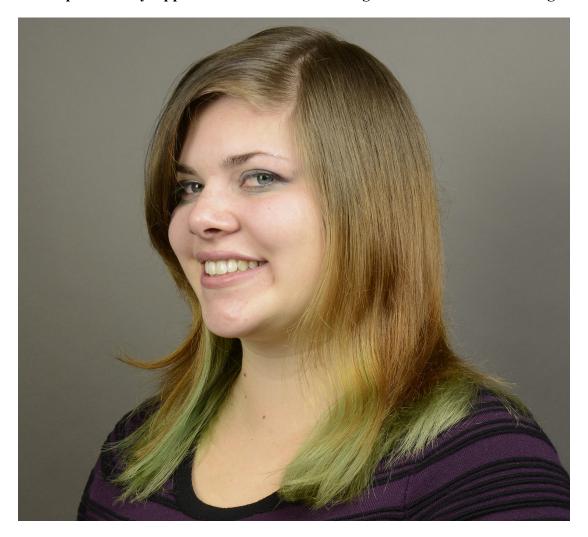
Example 2: Emily Applies Cassia for Conditioning and Minimal Color Change



Emily has several colors of hair from experimenting with fancifully colored chemical dyes. She doesn't want to change these colors; she just wants to improve the general condition of her hair.



Her hair colors range from natural dark blonde to green, with some highlights.



Maria mixes Ancient Sunrise® and dilute lemon juice one day ahead.¹ She sections Emily's hair before she begins the cassia application.



¹ For more information on mixing cassia, see Ancient Sunrise® Henna for Hair Chapter 7, Mix Your Paste

[&]quot;Ancient Sunrise® Henna for Hair," Chapter 8, How to Henna Your Hair, Copyright © 2015 Catherine Cartwright-Jones PhD TapDancing Lizard® LLC http://www.mehandi.com http://www.ancientsunrise.com



Maria coats Emily's hair from scalp to tips with cassia paste and then rolls it up and out of the way of the next section.





Section after section, Maria continues to apply cassia paste to of Emily's hair.



"Ancient Sunrise® Henna for Hair," Chapter 8, How to Henna Your Hair, Copyright © 2015 Catherine Cartwright-Jones PhD TapDancing Lizard® LLC http://www.mehandi.com http://www.ancientsunrise.com



Maria continues to apply cassia paste to Emily's hair until all of her hair is completely saturated. Maria wraps plastic around Emily's hair to keep the cassia paste moist and warm. Emily keeps the cassia paste on her hair for about two hours.





After shampooing and drying, Emily's hair has more shine and volume, and the color is slightly more golden, but is otherwise unchanged. Ancient Sunrise® repairs sun and chemical damage to hair, and makes the scalp healthier.

Ancient Sunrise® Henna for Hair Chapter 8 How to Henna Your Hair

Copyright © 2015 Catherine Cartwright-Jones

Cover Graphic by Alex Morgan

Published by TapDancing Lizard® LLC

339 Tallmadge Rd. Kent, Ohio, 44240

Terms of Service: Creative Commons: Attribution-NonCommercial-NoDerivs 3.0 Unported

You are free to **Share**, to copy and redistribute this material in any medium or format under the following terms. The licensor cannot revoke these freedoms as long as you follow the license terms.

Attribution - You must give <u>appropriate credit</u> and provide a link to the license. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

Non-Commercial - You may not use this material for <u>commercial purposes</u>.

No-Derivatives - If you <u>remix</u>, <u>transform</u>, <u>or build upon</u> the material, you may not distribute the modified material in any form or by any means.

For further information on henna and hair, please visit www.hennaforhair.com

To purchase henna, please visit www.mehandi.com

HELP DESK AND ORDER DESK: call 330-673-0600 or toll-free 855-MEHANDI