
- Mix henna with lemon juice, grapefruit juice, orange juice, rainwater, or other mildly acidic liquid, and let it sit for 12 hours at 75F or 24 C. Add enough liquid to make a paste about the consistency of stirred up yogurt.
- Section your hair, and apply the henna paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because henna will stain your hands orange. Carefully wipe henna away from forehead and ears, because it will stain skin orange.
- Wrap your hair in plastic and wrap a towel around that to reduce mess and increase warmth.
- Leave the paste in your hair for at least an hour, and up to 6 hours. The longer you leave the henna in, the more dye will penetrate your hair. If you put a dryer bonnet on over your wrapped hennaed hair and heat it, you'll get more stain faster.
- Rinse the paste out, shampoo and condition if you wish. Any stain on skin will go away in 2 days.
- The henna stain will darken over the next 3 days.

Indigo is a plant. The powdered leaves have a natural dark blue dye. Apply indigo after henna to dye your hair jet black. Mix indigo into henna to dye your hair brown. Very few people are allergic to indigo, but it can happen. Test first!

Mix and apply Indigo for jet-black hair:

- Apply indigo to clean hair. If you want jet-black hair, henna your hair first, then indigo your hair as soon as you have rinsed the henna out of your hair. Section your hair before you begin.
- Mix indigo with water. Add enough water to make a paste about the consistency of stirred up yogurt. Many people find a spoonful of salt helps the indigo stain darker.
- Apply the indigo paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because indigo will stain your hands blue. Carefully wipe indigo away from forehead and ears, because it will stain skin blue.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for 1 hour. If you put a dryer bonnet on over your wrapped hair, and heat it, you'll get more stain faster.
- Rinse the paste out.
- If there is a slight green color, that will go away in 1 day.

Mix and apply indigo and henna together for brown hair:

- Apply the mix to clean hair. Prepare henna paste as above. Let it sit 12 hours. Section your hair before you begin.

- Mix indigo with water. Mix henna and indigo together. The more indigo you add, the darker the brown. The more henna you add, the redder the brown. If you add a little amla to the henna mix, the brown will have a cooler tone.
- Apply the paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because the paste will stain your hands. Carefully wipe the paste away from forehead and ears, because it will stain skin.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for 1 to 5 hours. If you put a dryer bonnet on over your wrapped hair, and heat it, you'll get more stain faster.
- Rinse the paste out.
- If there's a slight green cast, that will go away in 1 day.

Buxus Dioica, (*katam*) is a plant. The powdered leaves have a gray/blue/ash dye, which mutes the colors of henna. Mix henna, cassia and katam to dye your hair a range of colors from ash blonde to milk chocolate color. The resulting color will be a combination of your natural color and these dyes. Very few people are allergic to buxus dioica, but it can happen! Test first!

Mix and apply Buxus, cassia and henna:

- Apply these to clean, dry hair.
- Mix henna, buxus and cassia in the proportion you desire with lemon juice, grapefruit juice, orange juice, rainwater, or other mildly acidic liquid, and let it sit for 12 hours at 75F or 24 C. You can mix all these powders together. Add enough liquid to make a paste about the consistency of stirred up yogurt.
- Section your hair, and apply the henna paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because henna will stain your hands orange. Carefully wipe the paste away from forehead and ears, because it will stain skin orange.
- Wrap your hair in plastic and wrap a towel around that to reduce mess and increase warmth.
- Leave the paste in your hair for at least an hour, and up to 6 hours. The longer you leave the paste in your hair, the more dye will penetrate your hair. If you put a dryer bonnet on over your wrapped hennaed hair and heat it, you'll get more stain faster.
- Rinse the paste out, shampoo and condition if you wish. Any stain on skin will go away in 2 days.
- The henna stain will darken over the next 3 days.

Amla is a plant: *Embllica Officinalis*. The dried, powdered fruit has tannins, vitamin C, and is astringent. Amla adds texture, volume, wave, curl and shine to your hair. It may facilitate uptake of other dyes, but does not itself have a dye. Scrub your face and body with amla for a glowing, clean complexion. Very few people are allergic to amla, but it can happen! Test first!

Mix and apply Amla for healthy skin and hair:

- Mix amla with water in a ceramic bowl to the consistency of thick soup, and warm it in the microwave until it's hot but not boiling. Let it cool.
- Apply warm amla paste to your face and body and leave it 5 - 10 minutes, then scrub it off.
- For curly hair, section your hair, and apply the amla paste, and gradually work it into all of your hair.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for ½ hour for wavy hair, longer for curls. If amla irritates your skin, wash it out sooner.
- Shampoo the paste out.

Add Ginger Root Powder to your henna if you don't like the lingering smell.

Remember: Everybody's allergic to something And no matter what it is, somebody's allergic to it. Test first!

- Don't add coffee to your mix. It smells bad, gives you're the jitters, and doesn't change the color.
- Lemon juice is your best bet for henna, but it might be too harsh for your scalp and hair. If your hair seems dry or your head itches, switch to orange juice.
- Don't add boiling water to your mix. That will make your henna will fade fast.
- Don't use vinegar or wine to mix your henna unless you can cope with a really stinky mix.
- Freeze your extra henna powder and extra henna paste. Frozen henna is good for many months.
- Do not freeze your indigo powder. That will kill it. Keep your indigo powder in a dark drawer. You cannot save leftover indigo mix. It will demise within one hour.
- Do not use terps in your mix. It doesn't help the stain in hair (only on skin) and it will give you a headache.
- **Do not use any of these products on your eyelashes or eyebrows! It's like having an eye full of mud!**