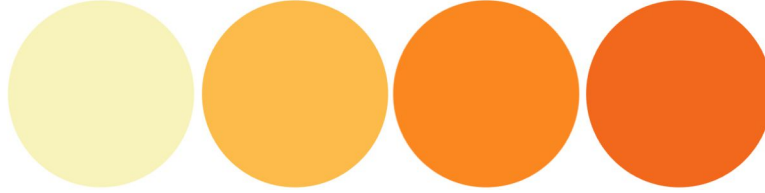
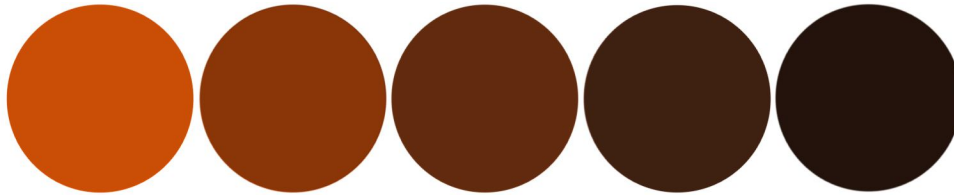


Formulate Your Mix

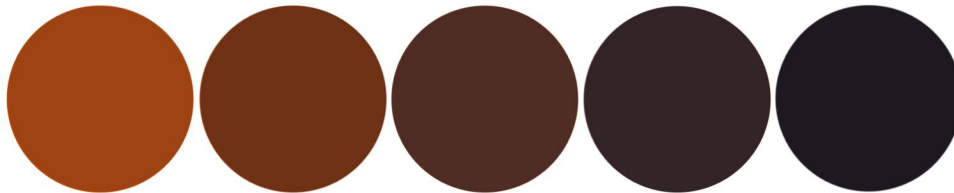
Knowing what color your hair is, and what color you want, you can begin to create your formula. All of these colors will be translucent over the base color of your hair.



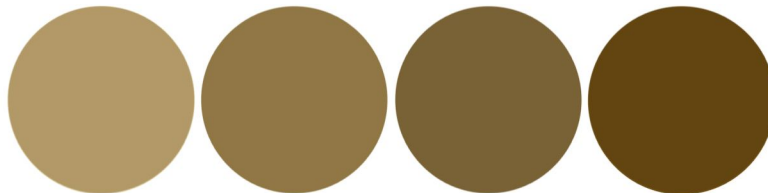
If you combine cassia and henna in your paste, you can create a range of blonde to light coppery red stains. The lawsone molecule easily dominates the cassia, so add henna cautiously. Bright copper red is about half henna and half cassia.



If you mix henna and indigo, you can create a range of chestnut to brunette tones. If you add a tiny bit of indigo to henna, the stain will be reddish chestnut. If you add a tiny bit of henna to indigo, you'll get ebony brunette. You can create a medium brunette with half henna and half indigo.



If you mix your brunette range with amla, you can get more of an ash tone to the brunette. There will be less of a red tone to the brunette color.



If you take a very small amount of a henna/indigo mix, and add it to cassia mixed with an athrocyanine juice for an acidic liquid, you can get ash brown tones. If you use more cassia, the color will be paler. If you use more henna and indigo, the color will be closer to light brown.

Mix Your Paste

How much should you mix? These are approximate amounts for the total amount of henna, cassia, indigo, or combination of these. If hair is tightly curled, use more to compensate for the actual length of the hair.

- 100g will dye short hair or cover one month's growth of roots.
- 200g will dye collar length straight hair.
- 300g will dye shoulder length straight hair.
- 500g will dye waist length hair.



Put your henna powder in a bowl and add either powdered fruit acid and liquid, or your acidic liquid. There is no need to heat or cool the liquid.



If you are using an acidic powder, stir it into the powder before adding liquid.¹

If you want to use herb tea to mix your henna, add an acidic powder, citric acid, amla, copperberry, or nightfall rose to the tea. No herb tea significantly changes the color of henna.

¹ An aluminum or stainless steel metal spoon is not going to hurt the henna.



Add the liquid gradually, stirring it in. One henna powder may take up more liquid than another, so it's not possible to say exactly how much you'll need. Add liquid and stir until the paste is thick and lumpy like mashed potatoes. Don't add too much liquid; there is no good way to thicken it up other than to add more henna powder.²



Stir in fresh or bottled juice just as you would stir up a mixture with a powdered acid. When you can't see lumps of dry powder in the mix, cover it with plastic wrap and let it rest until you have dye release.



² If your paste is too thin, do NOT simmer it until it thickens. Henna is not gravy.

Ancient Sunrise® Henna for Hair Chapter 7 Mixing and Testing Your Henna

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