

## Test Ancient Sunrise® Paste on your Hair

Whether you are a stylist or doing your own hair, it's best to do a test first to get some idea of what the results are going to be. No two people have hair of exactly the same structure or the same hair history.



Harvest hair from your hairbrush

Begin by harvesting hair from your hairbrush or from wherever your spare hair tends to accumulate. Shampoo the collected hair. Conditioners and hairspray left on hair will give an inaccurate test.

If you can harvest two clumps of hair, you can see a before and after test. If you have more than two clumps, you can try some different mixes and see which one you like best. Wash and dry the harvested hair to remove hair care products.

Some people have hair that takes dye easily. Some people have very dye-resistant hair, particularly gray hair. Gray hair grows faster than pigmented hair. Gray hair has harder keratin than pigmented hair, and often resists dye.

Some people live in areas with very hard water which may cause an unpleasant color shift. If you live in an area where water has a high mineral content, your hair may be coated with those minerals, just as is the inside of your teapot. This may cause cassia and henna to have unusually dark, even greenish tones, because of the mineral reaction with the quinone dye molecules. This can be corrected by treating your hair with Ancient Sunrise® Rainwash. The most disagreeable color shifts seem to come from areas that have a history of mining metal or petroleum deposits from the ground which resulted in groundwater seepage.

Some people have had different chemical processes in their hair. Chemical relaxers don't seem to interfere with henna and indigo, but it wouldn't hurt to test first just to be sure. Bleaching hair hardens the keratin so there will be less dye henna or cassia uptake, and the color may be brassy or harsh.

Some have had environmental stressors that have affected their hair. Swimming in chlorinated water or sea water doesn't seem to spoil the henna color, but both can damage a person's hair. Damaged hair has a greater henna uptake than undamaged hair.

Henna, cassia, and indigo stain the keratin in your hair, but do not change the melanin in the core of your hair. The stain is translucent, so the end color will be a combination of your natural color and the color of the plant dyes.

All of these will affect the outcome of your dye, so the only way to know what you're going to get is to test first.



Gather your harvested hair and mix your Ancient Sunrise® henna



Mix the paste the way you think is going to work best for you. Spread some on a sheet of plastic wrap. Use plenty of paste and extra time to test; that will compensate for plastic wrap not being as warm and alive as your head.





Put a clump of harvested hair on the paste. Put more paste onto the harvested hair. Push the paste into the hair, and smear it around so every hair is very thickly coated, top, bottom, and all around.



Fold up the plastic wrap, paste, and hair. Let that rest overnight. This long duration will saturate your hair to about the same color as dyeing your hair a few times. After about 24 hours, shampoo and wash the paste out of the hair. Let the hair sample dry and rest for three days.

Use exactly this same process to test mixtures of Ancient Sunrise® henna and indigo, henna and cassia, or henna, indigo, and cassia.



This is hair harvested from my hairbrush. It is medium brown with considerable gray.





My hennaed hair just after rinsing

This is my harvested hair dyed with Ancient Sunrise® henna mixed with citric acid. This is the color just after rinsing. It is very coppery and bright. You can see that henna has stained the gray and the darker and lighter browns in my hair differently. Henna is a translucent stain and will look different on various colors of hair. Over the next few days, the lawsone molecules will bind to the keratin in my hair and darken, rather like a cut apple darkens when exposed to air. More acidic mixes darken more than less acidic mixes, or those with antioxidants.



Ancient Sunrise® henna stain on my hair darkens in four days



The henna stain on my hair after two weeks

Three days later, the color has mellowed to a deep red. The gray has become dark copper highlights. The pigmented hair is a very dark reddish chestnut color. At two weeks, my hennaed

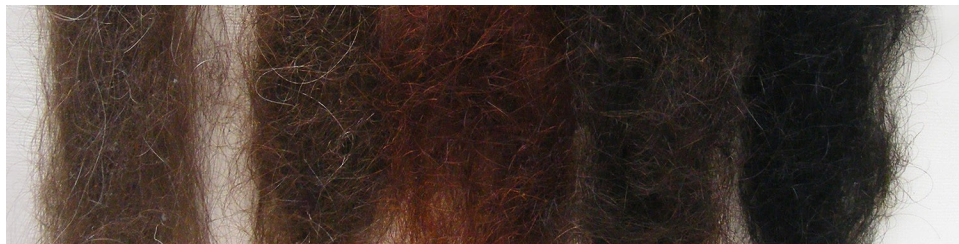


hair has darkened to a rich auburn. In the sunshine, the color is dazzling red; indoors the color appears browner because indoor lighting is typically in the orange spectrum. I can expect my hair to stabilize at about this color. This color will not fade, and I will only need to do my roots as they grow in. At this point, I can decide whether I like this color or whether I should try something else, such as brunette or black.



My hair before and after henna

Here is the comparison of my undyed hair to the hennaed hair. The gray is stained a beautiful red. The texture is soft and lustrous.



My undyed hair and several different mixtures of Ancient Sunrise® cassia, henna and indigo

Above is a comparison of five harvestings of hair from my hairbrush. These show my undyed graying brunette hair dyed with cassia, henna, henna-indigo, and indigo over henna, showing

how these different mixes cover gray. The base tone of my graying brunette hair can be seen through all of these permanent but translucent dyes.



My graying brunette with Ancient Sunrise® cassia

This is my hair dyed with cassia only. The gray still shows, but it is less obvious than undyed hair. The texture is soft, and the hair looks healthier. Cassia would be a good choice for me if I wanted my hair to be in better condition and to not completely cover the gray.



My graying brunette with Ancient Sunrise® henna and indigo mixed together

This is my hair dyed with half henna and half indigo. This mix has returned my hair to a healthy, youthful, medium brunette color. The texture is glossy and strong, and the gray is completely covered. The henna-indigo mix would be a good choice for me if I wanted the benefits of henna without the red color.



My graying brunette dyed with Ancient Sunrise® henna, then dyed with indigo

This is my hair dyed first with Ancient Sunrise® henna, then immediately after, dyed with Ancient Sunrise® Zekhara indigo. This is a rich, glossy, ‘black as a black cat’ color. The texture isn’t quite as soft as the hair with henna only, but it is healthy and strong. If I wanted perfectly



black, raven's wing black hair, with absolutely no brown, dyeing indigo over henna would be a good choice.

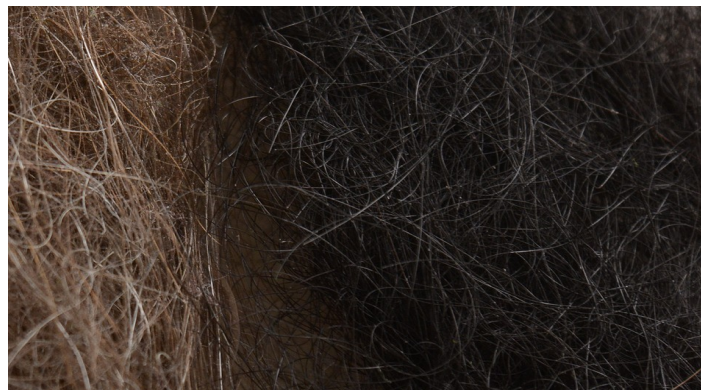
### **Test the Two-step Henna and Indigo Process to Dye Hair Black**

Mix Ancient Sunrise® henna paste, and let it sit overnight for dye release,<sup>1</sup> or retrieve and thaw some henna paste saved in your freezer. Dye the hair sample with henna.<sup>2</sup> Rinse out the henna.



Sample of freshly hennaed hair on indigo paste

Within 48 hours of dyeing the hair with henna, dye it again with Ancient Sunrise® indigo. Prepare the indigo.<sup>3</sup> Saturate and wrap the hennaed hair sample in indigo paste.<sup>4</sup> Rinse out the indigo after two hours and the hair will be beautifully black!



My undyed hair at left compared to the same hair dyed first with henna, then with indigo.

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<sup>1</sup> Mix henna according to instructions in Chapter 7, "Mix Your Paste"

<sup>2</sup> Dye a sample of hair with henna according to instructions, chapter 7, Test the Ancient Sunrise® Paste on your Hair

<sup>3</sup> Prepare the indigo according to instructions Chapter 7, page 18

<sup>4</sup> Follow instructions to test hair with indigo, Chapter 7, page 21

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

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