

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.¹ The whole length of her hair, the roots to the tips, will be dyed with henna.



¹ 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!²

² For complete information and instructions on maintenance of lightening black hair to red and golden, see Chapter 10, Lightening your Hennaed Hair

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

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Cover Graphic by Alex Morgan

Published by TapDancing Lizard® LLC

339 Tallmadge Rd. Kent, Ohio, 44240

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