

ANCIENT SUNRISE®

# Lightening your Hennaed Hair

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## **Ancient Sunrise® Henna for Hair Chapter 10, Lightening your Hennaed Hair**

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For further information on henna and hair, please visit [www.hennaforhair.com](http://www.hennaforhair.com)

To purchase henna, please visit [www.mehandi.com](http://www.mehandi.com)

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## Chapter 10: Ancient Sunrise® Henna and Hair Lightener



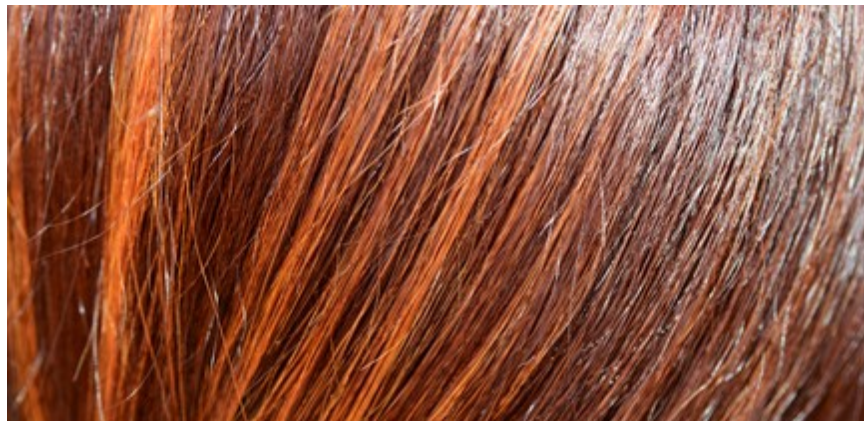
You can use Ancient Sunrise® to dye lightened hair; you can lighten hair hennaed with Ancient Sunrise®. Because Ancient Sunrise® henna is laboratory tested to ensure that it is high quality and absolutely pure, it is possible to do things that cannot be done with compound henna dye. The residues of metallic oxides in compound hennas have a highly destructive chemical reaction with the activators in oxidative hair dyes. Most hairdressers have been warned to “never dye over henna because the hair may be destroyed.” This is indeed the case with compound hennas. Because the ingredients in many packages of henna are not disclosed, the client and stylist will not know what’s lurking in the hair ready to cause mayhem. Ancient Sunrise® is pure and we can prove it: you can work with hair lightener to create beautiful effects on hair dyed with Ancient Sunrise® as Anthony and Katrin do in the pictures above, and below.



Hair lightener can be applied before and after Ancient Sunrise® henna. Jiji, below, naturally has nearly black hair. Maria, her stylist, alternately lightens and hennas Jiji’s hair. The Ancient Sunrise® henna keeps the hair in healthy condition so Jiji is growing her hair out to waist length without damage from the lightener.



A person with dark brown or black hair can lighten their hair; henna their hair, and then regularly alternate highlights with Ancient Sunrise® henna to soften the black root line.





Rebecca's Chinese black hair grows out quickly and the roots begin to show in a few weeks. Rebecca asks Maria to bleach highlights into her hennaed hair.



Maria strand tests Rebecca's hair before she begins highlighting. Ancient Sunrise® henna reacts well to her lightener formula, and transforms Rebecca's deep red-auburn hennaed hair to bright fire and sunlight colors.

Maria begins to section and foil highlights into Rebecca's hair. Ancient Sunrise® henna is safe to use with foil and hair lightener. The additives in compound henna would react adversely to both foil and lightener, and damage the hair.



Maria paints lightener into Rebecca's hennaed hair.

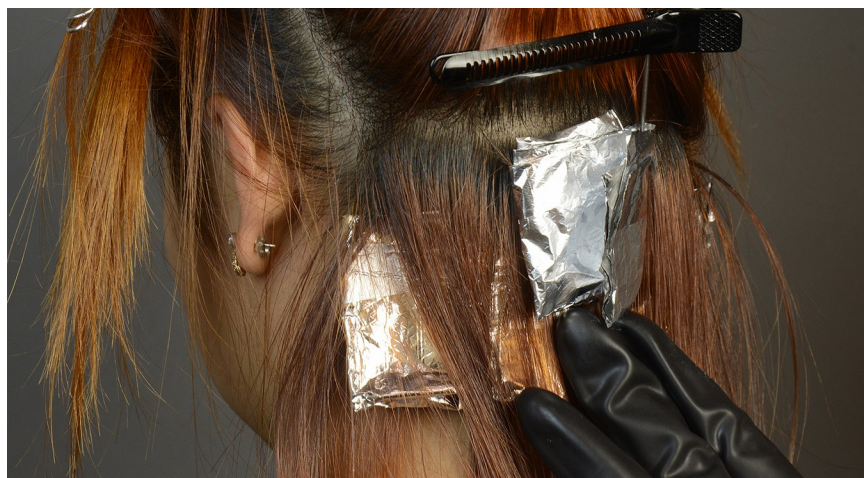


Then, Maria wraps the foil around the lightener and hair.





Maria proceeds around Rebecca's hair, lifting out sections and placing them on foils, painting on lightener, and wrapping the foils around the sections.





When Maria has sectioned out areas from around Rebecca's hair and lightened them, she waits and checks the progress every five minutes or so. After about half an hour, Rebecca's hennaed hair has highlights ... or "firelights" in a range of golden bright reds against a dark henna color of deep red and auburn.



Rebecca's hair is also still sleek and healthy, not brittle from the lightener. The only breakage is at the line of Rebecca's previous home-hair dye kit. Rebecca will continue to henna the length of her hair, alternating with regular highlights to create a cascade of "firelights" into her black hair, and will trim away the old chemical damage as her hair grows out.





Rebecca's black hair after five months of alternating Ancient Sunrise® henna and high-lighted with lightener.

It is not unusual that people who have their hair hennaed with Ancient Sunrise® see their hair gradually darken more than they would prefer. Ancient Sunrise® Rainwash can eliminate some of the 'browning' if the darkness is being caused by mineral content in their home water supply. If the Ancient Sunrise® hennaed hair is darkening from heat (blow drying or hot combing) or from oxidation and binding to keratin, many people have good luck with lightening their Ancient Sunrise® hennaed hair with low-volume peroxide products such as "Sun-In Hair Lightener."

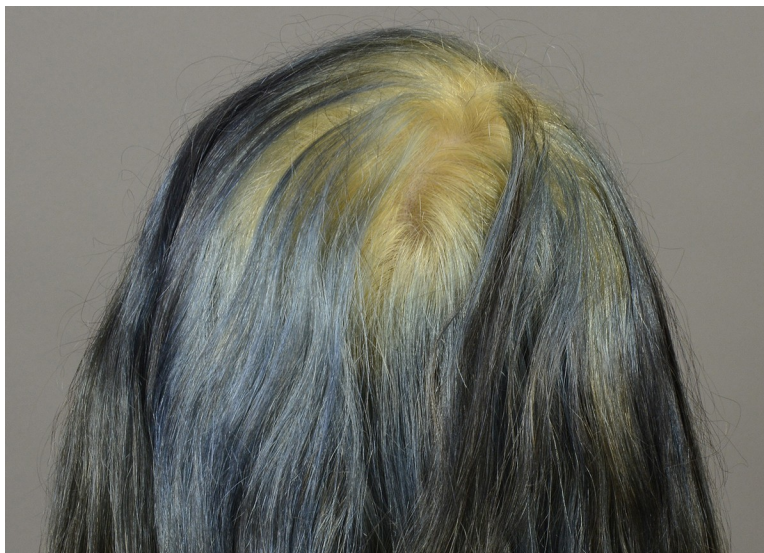
Ancient Sunrise® cassia also responds well to lightening. When hair becomes brittle from highlighting and bleaching, cassia can repair the damage. The practice of alternating lightening and cassia treatments keeps hair in good condition and the blonde color natural-looking.

Whatever technique you choose, ALWAYS TEST FIRST! Ancient Sunrise® products are guaranteed pure plant powders, but we can't be certain what other products might contain. You can dye henna and indigo mixes over lightened hair, but be VERY cautious about lightening any hair that has been dyed with henna and indigo!

If you have dyed your hair with a henna-indigo mix, do not apply hair lightener without testing first. The results are unpredictable. If you use mild peroxide for hair over indigo mixes, the results may be a slime green color. If you use a strong lightener, you may damage your hair and still not strip out all the henna and indigo color.



Above is Melissa's blonde hair dyed warm black with 80% Ancient Sunrise® Zekhara indigo and 20% Ancient Sunrise® henna. She first lightened it with mild peroxide, and got green results. Below is the same hair after stripping with 40 volume peroxide.



She was able to cover this with chemical blue hair dye, below. Always test before you lighten or dye!

