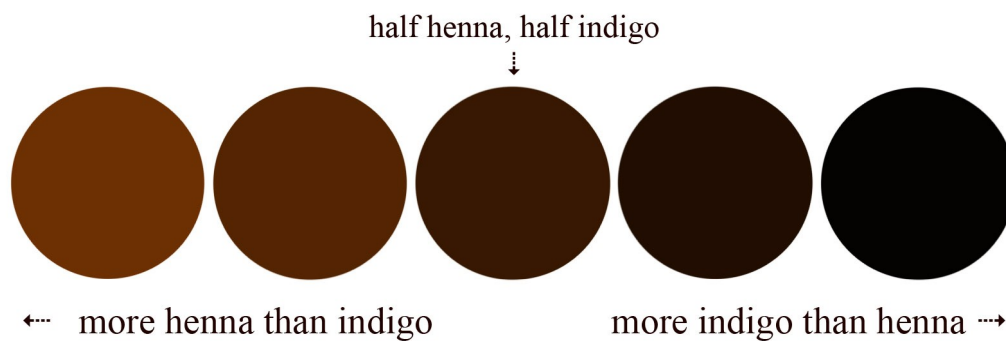


Mix Henna and Indigo for Brunette Colors

First, mix your henna or henna-cassia mix the day before you want to dye your hair so the dye is released.¹ If you freeze leftover henna in little packages, thaw some out. You can measure the proportions out in spoons of finished paste or by powder. Precision isn't important, so "close enough" is generally good enough.

You can always make your henna-indigo stain a darker brunette by adding more indigo in the next application, but you can't make your hair redder by re-dyeing with more henna as easily. When you're beginning, try for a lighter color that is likely to darken naturally. Don't expect to easily lighten a color that is too dark. Do not try to bleach hair that has been dyed with an indigo mix unless you test first. The results can be quite peculiar.



Five proportions of henna and indigo:

- 90% henna and 10% indigo = cool auburn
- 75% henna and 25% indigo = brownish auburn
- 50% henna and 50% indigo = medium brunette
- 75% indigo and 25% henna = dark brunette
- 10% henna and 90% indigo = nearly black

When you have your hair clean, combed, and ready to dye, mix your Ancient Sunrise® indigo powder. The indoxyl molecule is unstable; use the indigo paste quickly for best results. If your henna-indigo mix sits out for too long, the paste will stain your hair a more reddish color than you expect.

When your henna paste is ready, mix your indigo.

¹ Mix henna according to instructions chapter 7, "Mix Your Paste"



Add distilled or filtered water gradually to Ancient Sunrise® indigo powder stirring after every addition. Do not add an acidic liquid!



Ancient Sunrise® indigo mixed with water

Stir until there are no more dry lumps in the indigo paste. It takes some determination to get all the indigo powder wet.



Add previously mixed and dye released Ancient Sunrise® henna, or henna and cassia, to the indigo paste



Stir the henna and indigo pastes together

Stir until the two pastes appear to have completely merged, then keep stirring. If the two pastes are not completely mixed, the resulting color will be splotchy.



Henna and indigo mixed completely, ready to use.²

The dye molecules in indigo will change from the indoxyl state to the blue indigo state after about twenty minutes of exposure to air and acidic henna, and the longer the paste sits, the less effective it will be as a brunette hair dye. If you let your henna and indigo mix sit out too long, the henna red will prevail over the indigo tones. Keep your henna in one bowl and in a second bowl mix a small amount of indigo into henna and use that quickly. If you mix up the whole batch together at once you'll lose some of the indoxyls before you get all of the mix applied, and the results may be redder than you wished. Mix as much henna and indigo together as you can use in about twenty minutes. If you leave a henna-indigo mix in your hair overnight, you may find that more lawsones have migrated into your hair, and fewer indoxyls, because the indoxyls were lost to air and acidity, while the lawsones kept going strong.

Take care to not mix too much liquid into the paste. There is no way to make runny paste thicker other than adding more henna or indigo powder. Do not try to thicken paste by adding cornstarch. Cornstarch will hinder the stain. Do not try to thicken paste by warming it on the stove. That will ruin the paste.

Ancient Sunrise® indigo powder, henna-indigo paste, and indigo paste cannot be saved in the freezer. Freezing will ruin indigo powder and paste. Keep extra indigo powder at room temperature. If you feel you must save leftover henna-indigo paste to be thrifty, add more indigo powder when you thaw it.

² To see the complete brunette application process, see Chapter 8, How to Begin

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

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