

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.

Talia mixes 400g of Ancient Sunrise® henna with cranberry juice¹ 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.

¹ For a complete description of preparing cassia, see Chapter 7, Mixing and Testing Your Henna Mix



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



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 $\frac{1}{4}$ " 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.

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

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