

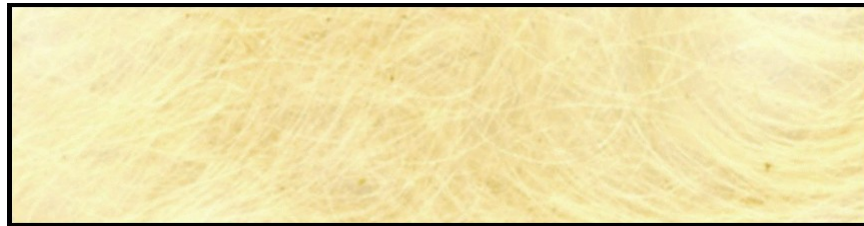
## Ancient Sunrise® Clarity, *Cassia auriculata*

Catherine Cartwright-Jones PhD

*Cassia auriculata* and *Cassia obovata* are two different plants which have different characteristics when applied to hair. The images below show the difference between *Cassia auriculata* (also called *Senna auriculata*) and *Cassia obovata* (also called *Senna italica*). Powders of the dried leaves of both plants can be wetted, made into pastes, and applied to hair to improve the luster and strength. *Cassia obovata* is native to and grown commercially in hot, dry areas of Africa and is in decreasing economic production. *Cassia auriculata* is native to India and has largely been substituted for *obovata* in hair care supplies. These are tested on white, unpigmented hair to most easily visualize the color difference. *Cassia obovata* stains white hair a soft wheat color.<sup>1</sup>



Undyed natural white hair



Natural white hair after an application of Ancient Sunrise® Clarity, (*Cassia auriculata* or *Senna auriculata*),

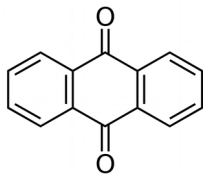


Natural white hair after an application of Ancient Sunrise® Zekhara *Cassia obovata*

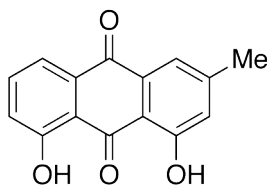
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<sup>1</sup> Prior to 2016 when one ordered ‘cassia’ from henna exporters in India, *Cassia obovata* was provided. By 2020, suppliers changed to *Cassia auriculata*, often without informing their clients, or knowing themselves that there had been a change in raw supplies. The information here will help you determine which plant you have and how to adjust to the difference. At present, Ancient Sunrise® only has *Cassia auriculata* in stock and has not yet found a new source for *Cassia obovata*, *Senna italica*, which has decreased in commercial production.

*Cassia auriculata* contains 9,10-anthraquinone. It is a shrub native to dry, hot areas of India where it is known as *matura* tea tree, *ranawara* or *avaram*.

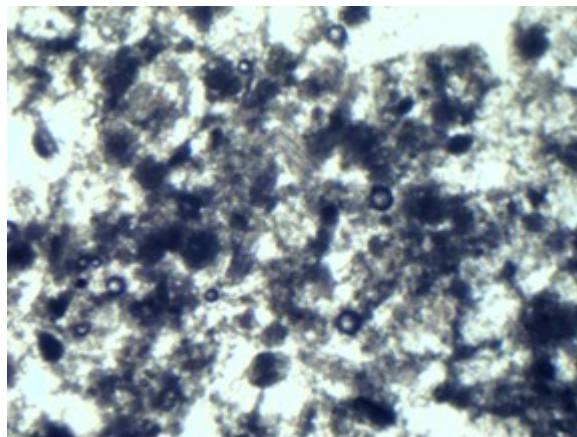


*Cassia auriculata* contains 9,10-anthraquinone



*Cassia obovata* contains chrysophanic acid (1,8-dihydroxy-3-methylantraquinone)

*Cassia auriculata* adds very little color to hair compared to *Cassia obovata*. Neither one will make dark hair a lighter color. *Cassia auriculata* enhances hair's curl pattern and increases shine, strength, and volume to hair. Ancient Sunrise® Clarity, *Cassia auriculata* is ideal for people who want the gloss, strength, and shine of hennaed hair without but do not want a color change. Clarity especially is useful to people whose hair is graying and has become thin and limp either because of hormonal changes or other health issues.

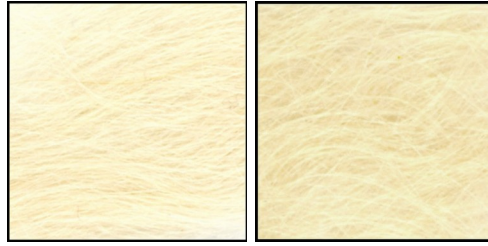


Microscopy of Ancient Sunrise® Clarity: this shows pure *Cassia auriculata* leaves, finely sifted and free from debris, additives, and contaminants.

Ancient Sunrise® Clarity, *Cassia auriculata*, is processed with the most advanced equipment in a new environmentally sustainable processing facility. Ancient Sunrise® Clarity is certified organic and is grown with environmentally sustainable farming practices. Clarity is more finely sifted and cleaned than the cassia from our previous cassia providers. If your hair has been

Ancient Sunrise® Clarity, *Cassia auriculata*, is available from [www.mehandi.com](http://www.mehandi.com) and Amazon at [goo.gl/avLHWc](https://goo.gl/avLHWc)

damaged with chemical dyes or bleaches, Clarity will restore shine and strength to your hair. Clarity's fine sift will make a paste that will be easy to apply and rinse.



*Cassia auriculata* enhances the curl pattern of hair. In the sample test above, a four hour application of Clarity changed the hair the wave changed from a 2" interval wave (left) to a 1" interval wave (right).

### **Mix and Apply Ancient Sunrise® Clarity to Condition Your Hair**

If you love the color of your hennaed hair and regularly dye only roots as they grow in, Ancient Sunrise® Clarity will be a great full length conditioning treatment for your hair. Clarity will not darken your hair, as do successive full length henna applications. Clarity will leave your hair glossy, healthy, lustrous, and strong. Clarity can also restore the curl you may have lost to henna.

Ancient Sunrise® Clarity, *Cassia auriculata*, may be mixed with either distilled water or a mildly acidic liquid. There is no dye to release, so pH is not as critical to Clarity as it is to Ancient Sunrise® indigo or Ancient Sunrise® henna.

Mix Clarity with liquid and stir it until it is a paste as thick as mashed potatoes and all the dry powder is wetted. Let the paste sit, covered, at room temperature (70°F) for several hours or overnight. After a few hours, stir out the last lumps and adjust the thickness by adding more liquid if necessary to achieve a paste about as thick as toothpaste. Section your freshly washed and towel-dried hair. Then, apply the Clarity paste to your hair as you would apply henna.<sup>2</sup> Leave the paste in your hair, covered, for four hours or more, and then shampoo the paste out of your hair. Leftover Ancient Sunrise® Clarity may be kept frozen for future use.

### **Toning with Ancient Sunrise® Clarity: a More Effective Way to Create a "Gloss"**

Many people want a hair treatment that adds very little color, one that just tones the color of their hair a bit warmer or cooler. Ancient Sunrise® Clarity is ideal for creating mix that will slightly tone your hair color one way or another, because it can be used to disperse henna or indigo. Though many people mix hair conditioner into henna or indigo to make a 'gloss', hair conditioner-based glosses are ineffective. The chemicals in conditioners do not facilitate the molecular bonds which are necessary for henna and indigo to bind to hair. With conditioner

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<sup>2</sup> If you have never dyed your hair with natural plant dyes before read "Ancient Sunrise® Henna for Hair" <http://www.hennaforhair.com/freebooks/>

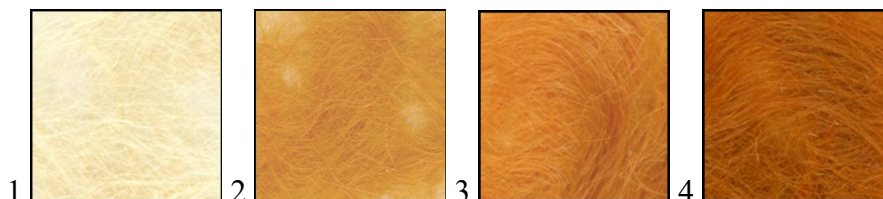
mixes, the henna or indigo color is superficial and washes out. If you create a tone with Clarity, the color will not fade, and your hair will be shinier, stronger, and healthier.

Ancient Sunrise® Clarity can be mixed with Ancient Sunrise® henna to make a less saturated henna color on hair. This can be used to ‘brighten up’ hennaed hair without making it darker. Ancient Sunrise® Clarity can be mixed with Ancient Sunrise® indigo to add an ‘ash tone’ to hennaed hair if the red color of henna seems too bright. Ancient Sunrise® Clarity can be mixed with Ancient Sunrise® henna and indigo mixes to create blonde or ash blonde mixes for naturally light or graying hair.<sup>3</sup>

### **Toning and Conditioning with Ancient Sunrise® Clarity and Henna: a More Effective “Henna Gloss”**

A mixture of Ancient Sunrise® Clarity and Ancient Sunrise® henna can add strength, shine, and dazzle to hennaed hair. If you henna your roots every month but not the length, and want to brighten up and condition the length of the hair without darkening the color, apply a tone and conditioning mix of Ancient Sunrise® Clarity and henna. It is not unusual for hennaed hair to gradually darken, depending on minerals in your tap water. To restore a brighter henna color, apply Rainwash<sup>4</sup> to remove the mineral residue from your hair, and then apply your Ancient Sunrise® Clarity and henna toning paste.

Mix Ancient Sunrise® Clarity and Ancient Sunrise® henna with a mildly acidic liquid and allow the paste to rest for several hours or overnight. You can measure these proportions in dry powders and then mix them together. Test the mix on your own hair harvested from your hairbrush to see if you need to adjust the proportions to get the results you want.



Proportions of Ancient Sunrise® Clarity to Ancient Sunrise® henna on white hair

1. Ancient Sunrise® Clarity only
2. 90% Clarity, 10% henna
3. 75% Clarity 25% henna
4. Ancient Sunrise® henna only

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<sup>3</sup> If you have not mixed your own henna color before, read “Ancient Sunrise® Henna for Hair, Chapter 7: Mixing and Testing Your Henna.”

[http://www.tapdancinglizard.com/AS\\_henna\\_for\\_hair/Chapter\\_7\\_Mixing\\_and\\_Testing.pdf](http://www.tapdancinglizard.com/AS_henna_for_hair/Chapter_7_Mixing_and_Testing.pdf)

<sup>4</sup> “Why Are My Cassia and Henna Turning Brownish, or Worse?”

[http://www.tapdancinglizard.com/AS\\_henna\\_for\\_hair/chapters/chap12/12\\_brownish.pdf](http://www.tapdancinglizard.com/AS_henna_for_hair/chapters/chap12/12_brownish.pdf)

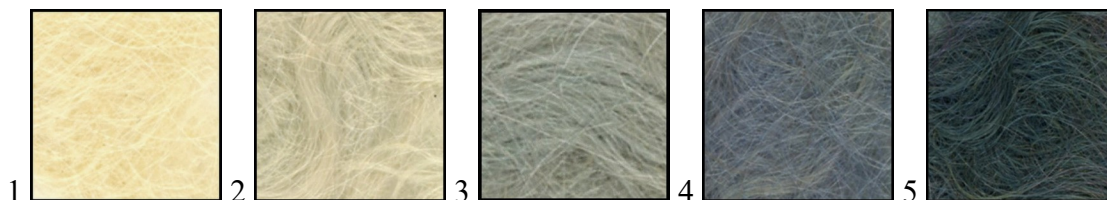
Ancient Sunrise Rainwash Mineral Treatment [https://www.mehandi.com/Ancient-Sunrise-Rainwash-Mineral-Treatment-p/rain\\_01.htm](https://www.mehandi.com/Ancient-Sunrise-Rainwash-Mineral-Treatment-p/rain_01.htm)

Ancient Sunrise® henna binds so easily with hair that a very small proportion of henna to Clarity is sufficient to ‘warm up’ the color of your hair. A paste of 10% henna to 90% Clarity is generally sufficient to add warmth to hair without darkening it. These Clarity mixes will not lighten dark hair. If your hair is dark brown or black, this toning mix may simply add a little red dazzle in the sunshine, and not actually change your hair color.

### **Toning and Conditioning with Ancient Sunrise® Clarity and Indigo: a More Effective “Indigo Gloss”**

Ancient Sunrise® Clarity, *Cassia auriculata*, can be mixed with Ancient Sunrise® indigo in pH neutral paste which creates a cool blueish-gray or ash translucent tone when applied to hair. Mix Clarity with distilled water to make a paste about as thick as mashed potatoes, and let the paste sit for several hours. After the paste has rested, stir out the last of the lumps, and add more liquid if necessary to make a paste as thick as toothpaste. When you are ready to apply the Ancient Sunrise® Clarity, paste, mix Ancient Sunrise® indigo with distilled water to make a pH neutral paste, preserving the indoxyls as much as possible so the indigo color will bind to the keratin scales and be permanent; the indigo tone will not wash out if properly mixed and applied.<sup>5</sup>

Mix the Clarity and indigo pastes together thoroughly. and then stir more before you apply the indigo-cassia toner to your hair. Unevenly mixed indigo pastes make dark spotty results in your hair. Apply the Clarity-indigo paste to your hair immediately after mixing in indigo. If you doubt that you can cover all of your hair within 20 minutes, mix smaller amounts of Clarity and indigo at a time and apply sequentially to sections of your hair. Shampoo your hair and towel it damp-dry. Section your hair before applying the mix.<sup>6</sup> This mixture gives a more effective result than mixing indigo into conditioner, which fades out of hair quickly.



Ancient Sunrise® Clarity, *Cassia auriculata*, and Ancient Sunrise® indigo in differing proportions on white hair

1. 100% Clarity
2. 90% Clarity and 10% indigo
3. 75% clarity and 25% indigo
4. 50% Clarity and 50% indigo
5. 100% indigo

You can measure the proportions of these mixes by weight of powder, or by spoonfuls of paste.

<sup>5</sup> For more information on dyeing hair with indigo, read “Indigo, Indigofera Tinctoria”

[http://www.tapdancinglizard.com/AS\\_henna\\_for\\_hair/chapters/chap5/5\\_Indigo\\_Indigofera\\_Tinctoria.pdf](http://www.tapdancinglizard.com/AS_henna_for_hair/chapters/chap5/5_Indigo_Indigofera_Tinctoria.pdf)

<sup>6</sup> If you have never dyed your hair with natural plant dyes before read “Ancient Sunrise® Henna for Hair”

<http://www.hennaforhair.com/freebooks/>

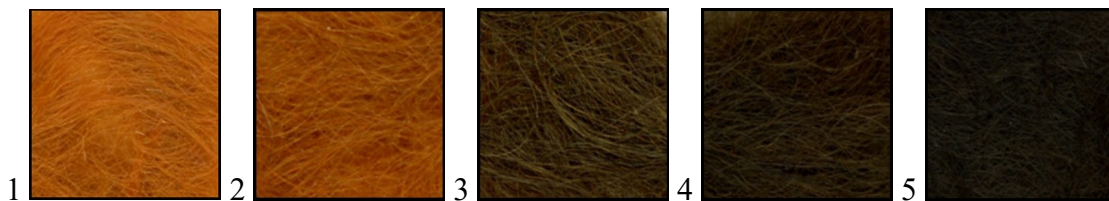


Test the Ancient Sunrise® Clarity and Ancient Sunrise® indigo mix on your own hair harvested from your hairbrush to see if you need to adjust the proportions to get the results you want. Remember to wait a few days to evaluate the color as there may be some ‘settling in’. Any green tones will shift to bluish-gray as the indigo oxidizes. Any purple tones that may be from water treatment systems will also shift to bluish-gray in a day or two.

### Use Ancient Sunrise® Clarity and Ancient Sunrise® Indigo to Tone Overly Bright Henna

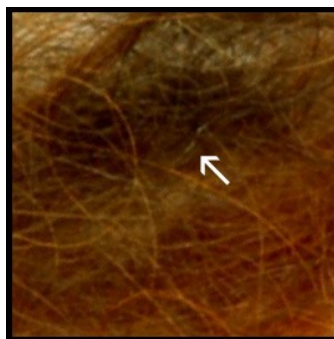
Ancient Sunrise® Clarity toning mixes with Ancient Sunrise® indigo as just shown can be used to cool the color of hennaed hair. After a few days oxidation, some people find that their henna color is brighter than they wish. Clarity will do a more effective color change than ‘glosses’ made of indigo mixed with conditioner.

Use 10% indigo (or less) to 90% Clarity to mute an overly bright color of henna. The image at the left is newly hennaed hair was deemed ‘too bright’. If you use a paste with more than 10% indigo, it will dye your hennaed hair dark brown or black.



The following proportions Ancient Sunrise® Clarity and Ancient Sunrise® indigo were applied over recently hennaed hair:

1. Hennaed hair
2. 90% Ancient Sunrise® Clarity and 10% Ancient Sunrise® indigo
3. 75% Clarity and 25% indigo
4. 50% Clarity and 50% indigo
5. Ancient Sunrise® Indigo over hennaed hair. without Ancient Sunrise® Clarity



The dark spot indicated by the ↖ is the result of unevenly mixed indigo in the Clarity-indigo mix turning henna dark brunette.

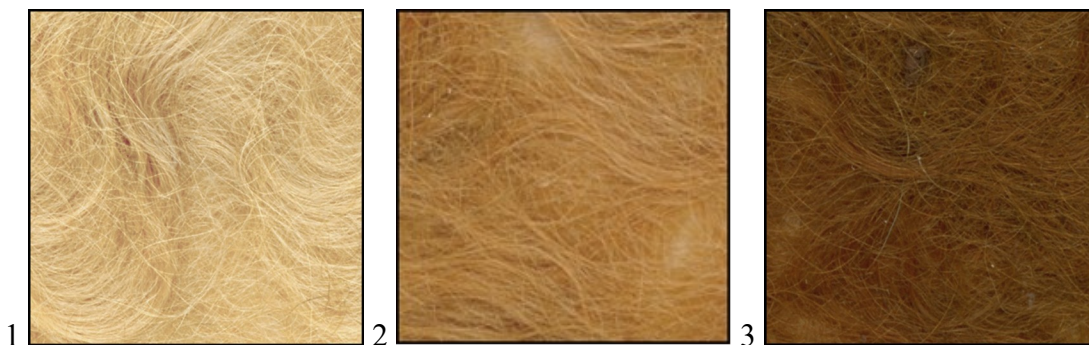
When you mix Clarity and indigo pastes together, make certain you mix them very thoroughly. An unevenly mixed paste that has unevenly dispersed indigo will leave dark spots in the henna

where more indigo stains the hennaed hair much darker. Mix the two pastes together until you think there is very well mixed, and then mix more!

### **Create Blonde and Light Brunette Colors with Ancient Sunrise® Clarity, Henna, and Indigo**

If your hair is graying blonde, and you want to tone away the gray so that it looks like highlights rather than gray hair, a mixture of Ancient Sunrise® Clarity, indigo, and henna may be what you need. The bases of these blonde mixtures are brunette mixtures, dispersed in Clarity. If you have not formulated a brunette henna mix before, read “Appendix I, Mix Henna and Indigo for Brunette Colors” beginning page on page 8.

Ancient Sunrise® henna binds with hair readily and can easily dominate the color in blonde mixes. If you do not want a color that is too red, be cautious about how much henna you add. The more indigo you add to these mixes, the more ‘ash’ the result. You can mix Clarity with either a mildly acidic liquid or distilled water. If you mix these Clarity/henna/indigo pastes with an acidic liquid, it will favor the development of warmer tones with henna. If you mix these pastes with distilled water, it will favor development of cooler, ashier tones from the indigo. Henna stains hair more readily than indigo, so if you do not want ‘strawberry blond’ tones, reduce the amount of henna and increase the amount of indigo.



The following proportions of Ancient Sunrise® Clarity, Ancient Sunrise® indigo, and Ancient Sunrise® henna were applied over white hair

1. 90% Clarity, 7% indigo, 3% henna
2. 75% Clarity, 15% indigo, 10% henna
3. 50% Clarity, 30% indigo, 20% henna

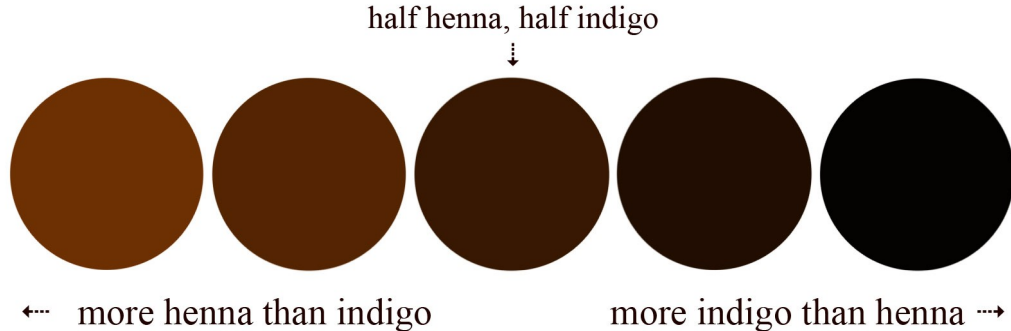
Mix your Ancient Sunrise® Clarity paste first, and set it aside for several hours at room temperature. Mix a small amount of henna paste next, and set that aside too. Shampoo your hair for the best results, towel damp-dry, and section your hair. Just before applying, mix indigo paste with distilled water. Mix the proportions of the color you want by spoonfuls of paste. If you need help with formulating the paste, Mehandi.com customer service will help you!<sup>7</sup> Collect hair from your hairbrush and test your color first! (See Appendix II, “Mixing and Testing Your Henna” on page 12)

<sup>7</sup><https://www.mehandi.com/Articles.asp?ID=256>

## Appendix I from Chapter 7 of “Ancient Sunrise® Henna for Hair Chapter 7, Mixing and Testing Your Henna: Mix Henna and Indigo for Brunette Colors”

First, mix your henna or henna-cassia mix the day before you want to dye your hair so the dye is released.<sup>8</sup> If you freeze leftover henna in little packages, thaw some out. You can measure the proportions out in spoons of finished paste or by powder. Precision isn’t important, so “close enough” is generally good enough.

You can always make your henna-indigo stain a darker brunette by adding more indigo in the next application, but you can’t make your hair redder by re-dyeing with more henna as easily. When you’re beginning, try for a lighter color that is likely to darken naturally. Don’t expect to easily lighten a color that is too dark. Do not try to bleach hair that has been dyed with an indigo mix unless you test first. The results can be quite peculiar.



Five proportions of henna and indigo:

- 90% henna and 10% indigo = cool auburn
- 75% henna and 25% indigo = brownish auburn
- 50% henna and 50% indigo = medium brunette
- 25% henna and 75% indigo = dark brunette
- 10% henna and 90% indigo = nearly black

When you have your hair clean, combed, and ready to dye, mix your Ancient Sunrise® indigo powder. The indoxyl molecule is unstable; use the indigo paste quickly for best results. If your henna-indigo mix sits out for too long, the paste will stain your hair a more reddish color than you expect.

When your henna paste is ready, mix your indigo.

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<sup>8</sup> Mix henna according to instructions chapter 7, “Mix Your Paste”





Add distilled or filtered water gradually to Ancient Sunrise® indigo powder stirring after every addition. Do not add an acidic liquid!



Ancient Sunrise® indigo mixed with water

Stir until there are no more dry lumps in the indigo paste. It takes some determination to get all the indigo powder wet.



Add previously mixed and dye released Ancient Sunrise® henna, or henna and cassia, to the indigo paste



Stir the henna and indigo pastes together

Stir until the two pastes appear to have completely merged, then keep stirring. If the two pastes are not completely mixed, the resulting color will be splotchy.

Ancient Sunrise® Clarity, *Cassia auriculata*, is available from [www.mehandi.com](http://www.mehandi.com) and Amazon at [goo.gl/avLHWc](http://goo.gl/avLHWc)





Henna and indigo mixed completely, ready to use.<sup>9</sup>

The dye molecules in indigo will change from the indoxyl state to the blue indigo state after about twenty minutes of exposure to air and acidic henna, and the longer the paste sits, the less effective it will be as a brunette hair dye. If you let your henna and indigo mix sit out too long, the henna red will prevail over the indigo tones. Keep your henna in one bowl and in a second bowl mix a small amount of indigo into henna and use that quickly. If you mix up the whole batch together at once you'll lose some of the indoxyls before you get all of the mix applied, and the results may be redder than you wished. Mix as much henna and indigo together as you can use in about twenty minutes. If you leave a henna-indigo mix in your hair overnight, you may find that more lawsones have migrated into your hair, and fewer indoxyls, because the indoxyls were lost to air and acidity, while the lawsones kept going strong.

Take care to not mix too much liquid into the paste. There is no way to make runny paste thicker other than adding more henna or indigo powder. Do not try to thicken paste by adding cornstarch. Cornstarch will hinder the stain. Do not try to thicken paste by warming it on the stove. That will ruin the paste.

Ancient Sunrise® indigo powder, henna-indigo paste, and indigo paste cannot be saved in the freezer. Freezing will ruin indigo powder and paste. Keep extra indigo powder at room temperature. If you feel you must save leftover henna-indigo paste to be thrifty, add more indigo powder when you thaw it.

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<sup>9</sup> To see the complete brunette application process, see Chapter 8, How to Begin

## Appendix II: Ancient Sunrise® Henna for Hair Chapter 7 Mixing and Testing Your Henna

Whether you are a stylist or doing your own hair, it's best to do a test first to get some idea of what the results are going to be. No two people have hair of exactly the same structure or the same hair history.



Harvest hair from your hairbrush

Begin by harvesting hair from your hairbrush or from wherever your spare hair tends to accumulate. Shampoo the collected hair. Conditioners and hairspray left on hair will give an inaccurate test.

If you can harvest two clumps of hair, you can see a before and after test. If you have more than two clumps, you can try some different mixes and see which one you like best. Wash and dry the harvested hair to remove hair care products.

Some people have hair that takes dye easily. Some people have very dye-resistant hair, particularly gray hair. Gray hair grows faster than pigmented hair. Gray hair has harder keratin than pigmented hair, and often resists dye.

Some people live in areas with very hard water which may cause an unpleasant color shift. If you live in an area where water has a high mineral content, your hair may be coated with those minerals, just as is the inside of your teapot. This may cause cassia and henna to have unusually dark, even greenish tones, because of the mineral reaction with the quinone dye molecules. This can be corrected by treating your hair with Ancient Sunrise® Rainwash. The most disagreeable color shifts seem to come from areas that have a history of mining metal or petroleum deposits from the ground which resulted in groundwater seepage.

Some people have had different chemical processes in their hair. Chemical relaxers don't seem to interfere with henna and indigo, but it wouldn't hurt to test first just to be sure. Bleaching hair hardens the keratin so there will be less dye henna or cassia uptake, and the color may be brassy or harsh.

Some have had environmental stressors that have affected their hair. Swimming in chlorinated water or sea water doesn't seem to spoil the henna color, but both can damage a person's hair. Damaged hair has a greater henna uptake than undamaged hair.

Henna, cassia, and indigo stain the keratin in your hair, but do not change the melanin in the core of your hair. The stain is translucent, so the end color will be a combination of your natural color and the color of the plant dyes.

All of these will affect the outcome of your dye, so the only way to know what you're going to get is to test first.



Gather your harvested hair and mix your Ancient Sunrise® henna



Mix the paste the way you think is going to work best for you. Spread some on a sheet of plastic wrap. Use plenty of paste and extra time to test; that will compensate for plastic wrap not being as warm and alive as your head.





Put a clump of harvested hair on the paste. Put more paste onto the harvested hair. Push the paste into the hair, and smear it around so every hair is very thickly coated, top, bottom, and all around.



Fold up the plastic wrap, paste, and hair. Let that rest overnight. This long duration will saturate your hair to about the same color as dyeing your hair a few times. After about 24 hours, shampoo and wash the paste out of the hair. Let the hair sample dry and rest for three days.