

## Ancient Sunrise® Amla, *Emblica Officinalis*



Ancient Sunrise® Amla

Amla, *emblica officinalis*, is a wild gooseberry that grows in South Asia. Ancient Sunrise® Amla powder is typically about 3.5 pH, and naturally contains gallic acid, ellagic acid, and ascorbic acid.<sup>1</sup> Gallic acid is commonly found in tree barks, ellagic acid is commonly found in berries, and ascorbic acid is a form of vitamin C. Add 25g of Ancient Sunrise® Amla to 100g of henna or cassia and enough filtered or distilled water to make a paste. No further acid will be needed. The gallic acid in amla lends ash tones to henna/indigo mixes. Amla's acids temporarily snap the hydrogen bonds in keratin, and allow greater uptake of indigo, and make henna/indigo mixes considerably darker and more ash colored.

If you apply an amla paste to your hair, and the hydrogen bonds in the keratin are loosened, then they reconnect. When they reconnect, they tend to be slightly off the original axis. This makes hair appear more 'fluffy.' Apply an amla paste to your hair for about 10 minutes, then rinse, then braid or set curls into the damp hair and let it dry. This will shape the new axis, and hair will have a temporary, gentle waves or curl.

If you apply an amla paste as a facial, and gently massage it in for about five minutes, it will loosen the top dead layer of skin. Rinse the amla away to reveal the healthy skin beneath. Many people find that a daily amla facial reduces acne breakouts. Amla is anti-bacterial, and the daily exfoliation helps keep skin clear

## Ancient Sunrise® Henna for Hair, Chapter 6, Henna and Acidic Mixes

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<sup>1</sup> 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. Academic Search Complete, EBSCOhost (accessed September 20, 2014).

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