

# HAIR AND SKIN PRODUCTS FROM MAISON KENZI

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## HENNA FOR HAIR:

Kenzi's henna for hair is the same Moroccan henna that you know and love, but sifted less than the henna used for body art so it is excellent for dyeing your hair. Henna is a transparent dye that coats the hair shaft, binding with the keratin. It conditions the hair giving it shine and body, in addition to a rich red color. Because it is a transparent dye, it will not change the color of your hair, only coat it with color. Therefore, black hair will just have a reddish sheen when seen in direct sunlight, but blonde hair will become a brilliant orange, and brown hair will become a deep shade of auburn. If you are dyeing your hair to cover the grey, the grey hairs will come out a bright, almost pink orange. In order to dye grey hair darker it is recommended that you build up layers of color by applying henna 1-2x/week for a month or so. Indigo will also help deepen the color; you can read more about this below.

My method is to mix henna powder with warm water (maybe throw in some nice, skin-safe essential oils) and mix until smooth. A thinner paste is easier to apply but can drip too much so adjust the consistency to suit your needs. I scoop all the paste into a plastic sandwich baggie and cut a 1/4 inch whole in the corner out of which I squeeze the paste onto my hair.

**Henna application instructions:** Using gloves to keep the henna from staining your hands and nails apply the henna paste to sections of clean hair making sure to get down to the roots as well as to the ends of your hair with the paste; continue to apply henna to your hair in this manner and if you have any leftover paste, smear that over your entire head; put a plastic shower cap or saran wrap over your hair, covering all the henna paste and then wrap a scarf or a towel around that to keep it all in place (the henna paste will stain fabric so use something you don't mind staining); leave the paste on your hair for 1-2 hours and then wash out using only water, NO shampoo; your color will be darker and last longer if you refrain from using shampoo for 24-48 hours after your henna application. If the henna has dried out it might be hard to wash it out in the shower; try soaking your head in the tub to soften the dried henna, making it easier to wash out; there will probably still be henna in your hair after rinsing so when you go to bed be sure to protect your pillow with a towel.

## INDIGO FOR HAIR:

Indigo is used in conjunction with henna powder to dye the hair. Added to henna paste and applied to the hair, indigo will give a slightly browner color, sometimes achieving near black. The dye from indigo does not remain in the hair as long as henna; it lasts about 1-2 months.

**Instructions for maximum grey coverage:** apply henna to hair as normal, and then after washing it out, or sometime in the next week do an application of henna and indigo ("henndigo").

**Henndigo mixing instructions:** put henna and indigo in separate bowls (50-100g each for long hair, less for shorter hair) and add warm water to each bowl, just enough to make a thick paste; mix each paste in its separate bowl and let them sit for about 15-30 minutes; keep an eye on the bowl of indigo because once the surface of the paste has darkened to a deep blue it is ready to use; in a larger bowl mix the henna paste and the indigo paste together thoroughly; add more water to achieve the consistency that you desire; put the paste into a ziploc bag or a plastic bottle to apply (if you use a ziploc bag, seal the bag and cut a 1/4 inch hole in the corner out of which you can squeeze the paste onto your hair).

**Henndigo application instructions:** See application instructions for henna, above, substituting "henndigo" for "henna".

It is not recommended that you henna/indigo hair that has been recently dyed with chemical dyes, or hair that has been permed. There is a strong likelihood that the henna and/or indigo will react in unpredictable ways with the chemicals in your hair. It is suggested that, before you henna/indigo all your hair, you test the henna/indigo paste on some hair from your hairbrush or bits cut off from a recent haircut. Maison Kenzi cannot be responsible for the results of treating your hair with our henna/indigo but we will provide you with as much information as possible to bring about the results that you want.

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For more information about henna and indigo for hair go to HennaTribe.com for recipes and instructions, many with before and after photos

## RHASSOUL (MOROCCAN CLAY) FOR HAIR AND SKIN:

Found only in the Atlas Mountains of Morocco, rhassoul is a type of saponified clay that when mixed with water creates a mud which can be used as shampoo/hair treatment as well as a face/skin treatment; the mud is absorbent and cleansing, ridding the hair and skin of oils and toxins; it minimizes pores in the skin, clarifies skin color, eliminates blackheads, gives body to hair, regulates the excretion of sebum in the scalp and makes the hair shiny. Rhassoul has extraordinary ability to absorb oil and impurities from both the skin and hair. This clay is excellent for use before you apply henna or indigo to your hair as it is great for getting rid of any product buildup from your hair which might otherwise interfere with the absorption of the henna or indigo.

This clay achieves desired results on all types of skin. It is also non-irritating to the skin and eyes; rhassoul is excellent for those with sensitive skin.

Rhassoul clay is an ancient clay which was formed deep under the Atlas Mountains in Morocco. It was formed in deposits during the Jurassic period in the Mesozoic era, 208 to 144 million years ago. Because the rhassoul clay deposits are deeply buried, it takes great effort to mine them. Rhassoul clay has very long history of use in beauty care, used in ancient Rome and Egypt by the nobility. Today it remains a favorite beauty treatment in high-end spas and salons.

Rhassoul clay is very rich in trace minerals which detoxify the skin by exchanging themselves for a variety of compounds including toxic metals and polar organic (oily) compounds. Rhassoul clay is different from other clays due to its unique composition. Its extraordinary power of absorption makes it more effective than other clays for detoxifying and cleansing.

**Rhassoul skin mask:** put about 1-2 teaspoons of the clay in a small dish and pour enough boiling water in to cover all the clay in the dish; let sit until the water is absorbed, mix and add more water to achieve the desired consistency; add any skin-safe essential oils, honey or olive oil for added benefits; apply a thin layer, massaging skin gently, and obtaining full coverage; avoid eye area; leave on until it dries and then gently rinse with warm water; rhassoul mud can be used on all parts of the body, just apply a thicker layer than you would for the face.

**Rhassoul hair cleanser/mask:** mix paste as for a skin mask; massage a generous amount of clay into the hair, right down to the roots, massaging gently, comb mixture through hair using a wide-toothed comb to distribute it more evenly; leave the paste on your hair for about 15-30 minutes and then rinse thoroughly, preferably under the shower; it may be hard to get out all the tiny bits from your roots, so you may want to follow this up with regular shampoo, or simply comb your hair under running water with fine-toothed comb.

More information and recipes can be found at <http://www.kenzi.com/HENNA/HTML/rhassoul.htm>