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The key to success is knowledge. This manual aims to be a practical guide through the world of hair coloring, full of useful contents to improve the knowledge. You will learn to know how to deal with every situation in a simple way, using formulas, tables, examples and experiments. This innovative, fully illustrated handbook provides the foundation for understanding the scientific basis for professional hair care. Linking hair physiology with disease states, patient behavior and cosmetic procedures, this book covers: grooming and grooming cosmetics, coloring techniques, permanent curling and straightening, cosmetic induced ha DIY Natural Hair Dye Make All Natural Organic Hair Coloring At Home When hair color first started to appear in the market, the main active ingredient in them was ammonia, a very potent chemical that changed the fundamentals of the hair frolics, and when I said changed I meant damaged it permanently. Just in last few years, most hair color makers are now offering hair color without the ammonia in them, but does that mean it is all good now? Not really, see, most of them took ammonia out but replaced it with other chemicals like phenylenediamine (PPD), a chemical widely used in the newest type of hair dyes, even those that claim to be natural. It's a popular ingredient because it helps the new color to look natural and to withstand numerous washings without fading. There are some concerns with this ingredient. The main concern with this ingredient is that it is an allergen, and can create difficult skin reactions on the scalp, ears, or neck-wherever the hair dye comes into contact with your skin. According to the National Institute for Occupational Safety and Health (NIOSH) PPD is potentially capable of causing multiple toxic effects following skin contact. Data from studies of both humans and animals are sufficient to demonstrate that PPD has potent skin-sensitizing properties. Several cases of contact dermatitis have been reported following occupational exposure to dyes containing the chemical. Studies have also identified the chemical as the third most common ingredient, after fragrances and preservatives that can cause contact dermatitis from cosmetics (mainly skin-care products, hair preparations and colorants, and facial makeup products). According to American cancer society, "Many American women, as well as a small but increasing number of men, use hair dyes. You may have heard rumors about a link between using hair dye and getting cancer. Many studies have looked at hair dyes as a possible risk factor for various types of cancer." Sounds scary enough? Well, it should. When I read that, I realized, I needed to do something about it, and I did. I started researching how to make all natural plant-based hair color, after a few months of trial and error I figured out the ways, and I am happy to report, my own creation is safer, better and brings out the natural shine of the

hair. The most ironic thing is, they are not hard to make, the ingredients are not hard to find, and best of all, instead of doing long-term damage, they actually do wonder for your hair and scalp. Do I have your attention now? Then let's get to work and let's discuss how easily you can get started on this new journey of all natural hair dye for you and your loved ones. I broke this book down into two parts. The first part is all about your own hair, the care it needs, the color charts you need to know about, what and how to color your hair. From chapter "Recipes and Options" I discuss the ingredients and process of making all natural hair color and how to enjoy your new found hobby. After reading you will be able to have a clear understanding of the most popular natural hair dye and hair colors, but more importantly you will be able to make determination of how to pick the right color for each type of hair, and lastly you will be able to make your own beautiful Henna, and many other natural hair colors. Enjoy your all natural shiny and vibrant new hair color.

Hair-Dyes and Hair-Dyeing Chemistry and Technique, the result of a collaboration between a chemist and a practical hairdresser, is the most complete treatise on the subject which has been written in any language, and one, moreover, which will fill a very real need. The book is organized into four parts. Part I discusses the structure and pigments of the hair. Topics covered include the hair root, the sebaceous glands, the hair shaft, the chemistry of color, and the problem of hair dyeing in relation to structure. Part II deals with the nature, composition, and uses of hair-dyes, bleaches, and decolorants. It includes discussions of the ethics and aesthetics of hair-dyeing, hair bleaching, the preparation and use of kohl, and hair restorers. Part III takes up the practical art of hair-dyeing. It discusses the techniques of wet shampoo, dry shampoo, oil shampoo, hair drying, hair bleaching, the application of liquid dyes, and henna dyeing. Part discusses the causes of gray hair along with tips for those who want to avoid premature grayness. This book introduces students and new salon professionals to the Level System of Hair Color which enables them to better understand formulation and application techniques used by the majority of salon colorists. Interactive exercises included throughout the workbook take stylists and students through the Level System step-by-step. Techniques for effective client consultation, corrective haircoloring, the use of permanent haircolor and application methods are offered in easy-to-comprehend format. Just some of what you will learn includes: -The Level System and how to use it -How to provide effective color consultations for your clients -Types of color application -Coloring techniques available -Tips for building your color business

Like 75% of American women, Ronnie Citron-Fink colored her hair. Yet as an environmental journalist, she knew all those unpronounceable chemical names on the back of the hair dye box were far from safe. So Ronnie decided to ditch the dye and go in search of answers. What are the risks of hair dye? Are there safer alternatives? Will I still feel like me when I have gray hair? True Roots follows her journey from dark dyes to a silver crown of glory, from fear of aging to embracing natural beauty. Along the way, women of all ages can learn to protect themselves from dangerous products and discover a new hair story--one built on individuality, health, and truth. DISCOVER THE POWER of Silver Whether you're naturally graying, weaning yourself off the dye, or coveting the chic #grannyhair trend, your hair will shine with this empowering guide. Here are step-by-step tips on letting nature take its course—or using lowlights, highlights, blending, and toning to transition with minimal drama (and avoid a skunk line). Tips on haircuts, tricks for the best care (conditioning is crucial). Products, including the DIY variety. Plus, the most flattering clothing and makeup to accentuate any shade of gray. With unique treatments and techniques from hair guru Lorraine Massey, Silver Hair is a call for celebrating and enhancing your natural radiance, with thrilling results. Welcome to the inspiring guide for every woman who's ready to find her true colors. Written by the authors of the national bestseller Curly Girl, here is everything you need to know, from going gray stylishly to living silver gorgeously,

including Silver Lining Stories and before-and-after photos of real women. Going silver is not just about a certain look, or saving time and money at the stylist—it's about fulfilling a deeper desire for authenticity, empowerment, and the freedom to be oneself at any age. So let's get started. Featuring: The many perks of naturally silver hair Style and beauty to play up the silver Toners and color blending Avoiding the skunk line Hair care routines DIY recipes, including Lavender and Verbena Herbal Hair Tonic Face-framing silver streaks When 49-year-old Anne Kreamer saw a horrifying photo of her harshly dyed brown hair, she realized she wasn't kidding anyone. So she set out a plan: over the next few months she would give up her weekly visits to the salon and let her hair go its natural way. The result is Going Gray: an exploration of that experience and a frank, funny, and unflinchingly wise investigation of aging today. Through interviews, experiments, and surprising personal accounts, Kreamer probes the issues behind two of the biggest fears mature women face: Can I be sexually attractive as a gray-haired middle-aged woman? and Will I be discriminated against in the work world? In searching for the balance between attractiveness and authenticity, Kreamer offers an entertaining and valuable look at the politics and personal costs of our definition of "aging gracefully." Both products can hurt your skin, hair, and eyes. Learn how to use them safely, including when and where they should not be used. For the girl with unapologetic hair - do not tame your mane. Behold your natural coils, kinks, waves, and curls, and learn to love your hair with "The Girl with the Poofy Hair." You can become a pro hairstylist. You just need a simple approach to fast-forward your learning. After two decades of working in the hair and beauty industry, there are so many things I wish I had known in the early years of my career. I wrote this guide book to share with you my best tips, tricks and techniques. By the end, you will be well on your way to becoming the pro you have always dreamed of. I will help you to think outside of the box by encouraging you to work from your gut, think with your mind and create from your heart. I will share with you some of my favorite tools and products and teach you how to use them to "Wow" your clients. In this book, you will: Learn how to give a thorough consultation and command the right price for your expertise. Discover how to master tools and techniques for cutting and coloring hair. How to decode your clients needs to give them a hairstyle they will love. Build trust rapidly with new clients that keep them coming back for more. Learn how to select and use the right tools and products that give the best results. Explore color terminology in a way that gives you clear and concise formulas. All the concepts you need to become a master hairstylist are organized and explained in this book in a short, easy to read format. I am thrilled that you are on a journal to take your career to the top and I will help you to fast-forward your success. How many times have you spent \$50, \$100, or even \$200 to have your hair colored and styled, walked out of the salon, and wanted to put a bag over your head? In Hair to Dye For: A Hair Colorists Secrets Revealed author Penny Baptista provides an easy-to-understand and concise guide to coloring your own hair. Hair coloring is a billion-dollar industry and one of the most popular salon services. As a color specialist and stylist for more than twenty years, Baptista has compiled this guide to help consumers save money and achieve the salon look at home. The guide discusses Different types of color Levels of color Developers, toners, and alternative colors Application techniques Organic color methods Hair color corrections Product knowledge An educational tool with step-by-step instructions, Hair to Dye For: A Hair Colorists Secrets Revealed provides practical and helpful information for coloring hair to produce beautiful results. A photo-packed exploration of the world of hair color and a guide to making it work for you, as told by Hollywood's most influential hair colorist Tracey Cunningham is the world's most in-demand hair colorist, working with Hollywood's biggest celebrities, and her influence on the beauty industry is unparalleled. In this book, Tracey traces the history of hair color and its global cultural influence and provides a practical manual for

transforming your hair into its perfect true color—or even trying your hand at being an actual colorist. Tracey equips you with nutrition and lifestyle habits for healthy hair (the canvas for any good dye job), your essential pre-salon checklist, countless sources of hair color inspiration (including exclusive personal photos from and interviews with her A-list clients), and much more. She also takes you inside the mind of an expert colorist and shares her own epic entrepreneurial journey in the process. With Tracey Cunningham's True Color as your guide, you'll never look at hair the same way—and never leave the salon anything but happy again.

Reveal your inner Aurora Borealis with *Manic Panic Living in Color*, the audacious beauty-and-lifestyle handbook from punk rock pioneers Tish and Snooky Bellomo, founders of the iconic hair color and make-up brand. With a colorful foreword by RuPaul -- a customer/fan/friend and dye-hard for decades -- *Manic Panic Living in Color* is both the rollicking origin story of the sister's punk rock roots combined with a fearless guide to finding your color in the rainbow. This guide provides unique and fail-proof methods to achieve the perfect shade or combinations of colors that express the inner you, as well as maintenance, effects, tips, products, remedies, and attitude. With hundreds of inspiring photographs, Tish and Snooky will inspire you to show off your unique sense of style whether you are Red Passion, Bad Boy Blue, Electric Banana -- or all three! *The Hair Colouring Book* is a practical guide to the theory of colouring hair. It is specifically written for young hairdressers in training. There are 17 chapters and the topics covered include; The Consultation, Levels and Tones, The Colour Wheel, The Numbering System, Racial Differences in Hair, Controlling Warmth, Adding Tone, Grey Coverage and lots more. There's a Quick reference guide with page references to get you quickly to the information and a Glossary to explain some of the Terms used in the book. The book can easily fit into the pocket of a tinting apron so, it will always be to hand when you need it. Apprentices and students of hair colouring will find this book invaluable as it will help to increase job prospects due to improved knowledge. Stylists will be able to better explain theory and techniques to customers leading to improved confidence and client retention. Salon owners will see younger staff learn faster reducing time that they are unprofitable and hairdressing teachers will see that it helps students meet learning targets more easily.

Vols. 3- without series statement. Are you considering to test your own DNA? Do you want to learn more about your health and ancestry? *Understand your DNA — A Guide* is about what you can use genetics for. For a few hundred dollars, you can now scan your own genes. Millions of people all over the world have already done so. Everyone wants to see what they can get to know about themselves, and the market growing rapidly. But what does it require from you? And what can you really use a DNA test for? *Understand your DNA — A Guide* helps you put the plots and charts of consumer genetics into perspective and enables you to figure out what's up and down in the media headlines. The book is also a key input for today's debate about what we as a society can and want to do with medical genetics. Genetics will play a growing role in the future. *Understand your DNA — A Guide* is an easy-to-read and necessary guide to that future. The book is provided with a foreword by Professor Sham Pak-Chung of Hong Kong University. While there are many books about genetics, they typically take the perspective of a scientist wanting to understand the molecular levels. At the same time, direct-to-consumer genetics is a booming market, with millions of people already tested. Very little has been published that will guide them for real, because the need here is more focused on medical and practical understanding, than focussed on molecules. This book therefore aims to hit that vacant spot in the market. It's a walk-through of all concepts that are necessary to understand in your own analysis. Meanwhile, it is also limited in scope to only those concepts — thus distinguishing it from broader works. The book is appropriate for the readerships in modern multi-ethnic metropolises because it mixes European and Asian examples, both from the collaboration between the author from Europe and the foreword-writer, Prof.

Pak Sham of Hong Kong University. But also, because many of the examples in the book concerns differences and similarities between Asian and European ethnicities, something the author believes is a trend in time. *Colours shown on listing may differ from actual printed book -90 pages for keeping track of past hair dyeing trials -book is laid out similar to a recipe book but this one includes prep time, developer, volume, measurements, lightener, toner etc.. -designed for those that dye their hair often and want to compare to past experiences Since publication of the Second Edition in 1989, numerous innovations have occurred that affect the way scientists look at issues in the field of percutaneous absorption. Focusing on recent advances as well as updating and expanding the scope of topics covered in the previous edition, *Percutaneous Absorption, Third Edition* provides thorough coverage of the skin's role as an important portal of entry for chemicals into the body. Assembles the work of nearly 80 experts-30 more than the Second Edition-into a unified, comprehensive volume that contains the latest ideas and research! Complete with nearly 600 drawings, photographs, equations, and tables and more than 1600 bibliographic citations of pertinent literature, *Percutaneous Absorption, Third Edition* details the applied biology of percutaneous penetration factors that affect skin permeation, such as age, vehicles, metabolism, hydration of skin, and chemical structure in vivo and in vitro techniques for measuring absorption, examining factors influencing methodology such as animal models, volatility of test compound, multiple dosage, and artificial membranes procedures for use in transdermal delivery, exploring topics such as effects of penetration enhancers on absorption, optimizing absorption, and the topical delivery of drugs to muscle tissue And presents new chapters on mathematical models cutaneous metabolism prediction of percutaneous absorption in vitro absorption methodology dermal decontamination concentration of chemicals in skin transdermal drug delivery mechanisms of absorption safety evaluation of cosmetics absorption of drugs and cosmetic ingredients nail penetration Emphasizes human applications-particularly useful for pharmacists, pharmacologists, dermatologists, cosmetic scientists, biochemists, toxicologists, public health officials, manufacturers of cosmetic and toiletry products, and graduate students in these disciplines! An invaluable reference source for readers who need to keep up with the latest developments in the field, *Percutaneous Absorption, Third Edition* is also an excellent experimental guide for laboratory personnel. This book offers in-depth instruction in using plant pigments to safely create stunning customized hair color, without harmful chemicals or the cost of expensive dyes. THE NO. 1 NEW YORK TIMES BESTSELLER'A blockbuster . . . Essential reading' GUARDIAN'Packed with hair-raising revelations' OBSERVERThe definitive behind-the-scenes story of Trump's final year in office, by Philip Rucker and Carol Leonnig, the Pulitzer Prize winning reporters and authors of the #1 New York Times bestseller, *A Very Stable Genius*The true story of what took place in Donald Trump's White House during a disastrous 2020 has never before been told in full. Focused on Trump and the key players around him, Pulitzer Prize-winning reporters Philip Rucker and Carol Leonnig provide a forensic account of the most devastating year in a presidency like no other. With unparalleled access, they reveal exactly who enabled and who foiled Trump as he sought desperately to cling to power. Back for a new edition, Zoe Draelos' outstanding resource to cosmetic dermatology again provides a highly-illustrated, clinical guide to the full range of cosmetic skin treatments. Bringing together experts from research, industry, surgery and practice, it is structured in four distinct parts for easy navigation by the busy clinician: Basic Concepts - giving an overview of the physiology pertinent to cosmetic dermatology and the delivery systems by which treatments can take effect; Hygiene Products - evaluating cleansing and moisturising products; Adornment - looking at aesthetic techniques such as cosmetics, nail prostheses and hair treatment; Antiaging - ie, injectables, resurfacing and skin contouring techniques, and the rapidly growing area of Cosmeceuticals. With over 300 high-quality images

and key summary boxes throughout, this new edition incorporates the newest procedural innovations in this rapidly developing field. Perfect for all dermatologists, especially those specialising in cosmetic dermatology and whether hospital-based or in private practice, it provides the complete cosmetic regimen for your patients and will be an indispensable tool to consult over and over again. The market is full of industrial, factory made chemical hair dyes that damage your hair, hurt the environment and fill your body with toxins that cause you illness. So why not use a plant that you can mix at home? Henna is natural. It will not hurt you or the environment. I have experimented with different ingredients and put together a recipe and instructions of how to apply Henna and how to take care of your hair afterwards. All ingredients recommended here are natural and from your kitchen. All you need is to put them together. This recipe is flexible. There are notes for you to adjust to suit your hair type and time schedule. There are tips and advice on where to get the best ingredients, and the most suitable tools that will help keep the recipe easy and simple. So all you need to start is this Henna Book: A Step by Step Guide to Apply Henna - and you will have beautiful luscious healthy hair. Your friends will be jealous of you. This early works on Hair dying contains a wealth of information on the subject it was originally published in 1929 under the title 'Blonde or Brunette'. In the making of this book, a chemist and a practical hair dresser have collaborated, and we believe that we have produced the most comprehensive treatise on the subject which has been written in any language, and one, moreover, which will fill a very real need. We offer it to the general reader, to the hairdresser and beauty-culturist... Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. For fans of Johanna Basford's Secret Garden and Enchanted Forest comes a hip, gorgeous doodle coloring book about all things hair. Unlike other adult coloring books, which depict nature scenes and cityscapes, this title celebrates strong, confident women with a passion for style, design, and fashion. Revel in the mesmerizing patterns and intricate details of Andrea Pippins's delicate pen-and-ink illustrations, ready for you to color, complete, and embellish. Lose yourself in page after page of bold hairstyles and accessories, from rows of braids, to Mohawks, to sweeping updos, to cascades of ribbons and beads. Be transported to another world as you ink in Medusa's slithering coiffure, Cleopatra's elaborate headdress, and Marie Antoinette's towering bouffant. Perfect for experienced color-inners and newcomers alike. Coloring enthusiasts of all ages will love this empowering and stylish book. So go ahead--let your hair down, grab some pens or pencils, and add some color to your life. "Pippins's imaginative images will inspire your inner artist and fashionista." --The Huffington Post "The girl power stress-reliever we all needed." --Bustle How to achieve amazing hair color effects at home from a simple exotic highlight to the unicorn hair of your dreams! Ever wanted blue hair? How about red, purple, green, white, pink, or grey? How about a bunch of those at once? With this book, your fantasy hair can now become a reality. Written by well-known hair colorist Ash Fortis, this book includes step-by-step instructions on how to do dozens of different hair dye techniques, from highlights to hologram hair. Featuring gorgeous photography and custom how-to illustrations, Hair to Dye For will not only show you how to dye your hair, it'll give you inspiration for amazing looks you'd never even imagined. This book offers in-depth instruction in using plant pigments to safely create stunning customized hair color, without harmful chemicals or the cost of expensive dyes. For more than twenty years, Lorri Goddard-Clark has colored the hair of people from all walks of life—everyone from teachers and homemakers to some of the most famous heads in Hollywood. But while salon professionals like Lorri can achieve truly amazing looks, most women choose to color their hair at home. Now, in this inspiring book, Lorri shares her secret recipes for salon-worthy coloring and highlighting techniques for

the first time. The Hair Color Mix Book shows how to combine tints found in readily available home hair kits to create beautiful, vibrant custom shades such as: Dark Chocolate with Deep Caramel Ribbons Toasted Cinnamon with Buttered Lights Spiced Persimmon Gingered Toffee Amber Honey Dream with Lemon Blossom Ribbons In "Color My Fro," 31 big-haired fairies, mermaids, warriors, models, cheerleaders, and fierce divas grace the pages of this coloring book celebrating the beauty of black women and natural hair. At each turn of the page, a new natural hair inspired illustration greets you. Fun for any occasion, "Color My Fro" is the perfect stocking stuffer for natural hair lovers of any age so grab your crayons, colored pencils, and your afro pick and get started! Looking for more books celebrating the beauty of black women and children with natural hair? Check out Crystal Swain-Bates' other books, all of which are available on Amazon: Children's Books: "Big Hair, Don't Care" by Crystal Swain-Bates "The Colorful Adventures of Zoe & Star" by Crystal Swain-Bates Adult Books: "How to Go Natural Without Going Broke" by Crystal Swain-Bates Half-vampire Catherine Crawford is going after the undead with a vengeance, hoping that one of those deadbeats is her father - the guy responsible for ruining her mother's life. But when she's captured by Bones, a bounty hunter and a vampire, she finds herself forced into an unholy partnership. In exchange for his help in finding her father, and still astonished she hasn't ended up as his dinner, Cat agrees to train with the sexy night stalker until her battle reflexes are as sharp as his fangs. But that's not all Bones has to show her - Cat's starting to believe maybe vampires aren't all evil after all, especially ones as cute as Bones. She's half-convinced that being half-dead doesn't have to be all bad. But before she can enjoy her newfound status as confident kick-ass demon hunter Cat finds herself, and Bones, hotly pursued by a band of killers. She's is going to have to pick a side - and fast ... HAIR THAT'S TO DYE FOR Want an accent streak of fire-engine red? How about forest-green tips? Or maybe you're daring enough to transform your locks into a rainbow of bright colors? It's all up to you! With DIY Dye and some imagination, you can easily personalize your hair with any color and style imaginable. This comprehensive guide offers step-by-step instructions on every aspect of at-home hair coloring including: • Picking the right dye • Concocting original hues • Adding highlights • Getting an ombre in any color Whether you're looking to add color for a day, week, month or longer, DIY Dye shows you how to fashion the look you want using affordable options like coloring kits, chinks, henna, food coloring and even Kool-Aid packets. Conditions of the hair and scalp often cause significant psychological distress and sometimes physical discomfort for patients. Similarly, finding the right treatment can prove challenging for the physician. Hair and Scalp Treatments -- A Practical Guide, focuses on therapy with each chapter briefly describing the disease to the reader and then teaching the step-by-step therapeutic algorithm. Procedures commonly used in the treatment of alopecias are also reviewed and detailed in specific chapters. This book also discusses everyday questions that patients commonly ask doctors and provides practical tips such as how to recommend the best shampoo, conditioner or hair dye for your patient, or how to prescribe the right nutritional supplements. There are additional sections on future treatments on the horizon and how regenerative medicine can be used. Hair and Scalp Treatments -- A Practical Guide, is the only book of its kind focused on treatment and addresses topics that are not covered by current titles on hair disorders. Written and edited by leading experts in the field, this practical guide can be used not only by dermatologists but by general practice and family physicians as well. Reviews the chemical and physical properties, care and treatment of hair, including product development. The book discusses ethnic hair, its appropriate management measures and products; emphasizes manufacturing and sales strategies for domestic and international product viability; surveys instrumental methods for product performance evaluation; presents sensory and market research techniques for optimum consumer satisfaction; and more. Addresses the nutritional concerns faced by many who are new to plant-based,

vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy. Love Your Hair Coloring Book for Girls Love Your Hair is a children's story follow-up to Dr. Phoenix's bestselling natural hair care book, "If You Love It, It Will Grow." This fun and engaging coloring book version contains 32 beautiful illustrations and coloring pages designed to build self esteem and promote hair love and self love in little black girls and brown girls! The story of Love Your Hair is lead by a super-cute, confident, and sometimes sassy little girl named Phoenix who loves her natural hair and wants every beautiful brown skin girl to love their natural hair too! Love Your Hair is fun, educational, full of imagination, and helps to boost self-esteem and confidence in little girls, and women of all ages. So get ready for a rollercoaster ride of playful rhymes, beautiful illustrations, sassy style, and gorgeous afro puffs that will have YOU proudly rocking your glorious kinks and curls! Dedicated to building confidence in little brown girls with powerful imagery and positive affirmations, Love Your Hair Coloring Book for Girls is a delightful story of Hair Love and Self Love that little brown girls and black girls will fall in love with over and over again! ? A Positive, Educational and Fun Activity Book ? Encourages Girls to Embrace Their Natural Hair and Natural Beauty ? Promotes High Self Esteem and Self Love ? Makes a Great Gift for Any Girl ** Written by Dr. Phoenix Austin MD, author of the bestselling natural haircare guide, "If You Love It, It Will Grow: A Guide to Healthy, Beautiful Natural Hair" Additional Highlights:

- Contains large, beautiful coloring pages
- Illustrations are printed on single sides to prevent any bleed issue
- Large size book (8.5 x 11 inches)

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