



**Mehandi Henna for Hair Tapdancing Lizard™**  
<http://www.mehandi.com> 339 Tallmadge Ave., Kent, Ohio, 44240 330-673-0600  
 Email: [info@mehandi.com](mailto:info@mehandi.com)

## Dye your hair with body art quality henna!

### What is henna?



**Figure 1: Henna: *lawsonia inermis***

Henna is a plant, *lawsonia inermis*. Henna leaves have been used as a hair dye for thousands of years in North Africa, the Arabian Peninsula, the Levant, and South Asia. Henna leaves have red-orange dye molecule, lawsone, which penetrates skin and hair and bonds to the keratin. Henna dye blocks UV so your hair doesn't become sun damaged, strengthens your hair so it won't get split ends, makes your hair glossy and shiny, eliminates dandruff and ringworm, and kills head lice and nits. Allergic reaction to henna is extremely rare.



**Figure 2: Body art quality henna powder is the finest quality pure henna for body art**

### What is body art quality henna?

Body art quality henna is the henna produced for bridal henna work. This henna is the top 2% of the henna crop: it has the high lawsone levels of 3% or more, and is finely ground and sifted so henna artists can make delicate patterns and dark henna stains on bride's hands. Body art quality henna is outstanding for hair because is easy to rinse out, and dyes hair robust, permanent color. Body art quality henna has no additional dyes, no metallic salts, and no para-phenylenediamine. Body art quality henna is absolutely safe to put over synthetic dye, and you can bleach or dye over body art quality henna without damaging the hair.

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### What is hair quality henna?

Most cultivated henna has lawsone levels of 1% and is sold to the hair dye industry. Hair quality henna is not finely pulverized or sifted, does not provide a robust, permanent color, and is hard to rinse from your hair. It is grown cheaply, processed cheaply and sold cheaply. The lower dye content in this henna is altered by the addition of other dyes, metallic salts, and para-phenylenediamine. Body art quality henna costs more because it's the best of the best.

### What is compound henna?

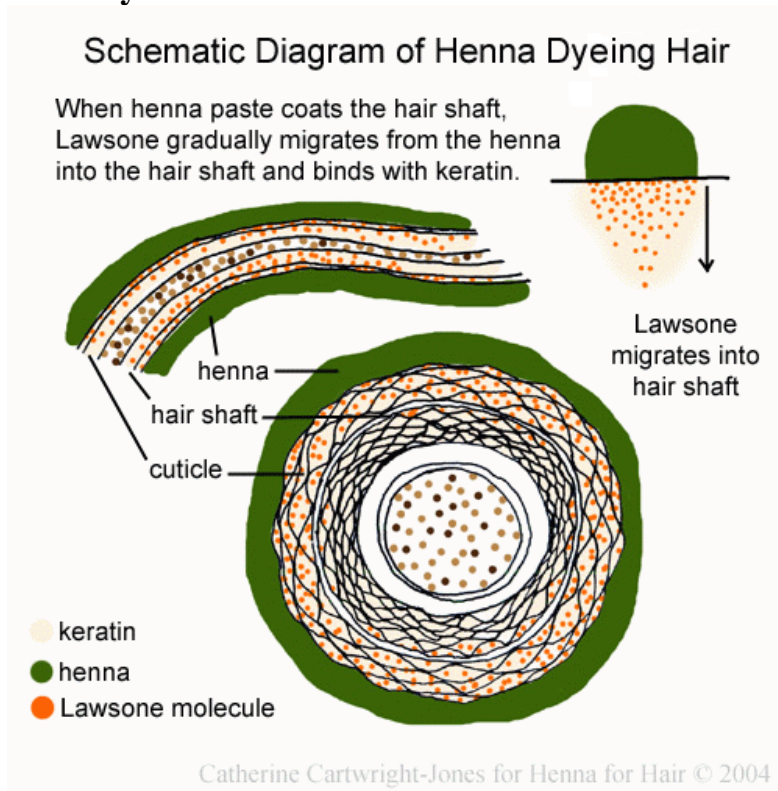
The commercially available henna hair dyes come in “colors”, such as black, brunette, chestnut, blonde, and so on, are *compound hennas*. The manufacturers take lower quality henna and add toxic metal salts, chemical dyes, other ingredients, even para-phenylenediamine, to create a range of colors! These added ingredients are often not listed, because the third world countries of origin do not require declarations for cosmetics, and once exported to the west; there is no requirement that the additives be declared. These pre-packaged hennas are often termed “natural herbal henna”. This is very misleading, as these are not natural products; they are full of chemicals. Metallic salts alter and fix color in lieu of higher quality henna. The compound henna metallic salts can react disastrously with synthetic hair dye, seriously damaging hair. Many “henna colors” are created with metallic salts. The most frequently used material is lead acetate, though silver nitrate, copper, nickel, cobalt, bismuth and iron salts have also been used. Dyes with lead acetate gradually deposit a mixture of lead sulfide and lead oxide on the hair shaft. When you hear that henna has “metal”, “lead”, or “coats the hair” and “leaves it brittle”, that refers to a compound henna dye, full of these toxic junk.

Hair bleach, permanent hair color, and permanent wave solution are a disastrous combination with compound (metallic salt) henna dyes. These can result in green, purple, or totally fried hair. **Body art quality henna does NOT have metals, lead, nor does it “coat the hair”.** Pure body art quality henna penetrates and binds with your hair's keratin, and makes the hair thick, strong and silky!

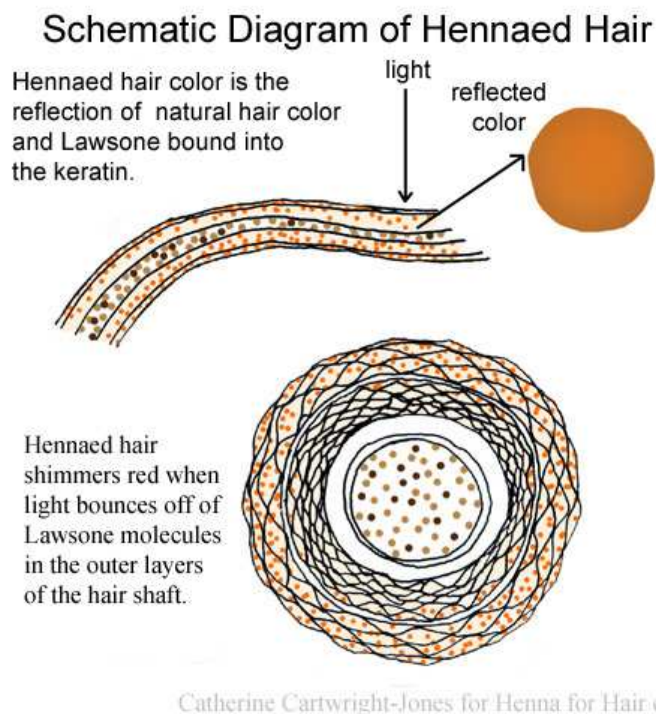


Figure 3: Old packages of “henna hair dye” that contained little or no henna

## How does henna dye hair?



**Figure 4: A diagram of henna on hair**



**Figure 5: A diagram of hair that has been hennaed**



The color you get will depend on the natural color of your hair. All the following pictures were done with the same henna, but over different hair.



**Figure 6: Henna on dark blonde hair over chemical dyes.**



**Figure 7: Henna on gray hair.**



**Figure 8: Henna on black hair with some gray**



**Figure 9: Henna on brunette hair**



**Figure 10: Henna on brunette hair that is going gray**



**Figure 11: Henna on hair that has been chemically bleached and dyed**

Because the red-orange dye molecule is binding to the keratin that surrounds the pigmented hair core, the resulting color is different for every strand of hair, and for every person. The henna stain is translucent, and blends with your own color. Hennaed hair looks like you grew it yourself! Only body art quality henna is safe to apply over dyed, bleached, streaked, highlighted, and permed hair.

You can see from these pictures that body art quality henna makes hair sleek and shiny, and repairs damage from chemical processes.





**Figure 12: Henna on African hair gives red highlights and relaxes the curl**

Henna works wonders on African hair! It doesn't dye the hair red, but it does give red highlights, relaxes the hair and makes it silky. Body art quality henna will rinse out of locks, braids, and curls, and can be used over relaxed hair.

### **How do you mix henna for your hair?**

Mix henna with enough lemon juice to make a paste as thick as mashed potatoes. Bottled lemon juice will work just as well as squeezing all those lemons. If your skin is sensitive to lemon and is itchy after using henna, use orange juice, grapefruit juice, or some liquid less acidic than lemon juice. Vinegar and wine work, but they're very stinky! Don't use yoghurt. It really doesn't do as well as lemon juice in the long run, and it'll give your dandruff something to munch on. Mildly acidic herbal teas with some lemon do just fine.

Do not mix your henna with coffee. It won't change the color, and it will smell bad and give you a headache. A little clove powder may intensify the color, but may also irritate your skin.

Do not add "terps" to the henna paste as you do for body art. You are using far more henna on your hair than you'd ever use for body art, and the larger amount of terp will give you a headache and may make you nauseous.



**Figure 13: Mix henna with lemon juice, or something else acidic.**



**Figure 14: A comparison of henna mixed with boiling water and henna mixed with lemon juice**

Don't mix your henna with boiling water. The stain from henna mixed with boiling water will fade to a lame brassy orange. The stain from henna mixed with lemon juice will gradually darken into a rich, natural deep red color.



**Figure 15: Cover your henna with plastic wrap and let it sit overnight at room temperature. If you have to have it sooner, put it in a warm place.**

Let your henna paste rest overnight at room temperature, 70 F or 21 C. As your henna rests, it will release dye. The dye must be released from the plant leaf so it can migrate into your hair. This slow, acidic release will get you the best results. If you're in a hurry, put it in a warm place, but NOT a hot place! Your henna will be ready in two hours at 95F or 35C.

When you are ready to use your henna paste, stir in a little more lemon juice or a fragrant tea to make the paste about as thick as yoghurt.



## How do you apply henna to your hair?

You can safely apply body art quality henna dyed, bleached, and chemically treated hair. You can apply synthetic dyes, bleaches and treatments over body art quality henna, because there are no metallic compounds in body art quality products from [www.mehandi.com](http://www.mehandi.com) and [www.blackcatredcat.com](http://www.blackcatredcat.com).

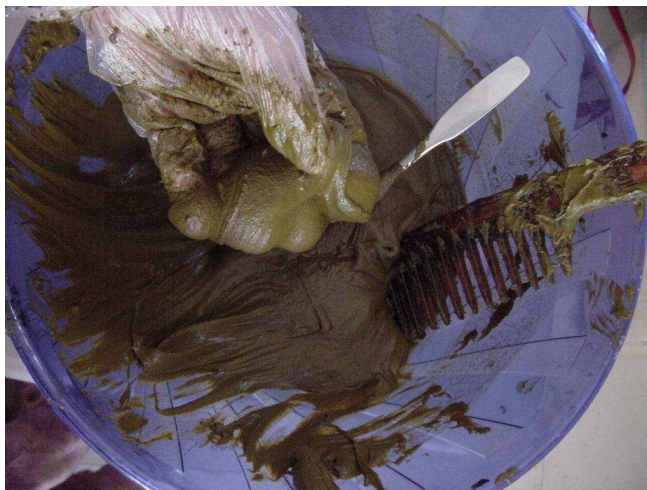
### How much should you use?

- 100g will dye short hair.
- 200g will dye collar length straight hair.
- 300g will dye shoulder length straight hair.
- 500g will dye waist length hair.



**Figure 16: Before henna, this hair has been chemically dyed red and faded badly, and has two inches of dark blonde roots. The chemicals aggravated her dandruff, and left her hair dull and damaged**

Wash your hair and dry it before you put in the henna mix. Comb your hair so you can section it easily.



**Figure 17: You can use piping bags or squeeze bottles to get the henna into your hair, or just smear it in with your fingers. Wear gloves!**





**Figure 18: Start at the back and work the henna clear down to the scalp. Apply the henna thick like cake frosting! More henna makes a richer stain. Bring down the next section and henna that.**



**Figure 19: Continue to section hair, smear in henna, and comb over the next section**

Apply the mix thick into the sections, like putting frosting on a cake. Make sure all your hair is thickly coated with the mix, clear down to the scalp. This technique is very different from chemical dye application.

Don't be afraid to get messy. Don't be afraid to use plenty of henna. This process is relaxing, cooling, and there is medical test evidence that henna is relaxing, and can soothe headaches. Henna can feel heavy on the head; during the application, its fun to pause and massage it into the scalp. When women had their hair hennaed in North Africa and the Middle East, it was a day long process including entertainment, food, gossip with friends, several baths, and a full body massage.

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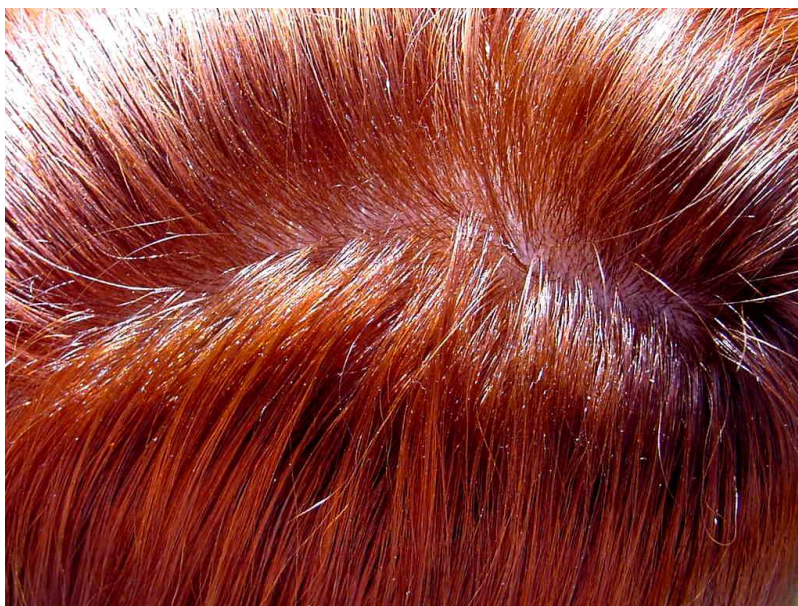


**Figure 20: When all the hair is covered clear to the scalp, and the perimeter is wiped clean, wrap everything up in plastic wrap. This will keep the henna warm and moist, and help the hair take up more dye.**

When all of your hair is full of mix, wrap plastic wrap around your head, clean off your hairline and ears, and rest for 2 - 4 hours. If your hair is very resistant to dye, you can keep it on longer.

Then wash the henna mix out of your hair. If you have very long hair, and have a hard time getting all the henna out, lie down in a bathtub full of water and soak for a while. Then it will rinse out easily.

You can shampoo the last of the henna out. You don't need to use any particular shampoo. Some people love the smell of hennaed hair. Some people hate it. If you hate the smell, simmer a teaspoon of lavender bud or rosemary powder in water, strain out the plant residue, and rinse your hair with lavender or rosemary tea.



**Figure 21: When the henna is rinsed out, you can see that the dandruff is gone, the roots are completely covered, and the color is even over both the dark blonde and the faded chemical dye job.**

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**Figure 22: At first, henna may seem coppery bright. Don't panic. This will darken during the next several days if you used an acidic mix.**

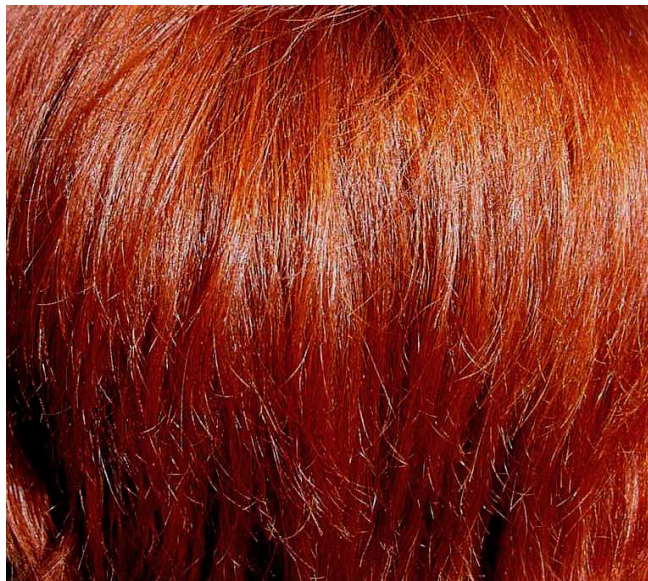


**Figure 23: Body art quality henna dyes hands and feet easily, but not your ears and nape of neck. If you wiped off the henna quickly, you won't see anything at all. If you didn't clean up, the stain will fade in three days.**

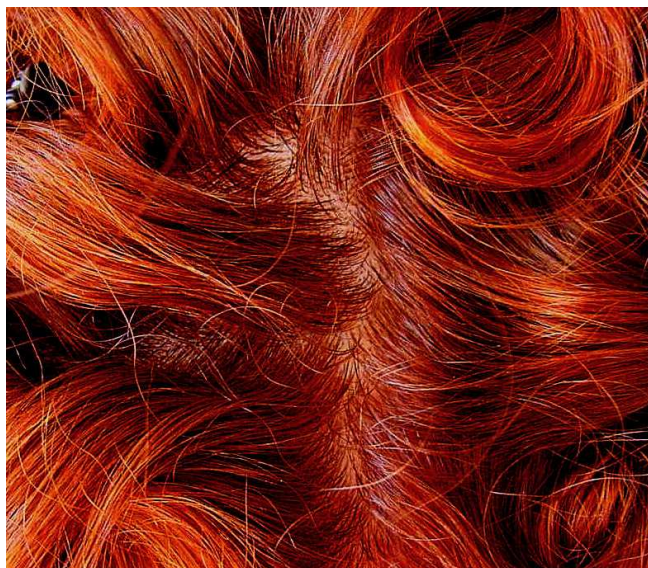
- Your hair will take 2 days to settle into the true color. This is an oxidation process like a cut apple turning brown when left out in the air.
- Don't be stingy with the mix. Thicker, longer applications mean richer color. Apply henna like cake frosting. Get it clear down to the scalp.
- If you like, you can do the roots a few times between full hair applications. You can henna your hair as often as you like. Henna is good for you and your hair.
- Wear gloves because this will stain your hands. If you don't wear gloves, you're going to have stained hands for a month. Don't say I didn't warn you.
- This works on beards and moustaches, too! You just have to cope with having green goop on your face for a few hours.

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**Figure 24: The color will be darker in two days. This is because lawsone is binding to the keratin molecule. If you mixed your henna with lemon juice or something acidic, it will darken. Lots.**



**Figure 25: At four days, you'll see a big difference in your hair color. It will be darker and richer. It will glow gloriously in the sunshine. People will stop you in the street and tell you you're gorgeous. Don't make any judgments on the color before four days. This is a natural process, and you can't rush Mother Nature.**

How does Catherine Cartwright-Jones know all this stuff about henna? She's doing her doctoral dissertation on henna. If you're curious about henna, her master's thesis is here:  
<http://www.hennapage.com/henna/encyclopedia/mastersessay/index.html>

You can order body art quality henna online at <http://www.mehandi.com>, by phone at 330-688-1130, you can request a Paypal invoice by emailing [info@mehandi.com](mailto:info@mehandi.com), or you can use the mail order form below.





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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>

If your hair is:	Use Cassia	Use ¾ cassia and ¼ henna	Use Henna	Use 2/3 henna and 1/3 indigo	Use ½ henna and ½ indigo	Use 1/3 henna and 2/3 indigo	Use Henna first, then indigo
<b>Blonde</b>	Glossy blonde	Strawberry blonde	Vivid red	Light brown	Medium brown	Darker brown	Black, though it make take more than one try to get complete black.
<b>Dark Blonde</b>	Glossy dark blonde	Coppery red	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.
<b>Red</b>	Glossy red	Warm 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.
<b>Medium Brown</b>	Glossy medium brown	Red highlights	Auburn	Medium Brown	Medium brown	Dark brown	Blue-black
<b>Dark Brown</b>	Glossy dark brown	Red highlights	Dark Auburn	Dark Brown	Warm brown	Dark brown	Blue-black
<b>Black</b>	Glossy black	Slight red highlights	Black with red shimmer	Warm Black	Warm black	Warm black	Blue-black
<b>Gray</b>	Gray	Golden copper	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

**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.**

**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!

#### To mix and apply Cassia Obovata:

- Apply Cassia Obovata to clean, dry hair.
- Mix Cassia Obovata with warm or hot water and let it sit for 15 minutes. 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 ½ hour.
- 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.

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- 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.
- Shampoo the paste out.
- 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.
- Mix indigo with warm water and let it sit for 1 minute. 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.
- Section your hair, and 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.
- Shampoo the paste out.
- The indigo stain will darken over the next 2 days. 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.
- Mix indigo with warm water and let it sit for 1 minute. Mix them 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.
- Section your hair, and 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.
- Shampoo the paste out.
- The stain will darken over the next 2 days. If there's a slight green cast, that will go away in 1 day.

**Amla is a plant: Emblica 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.

**Walnut is a plant: Juglans Nigra.** The dried, powdered nut husks have a brown dye. You can add the liquid from simmered walnut husks to your henna mixture to get brunette tones. Walnut is not a very effective hair dye. Also, many people are allergic to walnuts, and may experience allergic painful reactions to hair dye with walnut powder. Do not use walnut powder in your mixture without patch testing first, and do not use it at all if you have nut allergies.

**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 eyeful of mud!**



## What's New from Henna for Hair?



### Ancient Sunrise ® Laboratory Certified Henna from mehandi.com

When I wrote this book, it was absolutely clear that there are no legal requirements for declaration of ingredients in boxes marked “henna” in most countries of origin. As you can see in this book, henna is often contaminated and adulterated, and the purchaser rarely has any way to find out what they might be putting on their hair. The designation of ‘Body Art Quality’ set pure henna apart from ‘Compound Henna’. Mehandi.com made certain that all their henna was body art quality, and the business grew as people learned to henna their hair successfully.

The second step in this process was to find out the finer characteristics of henna, such as dye content, pesticide levels, and lead. This can only be determined by laboratory testing. Most of the agricultural products that we consume, such as milk, eggs, grain, and meat, are laboratory tested for such things as pesticide content, lead, and protein content, as well as adulterants and additives. As of 2009, Mehandi.com started sending all new shipments of henna to an independent laboratory for certification of dye content, pesticide assay, and lead content, as well as checking for adulterants and contaminants. We developed this new line as Ancient Sunrise®. To date, we are the ONLY henna seller who can tell you PRECISELY what the lawsone content of our henna is. We are the ONLY henna seller who tests for pesticides, lead, PPD's and other contaminants and additives. If you have read this book, you will understand why this is important!

### Questions and Answers about laboratory tested henna: an interview with Catherine Cartwright-Jones

Q. Why did you start doing chemical tests on henna?

A. Part of my PhD dissertation research involves testing fifty different brands of henna, available from shops and online, for lawsone content, contaminants, adulterants and heavy metals. I'm doing sequential tests of known hennas from several suppliers to find the range of variation within a processing season. I'm also doing comparative tests from other suppliers to determine the variability of processing, plant types, pesticide levels, adulterants and contaminants. This will be in conjunction with a discourse analysis of advertising claims.

Another, more important reason for testing is that I've been asked to be a consultant on a research project at a major US medical school that is running clinical trials on possible therapeutic and pharmaceutical uses for henna. I can't publish the name of the school yet because their research project is still at an early stage and they're not ready to publish their results. However, the preliminary tests have been positive and if the trials are successful, this could be a major step toward gaining approval from the US Food and Drug Administration for topical use of henna (direct application on human skin) in the US.

Both the medical school project and my dissertation have to meet requirements set by the respective university's Institutional Review Boards (IRB). The IRB cooperates with the USFDA to set standards for human trials in academic and medical research. The IRBs must file reports from an accredited laboratory on tests performed on the hennas to be used in the tests before any human testing is done. Those tests must meet federal health and safety standards.

Q. When did you start testing your henna?

A. We began testing shipments of one metric ton or more in the last quarter of 2008. Not every batch we have on hand is tested. All the laboratory-tested batches must be individually identifiable. This means we have to maintain strict lot controls, so some shipments won't be tested because for one reason or other, we can't certain that all the henna is from the same production run or a shipment got scrambled in transit or in the warehouse.

Q. Where do you get your henna?

A. Our hennas come from India, Pakistan and Yemen, through some the same exporters that other US henna sellers deal with. The one difference is that we buy up to ten metric tons of henna a year so we are able to order henna in bulk, unpackaged lots and sell it under our "house brand" names, depending on each henna's mixing and staining qualities and, in the case of laboratory-tested batches, the lawsone content.

For my dissertation research, we test multiple batches from each distributor to build up profiles of different henna sources. The multiple tests show the differences and similarities between different distributors, different crops and even differences within the same crop. The laboratory tests are also a good indicator of the degree of pesticide drift from nearby crops. Henna rarely needs any spraying, but cotton and other crops in the region are often sprayed with high levels of pesticides forbidden on plants that would be used for human consumption. Wind drift and runoff from fields treated with pesticides could affect a nearby henna crop. So far, every batch we have tested has been shown to be absolutely unique, with a different chemical profile than any other batch.

Other people may claim that they have the identical henna that we do. The only way they could prove that their henna is identical to ours would be for them to send their henna to a lab and come up with identical results. If they haven't proven that with independent laboratory testing, don't assume that their henna is the same.

Q. How is your henna tested?

A. We send samples of henna shipments to Alkemists Pharmaceuticals, an independent laboratory, recommended by the university medical school conducting the tests on therapeutic uses of henna. Alkemists tests each sample for lawsone content, pesticides, lead and other adulterants and contaminants.

The actual test is a standard lab procedure known as "high-performance liquid chromatography" (HPLC). HPLC separates a test sample into its chemical components so the individual components can be separately measured. The Alkemists laboratory's testing curve is precise to 10 parts per million or better. This is standard precision for a laboratory that performs tests on foods, food supplements and drugs.

For my dissertation research, the laboratory tests are required by the Institutional Review Board (IRB) at Kent State University. Colleges and universities in the US receiving research funds from the Department of Health and Human Services are required to have an IRB for, among other reasons, maintaining standards for any testing involving human subjects.

Laboratory testing is also required for materials intended for pharmaceutical use. We are now supplying henna from our tested batches to the university medical school for their research in medical uses of henna.

Other people may claim to have "laboratory certified henna", but if they cannot report the exact lawsone content, the pesticide levels, the lead level, and contaminants or adulterants, their test has been only cursory

and is insufficient for pharmaceutical use. A cursory tests doesn't tell you, the consumer, anything useful about what you are buying.

Alkemists Pharmaceuticals holds the rights and maintains control of the reports on all their laboratory tests, but anyone who would like to see a copy of the test report can contact Alkemists Pharmaceuticals, who will arrange to send a copy of the report which includes details on their testing methodology.

Q. Why are you selling the laboratory-tested henna?

A. The simplest and most obvious answer is that I need to recover to cost of having the hennas tested. Initial setup and testing protocol design at the lab are expensive and each subsequent batch test costs several hundred dollars. The tested lots are about three metric tons each, more than the medical school or I will use for research, but there is a demand for the tested product among Mehandi.com's customers.

Mehandi.com's core business is henna for hair and many of Mehandi's customers have chemical sensitivities or allergies, often resulting from using conventional commercial hair dyes and they can no longer use those dyes because of health concerns. We also have nursing mothers, cancer survivors and others among our clients who are concerned about pesticides and lead. Our staff frequently answers some variation on the question "What's in this stuff?" The only way to give a certain and consistent answer to that question is to have the henna assayed so we have a hard-copy record from a certified lab saying exactly what's in each tested batch we have in the warehouse.

Q. Is it possible to see the results of the laboratory tests?

A. For general information about Alkemists Pharmaceuticals, you can visit their website at <http://www.alkemist.com/>. To request further information about their testing methodologies or to request a specific test report, contact Alkemists Pharmaceuticals at their street address: Alkemists Labs 1260 Logan Ave # B2 Costa Mesa, CA 92626, by phone at: 714-754-HERB (4372) or by email at: [info@alkemist.com](mailto:info@alkemist.com).

To request a copy of a specific laboratory test report from Alkemists Pharmaceuticals, include the company name: TapDancing Lizard LLC and the batch number, which you can find on the Mehandi.com website at: <http://www.mehandi.com/shop/purity/index.html>.

Catherine Cartwright-Jones 2010

## How do you do this in a salon?

One of the reasons henna has been in steady decline for 75 years in salons is that it didn't "fit" the salon setting very well. Henna instructions in cosmetology manuals from the 1940's were that henna was to be heated in a double boiler then applied hot the poor clients head. Presumably, this was to "hurry up" the dye release process. If you mix your favorite henna the night before your appointment, you can take it to your beautician, with this booklet in hand, and simply say, "Do this, please". Bring a spatula to put in the henna, because a tinting brush isn't going to do the job. Henna is messy, so spread something on the floor to catch any slop. Your beautician can do the sectioning, application, and wrapping. Then, enjoy some of the other salon services for a few hours while the henna penetrates your hair, or go on home, and rinse your hair there.

If a cosmetologist wants to keep henna on hand ready to use, henna can be mixed weeks ahead and frozen in baggies at the salon, then retrieved and warmed quickly in a basin of warm water when a client comes in. Indigo can be mixed on the spot. Salons can order bulk supplies of pure body art quality henna and indigo at a discount from <http://www.mehandi.com>. The ONLY laboratory certified pure body art quality henna store is Ancient Sunrise®. If the henna is NOT laboratory certified, you really have no clue what you're buying, and what unlisted additives might cross-react with chemical hair dye activators.

Hennaeducator.com has a program to train stylists to use chemical-free henna, indigo and cassia in salons! Visit [hennaeducator.com](http://hennaeducator.com) for more information.