

ANCIENT SUNRISE®

Henna for Relaxed and Natural Hair



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Ancient Sunrise® Henna for Hair Chapter11, Henna for Relaxed and Natural Hair

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Chapter 11: Henna on Relaxed and Natural Hair

Ancient Sunrise® henna, indigo and cassia can safely be applied to all relaxed and natural hair, and will improve the health and strength of the hair whether kinky, coiling, curly, wavy, or straight. Henna will not significantly change the color of dark hair, but will give it red highlights in the sunshine. Combinations of henna and indigo can be formulated to completely, safely, permanently cover gray hair in brunette and black hair. Henna can help relieve dandruff and other fungal scalp problems. Ancient Sunrise® is suitable for all natural and relaxed hair styles including locs, twists, coils, sister locs, dreads, and chemically altered hair

If you have hennaed your dark hair many times, there will be more red highlights, but your hair will still appear very dark. It is possible to alternately lighten dark hair and then henna it red to create beautiful firelight colors.¹ If you choose to do this please test first, to be certain you'll get the results you want.



Talia's hair, above, was originally very dark brunette, very tightly coiled, damaged from hot combing, and difficult to style. Her hair seemed to grow very slowly. She decided to transition to a healthier practice for her hair. She chose to henna her hair every month with Ancient Sunrise®. After six months of regular henna applications, lawsonone has accumulated in the strands of hair so the hair has a dark auburn shimmer in the sunlight. The tips of her hair have taken up more lawsonone than the roots; this enhances the natural textures of her hair. Henna has very slightly loosened her curl pattern, and improved the general health of her scalp and the texture of her hair. Now her hair is growing longer and not breaking off. Some women with tightly curled hair find that after two years of regularly using henna, they no longer need to use a relaxer ... henna gradually relaxed their hair.

¹ For a complete description of working with henna and lighteners, see Chapter 10 Lightening Your Hennaed Hair

Ancient Sunrise® Henna for African hair is very finely milled so that it will be easy to work into the hair, and be easy to rinse out, stressing fragile or damaged hair as little as possible. Ancient Sunrise henna will make relaxed and natural hair silkier and easier to manage.



This person applied henna and then chemically relaxed her hair. You can see that henna does not have any adverse cross-reaction with relaxers. Henna makes the hair more heavy and sleek, and leaves a red shimmer on black hair.



This hair has been hennaed after using a relaxer. Again, there is no adverse cross-reaction between henna and relaxing chemicals. The hair has a faint auburn shimmer, and is glossy. Henna can be used in alternation with relaxers to maintain scalp health and strengthen the hair. Henna makes relaxed hair more lustrous and manageable.

Hair can lose moisture as it grows from root to end; the tannins in henna help hair retain moisture, so hair does not fray and break off towards the ends. The tannins in henna will also minimize chemical damage to hair, so the hair remains more supple and glossy. Henna also blocks ultraviolet rays, so hair will not become sun damaged. Hennaed hair will appear to grow faster, because henna deters hair from breaking off from these environmental stressors.

It is safe to use heat styling tools on hennaed hair, but heat will darken henna stains.

Natural, densely curled, or very thick hair will require more henna, indigo, and cassia. For locs or very thick hair, prepare:

- 200g for short hair
- 400g for collar length hair
- 600g for mid-back length hair

Example #1: Candace and Cassia



Candace has relaxed hair which has had various chemical treatments. She doesn't want to change the color of her hair, but she would like a healthier scalp, and stronger, shinier, more manageable hair. A monthly Ancient Sunrise® cassia application will help her hair texture, strength, and growth.

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Talia, the stylist, mixes 300g of Ancient Sunrise® cassia with lemon juice and lets the paste sit overnight.² She shampoos Candace’s hair to clear away all the styling products and then dries it. Talia begins to section Candace’s hair, and clips the sections so the cassia can be quickly and easily applied.



When Candace’s hair is sectioned and clipped Talia begins to apply the cassia paste.

² For a complete description of preparing cassia, see Chapter 7, Mixing and Testing Your Henna Mix



Talia pushes the Ancient Sunrise® cassia paste into Candace's hair, down on to the scalp, and then pulls it out to the tips of the hair. When a lock of hair is completely saturated in cassia paste, Talia winds it into a curl, out of the way, so she can go to the next section.



Section after section, Talia applies Ancient Sunrise® cassia paste to Candace's hair. Each time, she pushes the paste down to the scalp and strokes the paste out to the ends of her hair.



When one quarter section of Candace's hair is saturated with cassia paste, Talia sculpts it into a swirl, and goes to the next section.



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Talia continues to apply Ancient Sunrise® cassia paste to all of Candace's hair. Each section must be done separately to ensure that every hair is coated, and that there are no dry spots.





Talia continues applying paste to Candace's hair until all of her hair is saturated with Ancient Sunrise® cassia.



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Talia wraps Candace's hair with plastic wrap so the paste will not become dry. After several hours, Talia washes Candace's hair and styles it. Candace's hair is now shining, thicker, less damaged, and styles more easily!





Candace's hair is lovely! Her scalp is healthy! Many women with relaxed, natural, or transitioning hair have a cassia treatment once a month to improve the health of their hair and scalp.

Example #2: Brittany and Henna



Brittany has loosely curled natural hair. She wants to henna her hair so it is glossy, strong, and has red highlights in the sun.

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Talia mixes 400g of Ancient Sunrise® henna with cranberry juice³ the night before she hennas Brittany's hair.



Talia washes Brittany's hair to remove all product residues, dries it, and begins to section it.



Talia twists and secures a section of Brittany's hair, then secures the other sections.

³ For a complete description of preparing cassia, see Chapter 7, Mixing and Testing Your Henna Mix



When Talia has quartered Tiffany's hair and secured the quarters, she combs out one small section.



Talia sections out an area of hair about ¼” wide by 1” wide and applies Ancient Sunrise® henna paste, pushing it into the hair from the scalp to the ends.



Talia pulls out another small section, and pushes Ancient Sunrise® henna into that, stroking it from roots to ends. When each section is thick with paste, she drapes it out of the way and combs out another section.





Talia strokes the henna paste into each section of the hair, front, back, down to the scalp, and clear out to the ends of the hair.



When one quarter of Brittany's hair has been completely sectioned and saturated with Ancient Sunrise® henna paste, Talia winds it into a spiral, out of the way of the next quarter. When one quarter of her hair has been hennaed, Talia winds that hair into a little bun so she can go onto the next quarter.





Talia continues sectioning and applying Ancient Sunrise® henna to Brittany's hair until all the quarters have been hennaed.





When Talia has hennaed all of Brittany's hair, she covers it with plastic wrap. This will keep the henna warm and moist for several hours so the lawsone will migrate into her hair.





After several hours, Talia shampoos and rinses the henna out of Brittany's hair. When her hair is dried, Talia brushes it out and styles it. Brittany's hair is glossy, heavy, and beautiful! It is not red, but it has red highlights that sparkle in the sunshine. Brittany's hair can grow longer now, and will appear to grow faster, because henna makes the hair stronger and resistant to drying out and breaking.

Example #3: Gwyneddh's Locs and Two-Step Black



Gwyneddh has dark brown hair braided into locs. She prefers that her locs be blue-black, so she has her hair dyed with the two step henna-indigo process every six months or so, when her natural Brunette has begun to show. Ancient Sunrise® henna will make her locs stronger and glossier; they will weather and break less so they'll grow longer.

Gwyneddh will need about 600g of Ancient Sunrise® Henna for African Hair powder mixed into paste, and 600g of Ancient Sunrise® Zekhara Indigo powder.⁴ These two products are more finely sifted than the other powders, so they will wash out more easily. Coarsely sifted henna leaves plant residue that is very difficult to rinse from locs.

Since blue-black henna-indigo is a two-step process, Gwyneddh will have to spend one very long day with her stylist, or she'll have to come in two consecutive days. Blue-black is the most difficult color to accomplish with an entirely chemical-free henna-indigo dyeing processes, but the results are safe and beautiful!

⁴ For a complete description of preparing cassia, see Chapter 7, Mixing and Testing Your Henna Mix

The amount of henna and indigo paste required to dye Gwyneddh long locs weighs more than two pounds. That is a lot of weight to have on one's head for the several hours dyeing process. Gwyneddh will need to make sure she has a comfortable place to lie down and take a nap so she doesn't have a sore neck and a headache.



Ancient Sunrise® henna helps Gwyneddh's locs grow rapidly and long. It's been a while since she last dyed her hair with Ancient Sunrise® henna and indigo; the hair near her roots is more brunette, and the tips which have been dyed before are glossier and blacker.

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Melissa mixes Ancient Sunrise® henna the night before Gwynedd⁵ comes in for her first of two sessions. Since Gwynedd has her locs tightened every month, sectioning is simple: the sections are already there! Melissa pulls out a few locs at a time, and pushes henna into the locs, down to the scalp, and out to the tips.



⁵ For a complete description of preparing cassia, see Chapter 7, Mixing and Testing Your Henna Mix



Melissa continues to apply paste to Gwynedd's locs, making sure that every loc is completely saturated with henna paste. Neither henna nor indigo leave a dark or long lasting stain on foreheads and ears; just wipe away the excess paste with a wet washrag.





Melissa continues to apply henna to all of Gwyneddh's locs, then wraps plastic wrap around her mound of locs to keep the henna paste moist. The henna paste is kept in the locs for four hours, then shampooed and rinsed completely clean. The hennaed locs had auburn highlights.





The next day, Melissa prepares Ancient Sunrise® indigo paste to apply to Gwynedd's locs. She mixes 100g of Ancient Sunrise® Zekhara indigo at a time with water, so the paste will not oxidize as she works.⁶ Indigo is ready as soon as it's mixed; indigo may lose its ability to stain in twenty minutes when exposed to the air.

Melissa applies indigo paste exactly the same way as she applied the henna, working through the locs, from scalp to tips, pushing and pressing indigo paste into every loc. This will require a total of 600g of dry indigo powder, mixed with water. When every loc is completely covered, Melissa wraps all of Gwynedd's locs with plastic wrap.



After letting the indigo paste sit in her hair for two hours, Gwynedd's hair is shampooed and rinsed.

⁶ For complete instructions about mixing Ancient Sunrise® indigo, see chapter X, pages XXX
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Now Gwyneddh's hair is perfect blue-black and beautiful.

At present, Gwyneddh does the henna-indigo two-step process every six months, roots to tip because her roots are not very visible. When she begins to go gray, she may decide to do her roots more frequently and the full length only once a year.