

## Example 2: Emily Applies Cassia for Conditioning and Minimal Color Change



Emily has several colors of hair from experimenting with fancifully colored chemical dyes. She doesn't want to change these colors; she just wants to improve the general condition of her hair.



Her hair colors range from natural dark blonde to green, with some highlights.



Maria mixes Ancient Sunrise® and dilute lemon juice one day ahead.<sup>1</sup> She sections Emily's hair before she begins the cassia application.



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<sup>1</sup> For more information on mixing cassia, see Ancient Sunrise® Henna for Hair Chapter 7, Mix Your Paste



Maria coats Emily's hair from scalp to tips with cassia paste and then rolls it up and out of the way of the next section.





Section after section, Maria continues to apply cassia paste to of Emily's hair.





Maria continues to apply cassia paste to Emily's hair until all of her hair is completely saturated. Maria wraps plastic around Emily's hair to keep the cassia paste moist and warm. Emily keeps the cassia paste on her hair for about two hours.





After shampooing and drying, Emily's hair has more shine and volume, and the color is slightly more golden, but is otherwise unchanged. Ancient Sunrise® repairs sun and chemical damage to hair, and makes the scalp healthier.

## **Ancient Sunrise® Henna for Hair Chapter 8 How to Henna Your Hair**

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