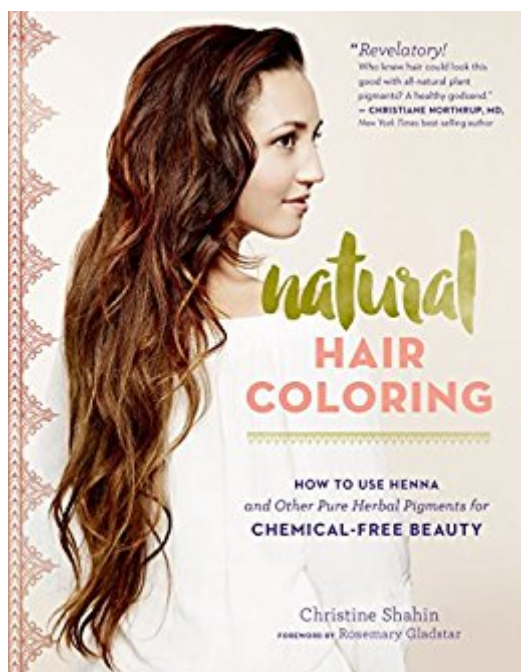


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# Natural Hair Coloring: How To Use Henna And Other Pure Herbal Pigments For Chemical-Free Beauty



## Synopsis

Commercial hair dyes contain thousands of different chemicals, some of which are reported to be carcinogenic – but you don't have to choose between gorgeous color and good health. Natural hair care expert Christine Shahin shows you how to use nontoxic plant pigments – henna, indigo, amla, and cassia – to color your hair naturally, whatever your hair type or ethnicity, with beautiful results! These pigments are readily available at natural food stores and online, and they're simple, safe, easy to use, and cost-effective. With clearly written instructions and step-by-step photography, Shahin shows you exactly how to apply these pigments, alone or in combinations, to achieve a full range of shades of brown, black, and red. She also includes instructions for transitioning from chemical dyes to natural ones and for using chemical and natural dyes together.

## Book Information

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## Customer Reviews

Natural Hair Coloring, How to Use Henna and Other Pure Plant Pigments for Chemical-Free Beauty, Christine Shahin  
Review from Jeannie Zelos book reviews  
Genre: Non Fiction  
Like so many people I've always coloured my hair. I like to change it up, and it makes me feel good when I see

fresh glossy colour, especially now I'm a bit older (!! ) and have a few grey strands. Back in the 70s when I was a teenager we used to frequent shops selling natural products, doused ourselves in patchouli oil ( poor bus driver must have been nearly asphyxiated with a coachload of teens from my all girls school) One time I bought some Henna and duly coloured my long dark hair. The colour was lovely, a rich vibrant red. Unfortunately so was the bathroom grouting and floor, the bath sealant and the towels I used...Mum was Really Not Happy and Henna and anything like it was banned. Somehow I've never plucked up courage to try it since. This book is full of helpful info and fabulous pictures with recipes for what was used in each. . I love natural products, make my own very often and hate using too many potentially harmful chemicals, and yet when faced with that or grey dull hair the chemicals win. Now maybe I'll pluck up courage to have another go. Henna and Indigo I'd heard of but not Cassia or Amla, and they are useful colours used either alone or combined to give more variety. Christine gives some really detailed info to accompany her images showing what was used and how long. Given that some need to stay on for eight hours I was wondering how she dealt with that - surely her customers don't stay in her salon that long?

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