

Product Information Sheets 2012

	Code	Product	Size
1	NHB01	Jamila Henna (Pakistan)	100g
2	NHB02	Indian Henna	100g
3	NHB03	Moroccan Henna	100g
4	NHB04	Cassia Obovata powder (Senna)	100g
5	NHB05	Amla powder	100g
6	NHB06	Indigo powder	100g
7	NHB07	Moroccan Ghassoul Clay	50g
8	NHB08	Frankincense	50g
9	NHB09	Hibiscus flowers (karkaday)	100g
10	NHB10	Sage leaves	100g
11	NHB11	Gloves (powdered,vinyl, medium)	1 pair
12	NHB12	Myrrh	40g
13	NHB13	Sidr	100g
14	NHB14	Rock Bakhoor	25g
15	NHB15	Coal	60 pieces
16	NHB17	Sweet Sunnah Facial Cleanser	120ml 4oz
17	NHB18	Sweet Sunnah lip balm	114g 4oz
18	NHB19	Sweet Sunnah moisture cream	170g 6oz
19	NHB20	Sweet Sunnah Honey Lozenges	57g 2oz
20	NHB21	Sweet Sunnah Carrot hair oil	120ml 4oz
21	NHB22	Sweet Sunnah Healing henna shea butter	170g 6oz
22	NHB23	Sweet Sunnah Ginkgo jojoba hair butter for thinning hair	170g 6oz
23	NHB24	Sweet Sunnah Herbal henna shampoo	236ml 8oz

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Henna Powder

English Name	Henna
Other Names	Hinna, mehandi
Scientific Name	Lawsonia Inermis
Description	It is a green powder ground from henna leaves. It is grown in hot countries from Morocco across Sudan, Saudi, Pakistan and India.
Properties	Astringent, conditions hair, orangey red dye, UV protection, anti-fungal, anti-bacterial.
Medicinal Uses	Wounds, burns, fungal infections, anti-dandruff, strengthens hair, removes excess oil from scalp. Natural dye to mark skin for radiation therapy. Natural hair dye and natural grey hair dye. Natural dye for designs on skin (body art/tattoo)
Methods of using:	To dye hair red (The results depend on your hair colour, what other herbs you add to the henna mix, how long you leave it on your hair and the freshness and quality of your henna powder): Use gloves. Always do a strand test. Make some henna paste with henna powder and lemon juice/water. (use 100g henna powder for shoulder length hair) Leave overnight to release the dye. Add more water to form a paste like yoghurt and stir well. Section your hair and apply the mixture. Leave on your hair for about 2-4 hours and wrap well with cling film or a shower cap. Make sure to wipe off any excess paste from ears, forehead and neck as it will make your skin turn orange! Wash your hair thoroughly. It takes about 2 days for the final colour to settle completely.

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Hibiscus Flowers/Karkaday

English Name	Hibiscus
Other Names	Karkaday (Egypt); jaswand (India); sorrel (Caribbean); roselle.
Description	Dark red flower petals. There are hundreds of different species with varying colours of flowers.
Properties	Contains vitamin C, minerals, anti-oxidants and hydroxy-acids among others. It is a diuretic.
Medicinal Uses	Taken internally, it can lower blood pressure (3 cups of tea a day). Applied externally on skin it can help with eczema by improving skin elasticity and creating higher moisture levels. Used as a hair conditioner it can make hair shiny, silky and repair split ends. It can colour your grey hairs. Hibiscus used with henna can darken hair colour to a deeper red.
Taste	Tart and tangy due to natural plant acids.
Methods of using:	<p>Tea: Rinse the loose petals. Then pour boiling water over a tablespoon of hibiscus petals in a mug. Cover and leave to infuse for about 5-10 minutes. Strain the liquid and drink hot or cold. Add honey, sugar or natural sweetener according to individual taste. Or, dab/spray the liquid onto skin to help with eczema.</p> <p>Hair rinse for conditioning hair and colouring grey hairs (use once a week): Boil about half a litre (500ml) of water and add about 5 tablespoons dried hibiscus flowers. Let it infuse for about 15 minutes then strain off the liquid. Store the cooled liquid overnight in an airtight jar. Rinse your hair with the liquid but DO NOT RINSE OUT. Leave in your hair and wrap with a shower cap or cling film for about an hour. Then rinse out thoroughly.</p> <p>Hair dye with henna: Use the same recipe as above and add the liquid to your henna paste. It will result in deeper reddish tones rather than orangey tones of henna alone.</p> <p>Note: Hibiscus can stain clothes so use dark/old clothes.</p>

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Cassia Obovata

English Name	Cassia Obovata Senna Neutral Henna
Description	It is the powder from a green leaf. It is a natural hair conditioner. It makes hair glossier, healthier and adds volume. It has the same conditioning properties as henna but it does not dye the hair, hence the name 'neutral henna'.
Properties	Contains a natural active component called chrysophanic acid. It is a natural anti-microbial, anti-fungal and anti-bacterial.
Medicinal Uses	Conditions hair.
Methods of using:	Make enough cassia powder to cover your length of hair. Make a paste with warm water or rose water. Apply the paste to your hair, cover with a shower cap or cling film and leave on for about an hour. Then rinse off thoroughly.
Caution	Do a strand test on your hair first to check results. Hard water can interact with the results of your cassia.

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Sage Leaves

English Name	Sage
Latin Name	Sylvia (means 'to heal')
Description	A silvery green furry leaf.
Properties	Anti-spasmodic, anti-fungal, antiseptic, anti-spasmodic.
Medicinal Uses	May bring some relief to asthma sufferers. Mouth wash and gargle for sore throats and coughs.
Methods of using:	<p>Hair Rinse: Infuse 3 tablespoons of sage leaves in 1 cup of boiled water. Leave for about 10-15 minutes then strain the liquid. Apply the sage water on your hair. Use it daily for a few weeks to darken your grey hairs.</p> <p>Henna Mixture: Boil sage in water along with hibiscus, cloves and tea to darken the henna colour.</p> <p>Sage gargle: Make sage tea by pouring boiling water over 1 tablespoon of dried sage leaves in a mug. Allow to infuse for about 10 minutes. Strain the liquid and allow to cool. Use as a gargle for sore throats and coughs.</p> <p>Asthma: Pour boiling water over sage leaves in a bowl. Cover your head with a towel and inhale the steam. It should bring some natural relief. (Consult a doctor before trying and never stop your medication without medical advice).</p> <p>In food: Sage and onion stuffing</p>
Warning	Not to be used by pregnant or breastfeeding women.

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Amla Powder

English Name	Amla; Indian Goosberry
Scientific Name	Emblica officinalis
Description	Amla powder comes from dried amla fruit.
Properties	Very high vitamin C content (20 times that of orange juice) Antiseptic; natural astringent and cleanser;
Medicinal Uses	Applied externally as antiseptic for wounds; Palliative for snake bites and scorpion stings. Stimulates hair growth.
Methods of using:	<p>Hair conditioner: Mix 200g of amla powder with lukewarm water (for shoulder length hair). Apply the thick paste to your hair. Cover your hair with a shower cap or cling film and leave for an hour or two. Then wash off thoroughly.</p> <p>Face mask (to firm and tighten skin): Mix 1 tablespoon of amla powder with water to form a paste. Apply the paste to your face and leave on for 5-10 minutes. Wash off with warm water.</p> <p>Aids dye absorption: Mix amla powder with water to form a paste and apply to your hair as described for the hair conditioner above. Do this before applying henna or indigo to help the henna/indigo dye release better.</p> <p>Mixed with henna to darken shade Mix 3-4 tablespoons of amla powder to 100g henna powder. Make a paste with henna, lemon juice and hibiscus as usual and leave to release the dye over night. Then apply to your hair and leave for 3-4 hours. Wash off thoroughly.</p>

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Indigo Powder

English Name	Indigo
Other Names	Neel; wasma.
Scientific Name	Indigofera tinctoria
Description	A powder ground from green leaves. Used to produce a blue dye but when mixed with henna it dyes the hair brown.
Methods of using:	To dye hair brown: 50% henna powder and 50% indigo powder. Use gloves. Always do a strand test. Make some henna paste with henna powder and lemon juice/water. (use 100g henna powder for shoulder length hair) Leave overnight to release the dye. Add water to the indigo powder (100g) to form a paste like yoghurt. Add this indigo mixture immediately to the henna mixture and stir well. Apply the mixture to your hair straightaway. If it does not stick to your hair well try adding 4 teaspoons of salt to 200g of mixture next time. Leave on your hair for about 2-4 hours and wrap well with cling film or a shower cap. Wash off thoroughly. It takes about 2 days for the final colour to settle completely. Experiment with the ratios of henna and indigo to reach the desired result.

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Myrrh

English Name	Myrrh
Other Names	Murrah
Scientific Name	Commiphora molmol syn. C. Myrrha
Description	A browny reddish gum resin extracted from a tree trunk.
Properties	Natural Antiseptic, Astringent Anti inflammatory
Medicinal Uses	Mouth wash for sore throats, bad breath; antiseptic for cuts and wounds, spots and acne sit in bath water mixed with myrrh and salt after childbirth
Fragrance	Purifies the air when burnt (place a piece of myrrh on an electric burner or on a piece of hot coal)
Methods of using:	Soak in water (place a tiny piece about 0.5cm in a little bit of water and leave to soak for a couple of hours. You will be able to smell an antiseptic fragrance after a while. This liquid can then be dabbed on cuts, wounds, spots, acne etc. To make a mouthwash use a tiny piece of myrrh and add it to half a cup of water. Leave to soak for 2-3 hours. Gargle and spit out. After giving birth fill the bath with some water and mix salt and myrrh. Leave for an hour or so then sit in it. Burn as incense on coals
More information	http://www.health-care-tips.org/herbal-medicines/myrrh.htm http://www.herballegacy.com/Knottnerus_Chemical.html

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Lubaan

English Name	Frankincense; olibanum
Other Names	Lubaan
Scientific Name	Boswellia frereana; boswellia carteri; boswellia sacra.
Description	A golden yellow gum resin extracted from a tree trunk
Medicinal Uses	Purifies the air from unwanted smells. Lifts the mood of a person. Helps improve memory. Neutralizes bad breath.
Fragrance	Purifies the air when burnt (place a piece of lubaan on an electric burner or on a piece of hot coal)
Methods of using	Drink the liquid after soaking lubaan in water (place a small piece in a glass of water and leave to soak for a couple of hours. Chew a piece of lubaan until it becomes like chewing gum then remove and throw it away - do not swallow. Inhale the fragrance by burning lubaan on coals or on a burner.
More Information	http://www.saudiaramcoworld.com/issue/200003/scents.of.place-frankincense.in.oman.htm

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Sidr

English Name	Lote tree leaves; Lotus leaves (not the lotus flowers that grow in water); Jujube
Other Names	Sidr
Scientific Name	Zizyphus Spina-Christi
Description	Green leaves ground into powder
Properties	Natural cleansing agent like soap (Contains saponins, tannins, anti-bacterial agents and alkaloids) Note: some people who are allergic to latex may have similar reactions to the sidr alkaloids so seek advice first before using)
Medicinal Uses	Cleanse skin and hair
Fragrance	Smells like wet grass
Methods of using	Sidr for hair and body: Add 1 tablespoon of powdered sidr to approximately 1 cup of warm water. Mix it vigorously with your fingers to make it frothy and like soap suds. Wash your hair with it, leave on for a few minutes while washing the rest of your body, then rinse out completely. A day after hair has been washed with sidr it will be shiny and full of volume!

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Moroccan Ghassoul Clay

English Name	Moroccan Ghassoul Clay Rhassoul Clay Moroccan Lava Clay
Description	A brown clay extracted from the Atlas Mountains in Morocco.
Properties	Cleanses, nourishes and conditions skin and hair It is rich in minerals such as: Iron, Calcium, Potassium, Silica, Magnesium & Sodium.
Medicinal Uses	The clay absorbs excess oil, toxins and dirt. Good for keeping blackheads and acne at bay. Detox and a scrub.
Fragrance	Rose water can be added to hydrate the clay instead of ordinary water.
Methods of using:	The clay can be used as a: Facial cleanser (put a few drops of water onto a small piece of clay to rehydrate it. Once it looks like a smooth mud paste apply it to your face and wash off) Detox face mask (prepare the paste as above but leave on for 10-15 minutes. Follow by toning your face with rose water, then apply a moisturiser) Body scrub (Prepare enough paste for your body apply to wet skin then rinse off) Body mask (Prepare enough paste for your body, apply to wet skin. Leave on for 10-15 minutes then rinse off well) Shampoo and conditioner (Prepare enough paste for your length of hair, wet your hair and apply the clay. If you have dry hair you may need to add some oil before or after washing with the clay).

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