



## Henna Cream FAQ's

### Why do we need to include Henna?

Henna is a botanical extract and is widely considered a more natural product. The addition of Henna extract will also bring an added shine and depth of colour to the hair.

### What properties in the Henna Cream make it as good as the Semi-Permanent?

With our tints of nature henna cream you can achieve the same beautiful results as a semi-permanent colour with all the added benefits of natural henna.

Tints of Nature Henna Cream uses a sophisticated blend of henna with natural and organic extracts which will work to treat, condition and strengthen your hair leaving you with a healthy glossy hair colour with grey coverage.

### What Shampoo and Conditioner should I use at the end of the colouring process?

We would advise purchasing the Tints of Nature Hydrate Shampoo and Conditioner for use at the end of the colouring process as well as for everyday use. Please note – Shampoo & Conditioner is not provided in the kit.

### Can the Henna Creams be mixed to create different shades?

Tints of Nature Henna Creams can be mixed to create different shades. However, we would always recommend you to perform a strand test prior to every application to ensure you are satisfied with the colour before full head application.

### What are the base depths for each of the Henna Creams?

Henna Black – Base 2  
Henna Dark Brown – Base 4  
Henna Chocolate – Base 4  
Henna Golden Brown – Base 5  
Henna Light Brown – Base 6  
Henna Golden Blonde – Base 7  
Henna Burgundy – Base 4  
Henna Mahogany Red – Base 4  
Henna Red – Base 6

### Do we still recommend the Hydrate Treatment/10 minutes of heat with the Henna Cream to increase grey coverage?

Our Standard advice for using the Hydrate Treatment prior to application would also apply to the Henna Cream.

If you have grey or white hairs that are resistant to colour, try shampooing and using a treatment before colouring. Firstly apply Tints of Nature Clarifying Shampoo, rinse and apply Tints of Nature Hydrate Treatment, comb and leave on for 15 minutes. This will help to soften the hair and open the cuticle in preparation for the colour to be applied.

### What is the percentage of Organic content used?

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As well as containing over 95% naturally derived ingredients, the Tints of Nature Henna Cream contains 15.67% Organic ingredients.

## Do they still last up to 6-12 washes?

Tints of Nature Henna Cream can last up to 12 washes. We would recommend using our Hydrate shampoo and conditioner which is designed to work with the henna cream to keep your hair in great condition and the colour lasting as long as possible.

## Is it safe to use on pre-treated hair/bleached hair?

Tints of Nature Henna Cream is safe and suitable to use on pre-treated or bleached hair. However we would always suggest that a strand test is carried out prior to each application to ensure the desired result can be achieved.

## Can you use it if you are going through Cancer treatment or Pregnancy?

Our standard advice and guidelines for colouring your hair during pregnancy and cancer treatment would apply to the Henna Cream product.

## Pregnancy

Most research, although limited, shows that it's safe to colour your hair while pregnant. Some studies have found that very high doses of the chemicals in hair dyes may cause harm. However, these doses are massive compared to the very low amount of chemicals that a woman colouring her hair is exposed to.

We recommend waiting to dye their hair until after the first 12 weeks of pregnancy, when the risk of chemical substances harming the baby is much lower.

Semi-Permanent colours are a better alternative whilst pregnant; however a sensitivity test is still recommended.

Do remember that pregnancy can affect your hair's normal condition. For example, your hair may:

React differently to colouring or perming than it usually does.

Become more or less absorbent, frizzy or unpredictable.

It's always a good idea to do a strand test first, using the hair dye or treatment that you intend to use.

If you're colouring your hair yourself, you can reduce the risk further by making sure that you:

Wear gloves.

Leave the colour on for the minimum time.

Work in a well-ventilated room.

Highlighting your hair or using "off the scalp" techniques also reduces any risk. The chemicals used are only absorbed by your hair, and not by your scalp or bloodstream.

## Cancer Treatment

Sadly we don't advise you use Tints of Nature if you're having chemotherapy, radiotherapy or other forms of treatment. If you do decide to colour your hair, have a chat with your doctor first and make sure you carry out a sensitivity test.

After you've finished treatment you may be able to colour your hair once you've got an inch of growth. Use semi-permanent hair colour for the first few months until your hair becomes stronger. We always recommend you take both a sensitivity and strand test first.

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Having said that, if your scalp is damaged, very dry or irritated, or if your hair is brittle you still shouldn't colour your hair.

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