

## AMLA

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Amla is a tan powder made from the dried Indian gooseberry fruit, *Emblica officinalis*. It can be added to our Henna Hair Dyes for a variety of effects:

- Prevents indigo from fading in Brown & Black Henna
- Cools red tones in Brown Henna & darkens Red Henna
- Keeps Light Blonde Henna from turning brassy
- Prevent loosening of curls/waves from henna use
- Adds body & shine to hair

### Use Amla with Henna Hair Dye

#### Red or Light Blonde Henna:

- Mix 2.5 tbsp amla to an entire packet of Red Henna or Light Blonde Henna powder, and then mix with warm water until a yogurt like consistency. Do not use black tea, lemon juice, apple cider vinegar. Let sit for 8-12 hours, then apply as directed on package.

#### Brown Henna:

- Amla needed for each Henna Hair Dye:
  - Light Brown: 2 tbsp
  - Medium Brown: 1.5 tbsp
  - Dark Brown: 1 tbsp
- Mix amla powder into LT/MD/DK Brown Henna powder, mix with warm water. Do not use black tea, lemon juice, apple cider vinegar. Let sit for 8-12 hours and then use Indigo as directed. Never add amla directly to indigo, it will inhibit dye release.

#### Black Henna:

- Mix 2.5 tbsp amla into Black Henna powder, and then mix with warm water until it has yogurt-like consistency. Do not use black tea, lemon juice, apple cider vinegar. Let sit for 8-12 hours then use as directed in the Black Henna instructions.

### Use Amla as a Conditioning Treatment & Curl Restorer

For amla to restore waves/curls from repeated henna use or condition hair:

- Mix amla with warm water until it has a yogurt-like consistency.
- Let sit for 15-30 minutes, then put on hair as you would a henna treatment.
- Leave on for 30 minutes then rinse.

### Use Amla as a Facial Treatment

Amla is high in antioxidants, vitamins A and C, and has antibacterial and exfoliating properties.

- Mix amla with warm water until the paste has a yogurt-like consistency.
- Let it sit for 15-30 minutes, then use as a facial scrub.
- Rinse paste off with cool water.