



# Looking for a Natural & Organic way to Color your Hair? Take a look at Henna.

by Juli Edwards

If you're looking for an alternative to chemical-laden hair dyes – or if you just want shiny, bouncy hair – stop and take a long look at henna. It is a symbol of modern fashion to many women and men lately. Henna, popularly known as Mehandi is a hair coloring dimension used for hundreds of years. Throughout the expanse of time men and women have been alive, evidence can be found to indicate that from the moment we became aware of ourselves, we became interested in adorning and adjusting our appearance. One of the ways in which we did this was by finding ways to color and adorn the hair. Archaeologists have found evidence to suggest that early man may have used minerals, plants and insects to paint their bodies and hair to appeal or repel. There is also recorded evidence from around 1500 B.C. that the Egyptians used henna as a hair coloring agent. This theme is echoed throughout our history as the color of the hair has been considered important. At the end of the 19th century, women of Istanbul and Smyrna used an estimated 15,000 pounds of henna annually as hair dye. Famous beauties such as Nefertiti and Cleopatra used henna to enhance their hair coloring. Ever wonder how Lucille Ball maintained her strawberry red locks over the years – yes she used Henna.

Henna is a plant that grows in the hot, dry climates of the Eastern hemisphere. For decades, women from North Africa, India, and the Middle East have used henna to stain their hair, skin, and nails. The red henna dye is contained within the leaves of the plant. After the plant is harvested, the leaves are dried, ground, and sifted into a flour-like powder. Henna is gentler on your hair than permanent hair color because it only deposits dye on to the surface, not inside the cortex.

Although most people would associate henna's effect on the hair to changing or enhancing its color, henna can actually play a number of roles. Henna has been proven to increase the strength of the hair and therefore represents a safe natural dye that doesn't permanently affect the health of our follicles. Henna helps seal the hair cuticle, preventing breaking, and increasing the shine and appearance of the hair. For people suffering from hair loss or baldness, henna can also inhibit this from happening.

## **Some benefits of henna for hair:**

- Stronger strands/less breakage
- Balance hair porosity
- Reduces or eliminates dandruff
- Smooths hair cuticle giving hair a healthy appearance
- Thickens hair
- Promotes growth due to antibacterial and anti-fungal properties

- Less shedding
- It is the best and safest way to color your hair that has no ammonia, chemicals, and toxins.
- Henna can be used to treat dandruff and scalp infections effectively.

Healthy Life Salon offers henna hair color service that will cover your grey hair up to 80% or simply give your hair shine and added volume. Juli Edwards owner of Healthy Life Salon is a hair color specialist and offers henna services Wednesdays thru Saturdays. She will know the proper application and will custom blend the pure ingredients to achieve your desired hair color. Think red tones are you only options? Think again!! Juli explains that indigo & alma goose-berry are mixed with the henna to create tones of auburn, dark brown, light black and dark blonde, and of course red tones are available as well. Juli emphasizes that henna is deposit only, so it will not lighten ones hair. The henna used at HLS is leaping bunny certified (cruelty-free and vegan), does not contain ammonia, PPD, metallic salts, gluten, peroxide, pesticides, preservatives or synthetics. Our products can also be used on men to color facial hair and chest hair. A basic custom blended plant based henna application with Juli is \$70 and includes a blow out. If the hair is thick or long there will be an additional \$15 fee. Eyebrow, beard or chest hair application is 5- \$50.

At Healthy Life Salon and Organic Wine Bar we specialize in using all organic personal care products that supports a sustainable environment by using fewer damaging chemicals, helping you lead a healthier, more beautiful life. We care about the world around us and take comfort knowing that the products we use are kinder and gentler on our clients and all of its inhabitants. We take care of you head to toe!