

ANCIENT SUNRISE®

How to Henna Your Hair

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Ancient Sunrise® Henna for Hair Chapter 8 How to Henna Your Hair

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Chapter 8: How to Henna Your Hair

How Do You Henna Your Hair for the First Time?

If you have never dyed your hair, it is necessary to dye the full length of your hair with Ancient Sunrise® powders.

If you have previously dyed your hair with chemicals, it is necessary to dye the full length of your hair with Ancient Sunrise® powders. You won't be able to perfectly match the chemical color, and the dividing line will show. Henna and cassia will also repair damage from chemical processes; it benefits your hair to do the full length.

Shampoo your hair before you begin to apply the Ancient Sunrise® paste; your hair must be very clean. Some people apply the paste to dry hair, and some apply to wet hair.

On all the tests you've done on hair harvested from your hairbrush, decide which mix gave you the results you really like. How much powder should you mix to dye your hair? How long is your hair? In general,

- 100g powder mixed into paste will dye short hair.
- 200g powder mixed into paste will dye collar length straight hair.
- 300g powder mixed into paste will dye shoulder length straight hair.
- 500g powder mixed into paste will dye waist length hair.

These are the total amounts of powder needed. If you are mixing brunette, half henna and half indigo for very short hair, you'll need 50g each of henna and indigo, and so on. ¹

Very thick hair or abundant locks require more paste. It is better to mix more than you think you'll need. If you have leftover henna paste, you can put it in your freezer in a plastic freezer bag, and thaw it for later use. If you freeze leftover henna paste regularly, you will always have some leftover to use if you run short.

What tools will you need?

- **Mixing bowls:** you will need one or two bowls or containers to mix your powder. If you're only mixing 100g of powder, a leftover plastic food container with a snap lid will do. If you're mixing more, you'll need a larger bowl. A big plastic bowl or two left over from a summer picnic is a good choice. If you are mixing henna only, you'll need one bowl. If you are mixing both henna and indigo, you'll need two. Plastic and crockery bowls are preferred, but if you already have one, a stainless steel bowl won't do any harm.

¹ For complete information on formulation of color, see chapter 7, Mixing and Testing

- Spoons: for larger amounts of paste, you'll need a large, sturdy spoon; a big wooden spoon is helpful. For 100g of powder, a soup spoon is large enough. Wood or plastic spoons are preferred, but a stainless steel spoon won't harm your mix.
- Towels and cape: wrap an old dark colored towel around your shoulders, or get a stylist's plastic cape. Henna gets messy! Have some additional old towels nearby.
- Plastic gloves: Ancient Sunrise® henna and indigo will stain your skin. Cassia will not. Wear gloves so your hands and fingernails won't be stained for three weeks.
- Combs and brushes: use a comb with a long tail to section your hair. You may either use a large tinting brush to apply the henna to your hair, or you may simply apply and push it into the hair with your hands.
- Plastic wrap: a roll of cling wrap will keep the paste in the bowl and on your hair from drying out. It is difficult to shampoo dry henna paste out of hair! You may re-purpose a plastic bag to cover your bowl and hair if you don't have plastic wrap.
- Scarf or cap: if you're apt to be seen by people who won't understand why you're wearing saran wrap on your head, pull on a scarf or cap.

How much time should you set aside for the project?

- Prepare your Ancient Sunrise® henna one day before you intend to apply it. It takes about ten minutes to mix henna powder into paste.²
- It takes a stylist about half an hour to apply Ancient Sunrise® henna, indigo, or cassia to hair. It may require more time for you to do it yourself.
- Choose a quiet pastime, or plan a nap for the time the paste is dyeing your hair. Leave the henna in your hair at least two or three hours for good color saturation. Henna often takes four or more hours to cover resistant gray. Six hours seems to be the maximum amount of time necessary to stain hair with henna. You can speed this process up considerably if you have a bonnet dryer, though you should be careful to keep the plastic wrap on your hair if under heat. Dried henna paste is very difficult to wash out of hair. If you take a nap under an electric blanket or in the sunshine, you'll reduce the dyeing time by about 1/3. Indigo stains more quickly, and in a two-step henna indigo black process, the indigo can be rinsed out after about two hours.
- Shampoo the paste out of your hair when you are finished. Be generous with the shampoo, conditioner, and water; it takes some work to get all of the paste out of your hair and down the drain.

Shampoo your hair to wash the paste out of your hair. Many people find that conditioner helps slide all the paste out of the hair. People with very thick or long hair find that lying down and

² For complete instructions on henna dye release, see Chapter 7, Dye release: When Will the Henna Paste Be Ready?

soaking in a tub of hot bathwater and pretending to be a ‘swamp maiden’ helps rinse all the paste from the hair.

Checklist Before You Begin to Henna your Hair

- Do you have your henna, indigo, and/or cassia?
- Do you have something mildly acidic and filtered or distilled water?
- Do you need CMC powder for your indigo?
- Do you have hard water? If so, do you have ancient Sunrise® Rainwash?
- Do you have gloves? Henna will stain your hands.
- Do you have a comb for sectioning your hair?
- Do you have some sort of clips to separate your sections?
- Have you shampooed all the conditioners, oils, and products out of your hair?
- Do you have plastic wrap to cover your henna bowl while you wait for dye release?



- Do you have some bowls and spoons? Metal won’t hurt your mix, but plastic and crockery are ideal.
- Do you have some old towels to drape over your neck and clothing? Henna does not stain cotton but indigo will. Henna and indigo will stain silk and wool. Neither will stain polyester. It’s good to have some washrags to dab paste off the forehead and ears.



- If you're mixing more than 100g of henna, use a large plastic bowl. Big plastic picnic salad bowls are perfect for the job. If you mix more than you need, you can freeze the extras to use later. You cannot freeze extra indigo.
- If your arm gets tired from mixing a large amount of henna, a kitchen chopper will do the job.
- Do you have plastic wrap to wrap around your hair when it's finished? Do you have scarves to tie over the plastic wrap if you need to look presentable?



Example 1: Maria Uses a Cassia-Henna Mix to Repair Bleached Hair and Add Color



Maria has medium brunette hair that she regularly bleached to platinum blonde with blue streaks. Her hair was damaged and brittle. Maria and Melissa planned a mix to make her hair healthier, stronger, and a reddish blonde color. They mixed up four parts of Ancient Sunrise® Cassia obovata with one part of Ancient Sunrise® henna and apple juice, and let the paste rest overnight.³ Below, Melissa separates Maria's hair ¼" section at a time, and applies the cassia-henna paste generously to one section after another, from the roots to the tips.



Beginning at the back, Melissa begins to section Maria's hair, applying henna-cassia paste to one section, then parts a new section and lays the new hair over the paste of the previous section. Melissa applies paste over the new section, so both sides of the hair will be completely coated. This careful sectioning and paste application ensures very even color results.

³ For complete instructions on mixing cassia and henna, see Chapter 7, Mixing and Testing your Henna Mix





Melissa uses clips, pin curls, braids, or twists to keep the hair organized. It is difficult to comb through hair once it's full of paste.



Melissa applies paste thickly over hair, as if frosting a cake. Melissa continues to separate and lift up one after another section of hair, each time laying the new hair down over the previously applied paste. She pushes the paste down to the scalp, and works through Maria's hair patiently.



These pastes will not drip through the hair. The paste must be applied patiently and thoroughly so every hair is in contact with paste. The rhythm of work may be a little slower than chemical dye, but the odor and texture are pleasant; it's a bit like playing with mud.



The process of sectioning, combing over, and applying paste continues until all of the hair is covered. Melissa says that it takes her about 30 minutes to apply henna to a person's hair.



When all the hair is covered, Melissa wraps the hair with cling wrap. This keeps the paste moist and warm for maximum penetration and benefit to the hair. Melissa cleans excess paste from the hairline and ears. Cassia won't stain skin, but henna will.



Even if henna does stain the ears and forehead, the stain is pale and will exfoliate in a day or so. Henna does not stain cranial skin as it does hands and feet, hand and foot skin is thick and dry, so henna leaves a dark, long-lasting stain there. Maria ties a scarf over the plastic to keep her hair warm for better dye and conditioning penetration, and leaves the paste in about five hours. Then, Maria shampoos the paste from her hair.



The cassia and henna has stained Maria's hair a beautiful strawberry blonde! Maria enjoys experimenting with her hair. Next, she decides to try a cassia-henna mix with more henna; $\frac{1}{2}$ and $\frac{1}{2}$ cassia.⁴ Each time she applies Ancient Sunrise® henna and cassia over her hair, the strength and luster of her hair improve.



Further applications of Ancient Sunrise® henna continue to saturate hair with a darker stain. If Maria lets her brunette hair grow back and continues applications of henna, she will deepen the color to dark, vibrant auburn. When her hair color is as saturated as she wishes it to be, Maria can apply henna to roots only to maintain the color.

⁴ For more information on formulating cassia and henna, see “Ancient Sunrise® Henna for Hair Chapter 6, Henna and Acidic Mixes, Henna, Cassia, and Mildly Acidic Mixes”

Example 2: Emily Applies Cassia for Conditioning and Minimal Color Change



Emily has several colors of hair from experimenting with fancifully colored chemical dyes. She doesn't want to change these colors; she just wants to improve the general condition of her hair.



Her hair colors range from natural dark blonde to green, with some highlights.



Maria mixes Ancient Sunrise® and dilute lemon juice one day ahead.⁵ She sections Emily's hair before she begins the cassia application.



⁵ For more information on mixing cassia, see Ancient Sunrise® Henna for Hair Chapter 7, Mix Your Paste



Maria coats Emily's hair from scalp to tips with cassia paste and then rolls it up and out of the way of the next section.





Section after section, Maria continues to apply cassia paste to of Emily's hair.





Maria continues to apply cassia paste to Emily's hair until all of her hair is completely saturated. Maria wraps plastic around Emily's hair to keep the cassia paste moist and warm. Emily keeps the cassia paste on her hair for about two hours.





After shampooing and drying, Emily's hair has more shine and volume, and the color is slightly more golden, but is otherwise unchanged. Ancient Sunrise® repairs sun and chemical damage to hair, and makes the scalp healthier.

Example 3: Rebecca Applies Ancient Sunrise® Henna to Bleached Hair



Rebecca wanted to dye her Chinese black hair to red, but bleach damaged her hair and didn't give her the results she'd hoped for. Melissa prepares to apply Ancient Sunrise® henna to Rebecca's bleached hair.⁶ The whole length of her hair, the roots to the tips, will be dyed with henna.



⁶ For more information on mixing henna, see Chapter 7, Mixing and Testing your Henna Mix



Melissa mixes Ancient Sunrise® henna with cranberry juice and lets it sit overnight. She sections Rebecca's hair, and begins to apply the henna at her hairline. Melissa applies henna with either a tinting brush or with her hands; the tools don't matter too much as long as hair is meticulously covered with paste. She smears the henna paste onto one section, separates a new section of hair, pushes henna into that, and lays it down over the previous section.





Melissa continues to apply the paste around Rebecca's hair, scalp to roots, in 1/8" sections all the way around her head. Then, she wraps Rebecca's hair in plastic wrap to keep the paste warm and moist for several hours.





After washing, Rebecca's hair glows with henna color, is soft, shining, and healthy; Ancient Sunrise® henna created the perfect red she'd hoped for!



Rebecca's natural black hair regrows quickly, but she wants to keep her red hair. She has two choices: one was to regularly bleach and re-henna her hair. Melissa recommends that she alternate bleaching in highlights and doing henna to create an array of "firelights" that will show a line of roots. Go to chapter 10 to see how beautifully this works!⁷

⁷ For complete information and instructions on maintenance of lightening black hair to red and golden, see Chapter 10, Lightening your Hennaed Hair

Example 4: Kristin Dyes her Chemically Dyed Graying Blonde Hair Warm Black with a One Step Henna-Indigo Mix.



Kristin wants to have warm black, though not blue-black hair, and she doesn't want to keep using chemical dye on her naturally blonde, graying hair.

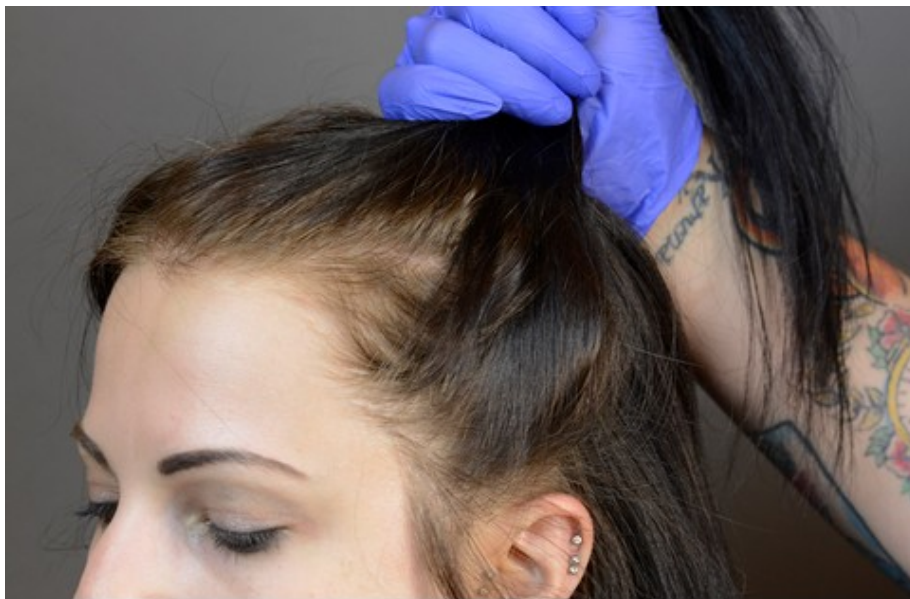


Melissa plans an 80% indigo, 20% henna mix for Kristin, and begins to section her hair.⁸

⁸ For more information on mixing henna, see Chapter 7, Mixing and Testing Your Henna Mix



Kristin's hair is long, about halfway down her back, so Melissa sections and prepares it carefully. When Ancient Sunrise® dyes are applied for the first time over virgin or chemically dyed hair, it is necessary to apply the paste from scalp to tips to assure even color.



Melissa prepares the Ancient Sunrise® henna ahead of time,⁹ but waits until Kristin's hair is sectioned and ready for application before she mixes the Ancient Sunrise® Zekhara indigo. Melissa uses the better quality Ancient Sunrise® Zekhara indigo, because transitioning from blonde and gray to black requires the highest dye content and best sift for good results. She mixes 300g of Zekhara indigo with 10g of CMC powder and stirs the two powders together thoroughly. Next, she gradually stirs in water. Indigo does not make as creamy a mix as henna; CMC improves the texture. Melissa then mixes the indigo and henna pastes together and adjusts

⁹ For more information on mixing henna, see Chapter 7, Mixing and Testing Your Henna Mix

the thickness of the paste to a texture about like toothpaste.¹⁰ Melissa uses about 300g of indigo and 50g of henna for Kristin’s mid-back length hair¹¹



Melissa applies the henna and indigo paste to Kristin’s hairline and then sections hair as seen in the previous examples. Applying henna-indigo mixes is not different from applying cassia and henna.



¹⁰ For more information on mixing henna, see Chapter 7, Mixing and Testing your Henna Mix, Mix Your Paste

¹¹ For more information on formulating henna and indigo, see Chapter 7, Mixing and Testing your Henna Mix, Mix Henna and Indigo for Brunette Colors



When Kristin’s hair is dyed with a henna-indigo mix, the stain will be some shade of brown. The color can be adjusted by changing the proportion of henna to indigo. If the mix is mostly henna, the stain color is reddish brown. If the mix is mostly indigo, the stain color is darker brown.¹²

If the mix is mostly indigo, the stain will be nearly black, but it is more difficult to get a good stain on blonde or gray roots with mostly-indigo mixes. If the roots come up reddish, or with insufficient stain, mix a little indigo paste and dab it into the roots where they aren’t dark enough.



¹² For more information on formulating henna and indigo, see Chapter 7, Mixing and Testing your Henna Mix, Mix Henna and Indigo for Brunette Colors



Once Melissa has separated the larger sections of Kristin's hair and worked the paste down to the scalp, she begins the process of separating out ¼" sections of hair and applying the paste.



Melissa sections the hair carefully, lifts up a section, and makes sure the paste is applied over both sides of the section.



After Melissa coats the roots of a section, she begins to pull the paste to the ends of the hair. The paste is coating not only the old chemically dyed hair, but also the new growth. This will ensure an even color and the best conditioning. Once the person has reached the desired color with cassia, henna, or indigo, it is only necessary to do roots.





Melissa works through all of Kristin's hair, sectioning, applying paste to the roots of each section and then pulling the paste all the way to the tips of the hair.



Melissa pats Kristin's thickly pasted hair into a tidy heap and winds plastic wrap around the hair to keep the paste moist and warm. This wrap will keep the furniture and pillows tidy in case Kristin decides to take a nap while the dye molecules migrate into her hair. A scarf will disguise her hennaed hair if she needs to be on about her business.



Kristin's shampooed the henna and indigo out of her hair four hours later. Some stylists keep their clients on the premises until the process is finished. That allows them to do other services for them, such as a manicure, a pedicure, and a facial. Other stylists send the patrons home to shampoo out the paste.



The 80% Ancient Sunrise® Zekhara Indigo to 20% Ancient Sunrise® henna has stained Kristin's blonde, graying hair warm black, and there is no visible break between the previously chemically dyed hair and the blonde /gray roots. If Kristin had wanted a 'blacker black' Melissa would have used the two-step henna-indigo process.

Example 5: Catherine Dyes her Graying Light Brown Hair ‘Black Cat’ Black with the Two-Step Henna-Indigo Process



Catherine has graying brunette hair, about waist length, and has decided to dye it as black as a black cat. Black oxidative hair dye is the most sensitizing and potentially hazardous to health of all oxidative hair dyes; safely dyeing hair black with Ancient Sunrise® henna and indigo is a challenge, but it is a challenge worth meeting if you want to have black hair. Maria, the stylist begins by mixing 500g of henna for Catherine’s waist-length hair the previous day.¹³ Maria begins to section Catherine’s freshly washed and dried hair.



¹³ Complete instructions for mixing henna for the two-step process of henna-indigo black are in chapters 7, Mix Ancient Sunrise® Indigo Paste to Dye Hair Black with Ancient Sunrise® Henna, then Indigo



Maria begins by applying henna paste to one ¼” section of Catherine’s hair at a time, making certain that both sides of the section are thickly coated with Ancient Sunrise® henna paste, from the roots to the tips.



Maria rolls the sections up, one at a time, to get them out of the way of the next section. The first time a person use any Ancient Sunrise® product, it should be applied to the whole length of the hair to establish consistent base color and condition. Ancient Sunrise® henna will strengthen hair damaged by previous chemicals or neglect, and will even out unfortunate chemical color results. Once the full length of the hair has been brought to the desired color, just touch up roots as they grow in.¹⁴

¹⁴ For complete instructions on doing two-step henna-indigo black roots, see chapter 9, Example 4



Maria continues to section and apply henna to Catherine's hair. It doesn't really matter where you begin your sectioning and application, as long as you eventually cover ALL the hair evenly with Ancient Sunrise® henna paste.





Maria separates and draws out each new section of Catherine's hair, then pushes henna paste down to the scalp, and pulls henna paste out to the ends of her hair. Henna is good for the scalp: it eliminates dandruff!¹⁵ Henna is good for the ends of the hair: it strengthens them!



Never be stingy with henna paste. There is no good way to “stretch” henna paste to make it cover more hair than it really can without loss of quality. Mix plenty, and freeze any henna that you have leftover in case you need to do touch ups or dab on roots that show through.¹⁶

¹⁵ To read about health benefits of henna for hair, see Chapter 13, Henna and Your Health

¹⁶ To read complete instructions on how much henna paste to mix for different lengths of hair, see chapter 7, Mix your Paste



Maria continued to apply Ancient Sunrise® henna paste to Catherine’s hair until it was entirely covered, scalp to ends. Then, maria wrapped the hair in plastic to keep it moist and warm. Catherine covered her hair with a scarf, and took a long nap. She kept the henna in her hair for six hours to get a deep stain.



With added gentle heat, such as napping under an electric blanket, or lying down and reading a book outside in the summer on a hot day, henna will stain hair sufficiently in two or three hours. Many people leave henna in overnight, because their days are very busy. If you sleep or nap with henna, make sure your head is well supported so you don’t wake up with a kink in your neck.



Catherine shampooed the henna out of her hair, and went back to see Maria to have the indigo applied on the following day. Do not wait more than 48 hours to apply indigo after henna.



Catherine's gray hair is now dyed with henna. The lawsones have not yet oxidized, so the henna color hasn't darkened. During this 48-hour period, indigo applied over henna will produce black.



Maria sections Catherine’s hair so she can begin without delay. Maria mixes 100g of indigo with CMC powder and then mixes the powder with water.¹⁷ Maria mixes only as much indigo powder as she can apply in less than half an hour so the indoxyls will not bind with oxygen before they have a chance to stain the hair. The indigo paste tends to thicken as it sits, so Maria adds more water from time to time.



¹⁷ For complete instructions on mixing indigo for the two-step henna-indigo process, see chapter 7 , Mix Ancient Sunrise® Indigo Paste to Dye Hair Black with Ancient Sunrise® Henna, then Indigo



Maria applies the Ancient Sunrise® indigo paste to a section of Catherine’s hair, down to the scalp and then strokes the paste out to the tips. Then, she rolls the section up to get it out of the way of the next section of hair.





Gradually, Maria coats all of Catherine's hair with indigo paste.



Yes, this is a lot of indigo paste, but the full length only needs to be done once or twice a year.



As the indoxyls bind with oxygen and form indigo, you can see the paste turn from green to dark blue. The dark blue oxidized paste will not stain hair, only the indoxyls in the green paste will stain the hair.



Maria wraps Catherine's hair with plastic wrap to slow down the oxidation so the indoxyls will keep staining the hair; Catherine goes off to take a long nap.



After letting the indoxyls in the indigo paste gradually migrate into and bind with her hair for two hours, Catherine's hair is shampooed and dried. Catherine has black, black as a black cat, black as midnight hair! The texture is sleek and heavy, with shimmering highlights.



Example 6: Jiji Hennas her Dark Chemically Dyed Hair



There are good reasons to go to a stylist trained in henna when you first dye your hair. A stylist can reach and see behind you more easily. A stylist who works with henna may be more experienced and confident. If you want to henna your own hair, do exactly what a stylist would; you'll just be reaching around your own head. It is very helpful to have two mirrors to the back. Begin by sectioning your hair. Jiji's hair is very long, so she twists the sections into knots.





Jiji has nearly black hair which she tried to dye with a chemical red dye. The results were not what she hoped for. She mixes 500g of Ancient Sunrise® henna with cranberry juice and lets it sit overnight.



When she's ready to henna, she sections her hair into four big twisted knots and secures them with clips. She begins to apply the henna paste to the first section, pushing the paste down to the roots with a heavy tinting brush. She may apply the paste with her own gloved hands or with a brush, whichever seems more convenient.



Next, Jiji sections her hair ¼” from where she first applied the Ancient Sunrise® henna paste.



Jiji brushes in paste on the other side of the section and pulls it into her hair.



Jji strokes in additional paste and pulls paste all the way to the ends of her hair. Then, she twists that lock of hair back and out of the way.





One lock at a time, Jiji covers all of her hair with Ancient Sunrise® henna paste from the roots to the tips. She repeats the process of separating out a lock, applying henna to the roots of both sides of the section, then pulling more paste clear out to the ends of the lock. She can be certain that she's covered all of her hair evenly because she separates out and twists up every lock, one at a time.





Finally, the job is all done, and Jiji has hennaed all of her hair.



She wraps her hair with plastic wrap to keep it warm and moist for a few hours.



Jiji's hair is nearly black, but henna's translucent stain has made a vivid red shimmer over her hair, and made it sleek and lustrous. Jiji decides that she loves the glossy, shining heaviness henna gives her hair and she thinks that she'd like even more red in her black hair. She asks Maria to bleach some highlights into her hennaed hair. The result is vivid firelight streaks against her shining dark hair!



In Chapter 10 you can learn more techniques of bleaching into hennaed hair.