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.

**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.