

### 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.<sup>1</sup> 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.

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<sup>1</sup> 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.<sup>2</sup> 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.

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<sup>2</sup> 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”

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

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