

ANCIENT SUNRISE®

Additional Techniques for Henna

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Ancient Sunrise® Henna for Hair, Chapter 15, Additional Techniques for Henna

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Additional Techniques for Henna at Home and in the Salon

If a person is in a salon to have their hair hennaed, or if a woman is hennaing her hair at home, there will be time for additional henna applications and beauty care while henna stains the hair, just as was done until recently in henna-using cultures.



The North African woman in the image above, photographed about 100 years ago, has hennaed hair, feet, palms, and fingertips; henna was an essential part of her beauty and wellness.

Well into the 20th century women in areas of the world where henna was a tradition went to the hammam, the women’s public baths, as often as they could manage.¹ Hammams were often as elegantly decorated as a cathedral, with steam rooms, cold and hot baths, attendants and masseuses. The hammam was the traditional setting for applying henna to hair, feet, and hands. A visit to the hammam was a necessity once-a-month treat for complete cleansing after a menstrual cycle or for preparing for a holiday or family celebration. Women spent the whole day at the hammam, visiting with their friends, catching up on gossip and local news while the henna stained their hair, soles, and fingertips. Henna was part of women’s regular health and beauty maintenance program, integrated with social and family life. Bathing, health, and beauty practices today are private, medicalized, tend to be secretive and hurried, and are framed in scientific jargon and ‘new and improved’ products. A century ago, across much of the world,

¹ See map of the world henna traditions in Chapter 2, The History of Henna Hair Dye

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women's health and beauty was a cooperative effort among their family and friends who used their own formulations and shared techniques.



Women did simple henna for regular health and appearance maintenance. Elaborate designs were added and scaled to the importance of the occasion, as well as to show off wealth and taste.²

The simplest patterns were suited to the health of women's hands as they did their daily work. As henna stained the palms a woman's hands, they made the skin softer and stronger. Women who wove carpets and embroidered silks needed strong hands without any roughness in their fingertips and fingernails that would catch on the fibers. Henna kept cuticles from becoming dry and torn from scrubbing. Henna reduced the ache and discomfort of hands that worked hard. A woman whose hands and nails were firm and strong could be more productive than a woman whose hands and nails were tender, split, and broken.

When there was a festival or party, there was often a bowl of henna ready for the guests. Women would arrive and sit down with friends they hadn't seen for a long time and get reacquainted as they applied henna to each other's fingertips, soles, and palms. They would sit, reminisce, laugh, and talk for as long as it took for the henna to stain. The slow process of henna not only fit seamlessly into women's lives, it enhanced the bonds of friendships and social connections.

A wealthy family would often hire a henna artist to apply elaborate designs to the most important people at a wedding party, such as to the bride and the mother of the groom. The artist would apply smaller designs to the rest of the family, but it was important for every woman (and some

² Henna by Catherine Cartwright-Jones PhD, with Becoming Moonlight® gilding technique.

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men) get henna at a celebration: henna brought luck to each person and proved that they had been part of the event.



Musicians and dancers, whose appearance was an important part of their performance, hennaed their hands and feet for beauty and to lessen the discomfort and fatigue after long performances; henna can reduce the sensation of pain in palms and soles.⁴ When performers used their hands expressively, hennaed fingertips and nails caught people's eyes. The musicians who played stringed instruments often kept their fingertips hennaed to reduce discomfort from playing the strings and to protect their fingertips from cracking. When drummers hennaed their hands, they were more comfortable after long percussive performance; there was less swelling and soreness.⁵ Dancers hennaed their feet to keep them healthy and comfortable as well as beautiful. Diabetic

³ Henna and gilding by Catherine Cartwright-Jones

⁴ Yucel I, Guzin G., 2008, Topical henna for capecitabine induced hand-foot syndrome. *Investigational New Drugs*. 26 (2) : 189-92. Epub 2007 Sep 21.

⁵ Gupta, S., Ali, M., Pillai, K. K., Sarwar Alam, M. 1993. "Evaluation of anti-inflammatory activity of some constituents of *Lawsonia inermis*" *Fitoterapia*, Volume 64, Issue 4, 1993, Pages 365-366
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persons whose feet were fragile and painful used the traditional remedy of hennaing their feet⁶ to strengthen skin, improve wound healing, and reduce the discomfort of diabetic neuropathy.⁷



While henna is dyeing a person's hair, apply ornamental henna patterns to that person's, hands, arms, feet and legs; read 'how to' instructions at hennapage.com to learn about henna body art.



⁶ Yogisha, S., Samiulla, D.S., Prashanth, D., Padmaja, R., Amit, A. " Trypsin inhibitory activity of Lawsonia inermis" *Fitoterapia Volume 73, Issues 7–8, December 2002, Pages 690–691*

⁷ Mutluoğlu M, Uzun G., (2009) Can henna prevent ulceration in diabetic feet at high risk? *Experimental Diabetes Research*. 2009:107496.

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Henna as Part of a Manicure

Henna stains nails, strengthens cuticles, and keeps fingertips soft and strong. For best color, use a slightly different mix for fingernails and skin.

For use on skin, mix henna as is described in Chapter 7, Mixing and Testing Your Henna Mix and allow the henna paste to rest overnight. Stir in 10 ml of high monoterpene essential oils from Mehandi.com⁸ per 100g of Ancient Sunrise® henna and allow the paste to rest for an additional four hours.

Roll and fill cones as described in the Henna Page “how to” section.⁹



Wash the hands of the person who is to have a manicure, clean and file their nails to an even length. Push their cuticles back. Do not apply henna to any skin with an open cut; henna in an open cut can leave a permanent brown freckle.

Do not apply any lotion or oil to the hands that are to have henna. If the hands have had lotion, moisturizer, or oil during the previous days clean the skin with isopropyl alcohol or witch hazel. Emollients are as a barrier to henna. Paraffin treatments may prevent any henna stain or reduce the color to pale orange. Anti-oxidants and anti-bacterial wipes also reduce henna stain. The hands should be clean and dry.

⁸ <http://www.mehandi.com/shop/terps/>

⁹ <http://www.hennapage.com/henna/how/apply.html>

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Use your cone of henna to outline the area to be hennaed.





Fill in the fingernails, cuticle, and fingertips with henna when the outline of henna has dried.



Apply the henna paste thickly to get the best possible color. Apply more henna to areas which open up as the paste dries and shrinks.



Push and smooth the henna paste with a small brush or cotton tipped stick to be certain that all the area is thickly covered so the stain will be even. When the fronts of the fingers are nearly dry, roll the hands over and repeat the process on the palm side of the fingertips.





When both sides of the fingertips have a thick application, go back and see if there are any empty spots. Fill those with more henna paste.



When the fingertips and nails are completely dry, spray them with a skin-friendly fixative to prevent smearing.¹⁰

¹⁰ Beyond The Zone Frozen Stiff Ultimate Hold Hair Spray works well, though some hairsprays bleed the lawsone out of the henna. Test your hairspray before using it on a client to see if it's going to work!

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Wrap a bit of soft paper around the dried, sealed, hennaed fingertip. This will protect the henna and keep it in a warm, moist environment for the best stain.





Secure the paper with a bit of tape. Continue until all the fingertips are wrapped. Wrap the henna so it will stay on the skin, warm and undisturbed, for several hours.





After a few hours, remove the paper, and scrape off the henna. If you have a hand-held steamer or blow dryer, steam or heat the hennaed fingertips to darken the color. Wipe away the last of the henna paste with the moisture from steam, or use distilled water. Unfiltered tap water containing chloramine or chlorine may spoil the stain.

When you first remove the henna, the stain on skin and nails will be orange. This color will darken over three days. Each person's results will be slightly different. The hennaed fingertip color ranges from russet to as dark as eggplant skin. The hennaed fingernails will range from bittersweet to burgundy to sepia. The nails will always be a lighter, contrasting color to the fingertips.

The henna stain on fingernails will never chip. The stain is part of the fingernail, and will grow out as the nail grows; there will be unstained nail at the cuticle after a week. A henna manicure once a week will keep the fingernails and fingertips beautiful.

Hennaed fingernails are an important part of beauty for women who believe that fingernail polish prevents complete ritual cleansing before prayer, a concern among strictly observant Jews and Muslims. Henna stain is not a barrier to ritual cleansing, so women can keep their beautiful nails through prayers.

Ancient Sunrise® Henna as Part of a Pedicure



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Henna is part of a pedicure in countries where henna is a tradition. Henna is often applied in the shape of a shoe, on the sole and across the bridge of the toes. Hennaed feet are not only admirable, they are functional.

Do not oil or lotion the feet before applying henna; oils and lotions hinder lawsone migration into the skin, and prevent the henna from saturating and leaving a dark and beautiful stain. Paraffin foot dips also prevent the henna from staining the skin and from doing the useful things that henna can do for feet. Henna has been traditionally used to comfort swollen,¹² sore, and fatigued feet,¹³ and to prevent skin cracking. Henna has been part of traditional therapy for the podiatric problems of diabetes.¹⁴ Henna can also rid feet of athlete's foot and help prevent toenail fungus.¹⁵

¹¹ Henna art by Catherine Cartwright-Jones, with Becoming Moonlight® gilding

¹² Gupta, S., Ali, M., Pillai, K. K., Sarwar Alam, M. 1993. "Evaluation of anti-inflammatory activity of some constituents of Lawsonia inermis" *Fitoterapia*, Volume 64, Issue 4, 1993, Pages 365-366

¹³ Imam, H., Uddin Mahbub, N., Khan, F., Kabir Hana, H., Rahman Sarker, M. 2013. "Alpha amylase enzyme inhibitory and anti-inflammatory effect of Lawsonia inermis." *Pakistan Journal of Biological Sciences* Volume 16, Issue 23, 2013, Pages 1796-1800

¹⁴ Bakhotmah, Balkees A., and Hasan A. Alzahrani. 2010. "Self-reported use of complementary and alternative medicine (CAM) products in topical treatment of diabetic foot disorders by diabetic patients in Jeddah, Western Saudi Arabia." *BMC Research Notes* 3, 254-261.

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Let the person to be hennaed get comfortable lying on their belly on a massage table, or some other elevated comfortable platform, bed, or sofa. This will allow both the person who is having their feet hennaed, and the person applying the henna to be comfortable. Cover the area under their feet with a towel. The person applying the henna should put on gloves to prevent hands being stained by the henna.

Mix henna or thaw some henna that has already been frozen and mixed.¹⁶ Wash and dry the person's feet, and pumice any cracks and callouses.



A small stick or spatula, even plastic spoons and knives are convenient application tools. West African artists apply tiny strips of medical tape patterns to create stencil patterns on the foot; then they apply henna over the tape. When the henna and tape are removed, beautifully patterned stains are revealed.

A person can henna her own feet, but it takes some flexibility and dexterity.

¹⁵ Berenji, Fariba, Hassan Rakhshandeh, and Homeyra Ebrahimipour. 2010. "In vitro study of the effects of henna extracts (*Lawsonia inermis*) on *Malassezia* species."

¹⁶ Follow instructions in Chapter 7, Mixing and Testing Your Henna Mix
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Apply henna paste on the sole of a foot.



Apply the henna generously in between the toes. If there is any fungal infection between the toes, such as athlete's foot, this application of henna can eliminate it.¹⁷



Continue the application henna over and between the toes. Henna the opposite foot in the same way.



Allow the person to roll over and sit up, and continue the henna application to the top of the toes. Apply the henna paste around the foot into the shape of a shoe or little slipper.

¹⁷ Berenji, Fariba, Hassan Rakhshandeh, and Homeyra Ebrahimipour. 2010. "In vitro study of the effects of henna extracts (*Lawsonia inermis*) on *Malassezia* species." *Jundishapur Journal of Microbiology* 3, no. 3: 125-128.

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If it seems difficult to shape the henna with a stick and you want to have a tidy line at the top and sides of the foot, draw the line first with a henna cone, and then fill in the rest of the top of the foot up to the henna line. West African henna artists make a perfect top edge to a 'henna slipper' by applying medical tape and pushing henna to the edge of the tape.





Use a blow dryer to dry the henna paste. Wrap the foot with toilet paper or strips of a paper towel. Be careful to not smear the henna as you wrap. When you've wrapped the foot with several layers of paper, wrap cling wrap around the foot. This will make it possible to walk around without leaving henna crumbs on the floor.





The wrap will keep the henna warm and slightly moist on the feet. Leave the henna on the feet for two hours or more. If you apply henna to the feet during the hours that henna is staining your hair, you'll get a beautiful dark color.

When the skin is stained bright orange, remove the wraps and scrape off as much paste as you can easily remove so that there will be less to rinse away.





Slip the hennaed feet into a pan of warm distilled or filtered water to finish removing the henna. Rinse off the rest of the henna paste.



The henna stains on soles will last a few weeks. The stain on the great toenail may last for several months, as the nail slowly grows out. If you henna your feet once a week, you'll always have henna slippers and polished toenails.

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The henna will darken on the skin over a few days. Toenail stains will darken to deep ruby or chestnut color as seen below. You can adorn 'henna shoes' with henna patterns or Becoming Moonlight® gilding techniques.



Ancient Sunrise® Amla as a Facial

The number of adults with acne outbreaks is increasing, with some people suffering outbreaks into their fifties. Ancient Sunrise® amla powder, *emblica officinalis*, made into paste with warm water, is a highly effective natural facial scrub that can relieve the occurrence and discomfort of acne outbreaks. Ancient Sunrise® amla is laboratory tested for purity, pesticides, and pH level; Ancient Sunrise® is not adulterated with other plants, oils, or dyes; it is simply wild-harvested *emblica officinalis* fruit, dried and powdered. The pH level of Ancient Sunrise® amla is typically 3.5. The fruit acids in amla¹⁸ temporarily snap the keratin hydrogen bonds of the outermost layer of skin. This allows the scrubbing motion of the facial to gently remove the dead skin where and dirt and sebum are trapped and build up. With a daily amla scrub, blackheads, pimples, and acne are less likely to form, and acne outbreaks can become less frequent and less severe.



Mix amla powder with warm water, allow the paste to rest for a few minutes, then massage into the face as you would in any other facial. For weekly facial applications, do not leave amla on the skin more than five minutes, then rinse away the amla. For daily applications, limit the scrub to two minutes or less, then rinse. Your skin will appear shiny and new after your amla treatment! That is because the outermost dead layer of skin has sloughed away, and the new growth of skin from underneath has been revealed.

¹⁸ Singh, Mhaveer, Y. T. Kamal, E. T. Tamboli, Rabea Parveen, Khalid M. Siddiqui, S. M. A. Zaidi, and Sayeed Ahmad. 2012. "SIMULTANEOUS ESTIMATION OF GALLIC ACID, ELLAGIC ACID, AND ASCORBIC ACID IN EMBLICA OFFICINALIS AND IN UNANI POLYHERBAL FORMULATIONS BY VALIDATED HPLC METHOD." *Journal Of Liquid Chromatography & Related Technologies* 35, no. 17: 2493-2502.

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Amla has many potential applications for skin care.¹⁹ The anti-microbial actions of amla²⁰ can inhibit infections which exacerbate acne outbreaks. The anti-inflammatory actions of amla²¹ can reduce swelling and redness of acne outbreaks.²² The analgesic activities of amla relieve the discomfort of cysts and nodules.²³



¹⁹ Bhandari, Prasan R., and Kamdod, M. A. 2012. "Emblica officinalis (Amla): A review of potential therapeutic applications." *International Journal of Green Pharmacy* 6, no. 4: 257-269.

²⁰ Rahman, S.n Akbor, M.k Howlander, A, Jabbar, A. 2009, "Antimicrobial and Cytotoxic Activity of the alkaloids of Amlaki (*Emblica Officinalis*).” *Pakistani Journal of Biological Science*. 15, 1152-1155

²¹ Asmawi, M. Z., Kankaanranta, H., Moilanen, E., Vapaatalo, H. 1993. "Anti-Inflammatory Activities of *Emblica officinalis* Gaertn Leaf Extracts. *Journal of Pharmaceutical Pharmacology*, 95, 581-584

²² Muthuraman, Arunachalam, Shailja Sood, and Sumeet Singla. 2011. "The anti-inflammatory potential of phenolic compounds from *Emblica officinalis* L. in rat." *Inflammopharmacology* 19, no. 6: 327-334.

²³ Perianayagam, J. B., Sharma, S. K., Joseph, A., Christina, A. J. 2004. "Evaluation of Anti-Pyretic and Analgesic Activity of *Emblica officinalis* Gaertn. *Journal of Ethnopharmacology*, 95, 83-85.

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