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**"Revelatory!"**

*Who knew hair could look this good with all-natural plant pigments? A healthy goddess!"*

—CHRISTINE HORTON, MD,  
New York Times best-selling author



# natural HAIR COLORING

HOW TO USE HENNA  
*and Other Pure Herbal Pigments for*  
**CHEMICAL-FREE BEAUTY**

Christine Shahin

FOREWORD BY Rosemary Gladstar

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Christine Shahin

## Natural Hair Coloring: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty



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t have to choose between gorgeous color and good health.re simple, safe, easy to use, and cost-effective.Industrial hair dyes contain a large number of different chemicals, a few of which are reported to be carcinogenic — Natural hair care professional Christine Shahin demonstrates how to use non-toxic plant pigments — henna, indigo, amla, and cassia — to color your hair naturally, whatever your hair type or ethnicity, with beautiful results! These pigments are plentiful at natural food shops and on the web, and they’ nevertheless, you don’ She also contains guidelines for transitioning from fabric dyes to natural types and for using chemical and natural dyes together. With clearly written guidelines and step-by-step picture taking, Shahin teaches you exactly how to use these pigments, only or in combos, to achieve a full range of shades of brown, black, and red.



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(Their site does have products, but they are costly and I wish to mix my own. But cheap "box" color from the drugstore makes my scalp reddish colored and itchy and I've also had reactions to salon colours (Goldwell, Redken, etc. Many thanks Christine Shahin! In this period of microbeads in soaps and so on, I was also starting to have misgivings about what substances I was cleaning down the drain and sending back again out into our currently beleaguered environment. This gorgeous, detailed, empowering handbook shows us another way--natural plant dyes. This is a good substitute! I will never get back to chemical once again, too happy with the results, the experience and the simple it all. The author obviously has plentiful hands-on knowledge, and the savvy but approachable text message has an interesting message that inspires me and is sure to inspire others. Great Seller &!)PS - I also appreciate the many photos of \*true\* people in these pages--young, old, various ethnicities, women and men. Authoritative and Attractive Book on Natural Hair Colorants that basically Work! This is relief for ladies who can't abide chemicals on their heads any much longer! Don't let the Kindle cost fool you, this is the most authoritative and professional beauty reserve I've ever read. I've actually been using her henna and indigo, with GREAT results.com, which explained you need to be extremely careful never to use henna that has poor stuff added into it. It is very easy and enjoyable to read. The design and the images are gorgeous, simply as attractive as those costly Vogue Beauty books. I used the techniques indicated to dye my hair by natural means and I must say I am a lot more than pleased with the results. You can easily find the products mentioned in the book - I found them on Amazon. THE PROCEDURE was easier than I thought and it was a nice experience. The rinsing specifically was easier than using chemical substance colorants. Our sisters (and brothers) have already been using these components, in many cultures and lands, for centuries. Christine Shahin's publication saves time, consider twice before using 100% lemon juice or 100% apple cider vinegar.). Strongly recommend this book in order to treat your hair without chemicals. Gentle, encouraging advice Clear instructions and comprehensive descriptions of the plants....! I had been thinking of returning to Henna after years (used it within my teenagers...), this gave me the enthusiasm to go for it. The book is quite informative, the pictures gorgeous and instructional, because they are accompanied by the receipts utilized. The one thing I question is usually that she says to make use of lemon juice or apple cider vinegar when blending henna and cassia!...My hair is dark, with plenty of grey, especially the "sideburns". I think I can easily maintain this up for the others of my life--no have to mess with chemical substances and applicators and tools that make my pores and skin angry and may endanger my health... All you have to know There's so very much this book offers;I attended a wonderfully informative demonstration by Christine at the NATURE Fair this past year.) BEST HERE IS HOW TO COLOR YOUR OWN HAIR WITH NATURAL PLANT PIGMENTS I have already been using henna since I was in high school in the 80's. It really is beautifully created, with perfect form and is succinct. Realizing that the pigments are reliably and ORGANICALLY sourced is normally a bonus. Finding out, that Henna is a natural sun protector is merely icing on the cake 9or because the case could be: Head! She actually is genuinely interested in helping out and was a fountain of great suggestions, often encouraging me to allow her know, how stuff turned out.com runs into different kinds of fruit juices and acids you may use in great detail on their site. Now that I have it, I am so grateful because Chirstine Shahin makes almost anything clear/basic because her book is well written AND has gorgeous picture examples. The author delivers very clear explanations. I buy my henna from Hennaforhair.com because they look at all their plant pigments under the microscope and carry out tests to insure they're pure. well written and organized, and tons of helpful photos. your first and just stop required. Their websites need editing and have to have specific dishes to

help those who are mixing their own. A striking, detailed, empowering handbook Like many women in my own 50s, I don't desire to be gray-haired.) I needed to improve my color using cassia and amla, therefore I tried reading Hennaforhair's details but I possibly could not find recipes, ie: how much amla do I mix with how much henna and just how much cassia to accomplish a toned down copper reddish colored given my foundation is dark blonde? That is when I found Christine Shahin's book on Amazon. Unfortunately, I put henna products that had other chemical substances added onto my hair for a long time until one day, I stumbled upon Hennaforhair. We definitely recommend this as a how-to reserve, but also an excellent small coffee table design book. I never use full power lemon juice or apple cider vinegar, please water it down, or it may be too harsh for your hair. Lots of great information. It gave me the info and self-confidence to henna my very own hair. My strawberry blonde hair experienced faded to dark blonde and I wanted to keep being a red head. Different fruit juices/acids create different color effects, so if you want in this, use information on Hennaforhair.com. Of everything I read (including a whole lot of great online info [I do suggest Mehendi or Hennaforhair. Christine's reserve is both gorgeous (great picture illustrations) and filled with what you ought to know to successfully make use of plant pigments to color your own hair. Hennaforhair.com is an excellent source for purchasing safe and sound, pure plant pigments, and it has tons of information if you have the time... I am getting excited about playing with the colors to add even more color dimension later on. I now blend my henna just with amla and drinking water so I don't even need to use any other acid because amla can be naturally acidic. Thank you Christine! I read a whole lot before I tried it. Christine Shahin also lets you know what the bottom color (natural color) of each of the picture examples (true people) started with, which is very important information when formulating your specific mix for your locks.com]) this publication was probably the most helpful and gave me personally the confidence I needed. Natural dye doesn't imply that you can't screw it up--especially in the event that you aren't careful and don't read the directions! ??? Very informative and well-organized. I ordered herbal pigments from her, and I appreciated the personal touch and will be offering of help troubleshooting. My first time through was very successful, and I post this review through the second. I contacted Christine Shahin with queries, not really expecting a timely reply. Strongly suggested!. THIS IS A GREAT PAGE TURNER, VERY INFORMATIVE AND AN EASY TASK TO FOLLOW Guidelines GIVEN. Really wants to make me try this so I can liberate from chemicals. Nevertheless, I implemented Christine's recipe and really appreciated her mild, encouraging, and incredibly practical take on how to make this function for me. Lots of great info. As a newbie using natural hair dyes ... Mild lemonade can be what I choose, not real lemon juice. As a newbie using natural hair dyes I especially appreciate the 'recipes' explained with pictures. We was wrong! Though I really like Hennaforhair. Hennaforhair. Did it twice, both with good results and thanks to the book I am aware what little tweaks I can do if I want it a little deeper reddish or more brown the next time. Excellent publication! (Salon owners: please give us the products and recipes! Great Product I had some unfortunate issues with the delivery of this book but the seller took great care of me and got the publication in perfect condition after all. The reserve itself is detailed, full of heart and great photos to accompany the instruction. I anticipate playing with these even more after my hair has been lightened! Five Stars Love this publication! Has plenty of wonderful concepts for Natural locks coloring for many different hair types. Five Stars Great book with useful instructions! An expert wrote this instruction to help us! If you can only buy one book, that one is all you need.com, the info (specific recipes) to accomplish different colours with different bottom colored hair is not easily accessible; This is the Bible of hair color; This book surprised

me.



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