

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

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

Copyright © 2015 Catherine Cartwright-Jones PhD

Cover Graphic by Alex Morgan

Published by TapDancing Lizard® LLC

339 Tallmadge Rd. Kent, Ohio, 44240

Terms of Service: Creative Commons: Attribution-NonCommercial-NoDerivs 3.0 Unported

You are free to **Share**, to copy and redistribute this material in any medium or format under the following terms. The licensor cannot revoke these freedoms **as long as you follow the license terms.**

Attribution - You must give [appropriate credit](#) and provide a link to the license. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

Non-Commercial - You may not use this material for [commercial purposes](#).

No-Derivatives - If you [remix, transform, or build upon](#) the material, you may not distribute the modified material in any form or by any means.

For further information on henna and hair, please visit www.hennaforhair.com

To purchase henna, please visit www.mehandi.com

HELP DESK AND ORDER DESK: call 330-673-0600 or toll-free 855-MEHANDI