

**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.



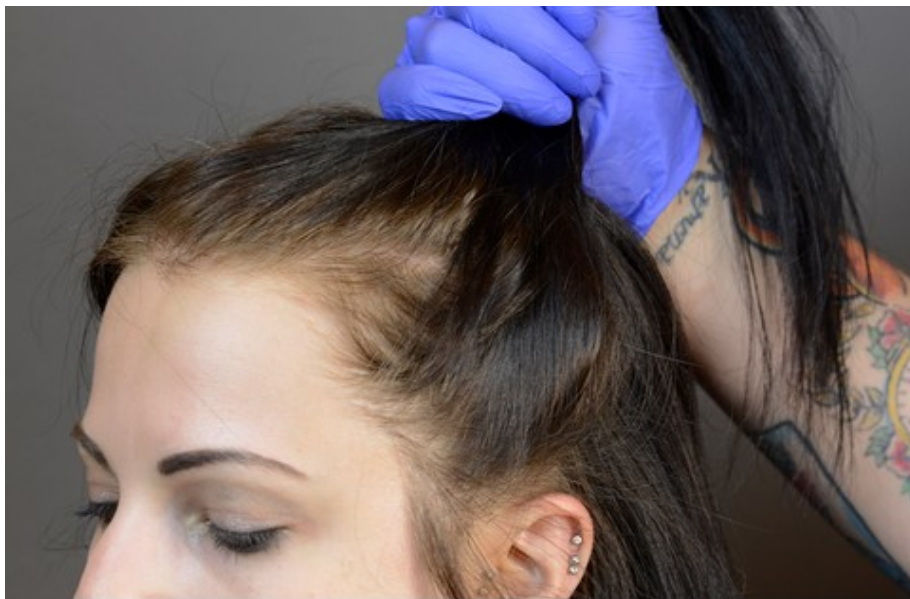
Melissa plans an 80% indigo, 20% henna mix for Kristin, and begins to section her hair.<sup>1</sup>

---

<sup>1</sup> 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,<sup>2</sup> 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

---

<sup>2</sup> 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.<sup>3</sup> Melissa uses about 300g of indigo and 50g of henna for Kristin’s mid-back length hair<sup>4</sup>



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.



---

<sup>3</sup> For more information on mixing henna, see Chapter 7, Mixing and Testing your Henna Mix, Mix Your Paste

<sup>4</sup> 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.<sup>5</sup>

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.



---

<sup>5</sup> 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.



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

Copyright © 2015 Catherine Cartwright-Jones

Cover Graphic by Alex Morgan

Published by TapDancing Lizard® LLC

339 Tallmadge Rd. Kent, Ohio, 44240

### **Terms of Service: Creative Commons: Attribution-NonCommercial-NoDerivs 3.0 Unported**

You are free to **Share**, to copy and redistribute this material in any medium or format under the following terms. The licensor cannot revoke these freedoms **as long as you follow the license terms**.

**Attribution** - You must give [appropriate credit](#) and provide a link to the license. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

**Non-Commercial** - You may not use this material for [commercial purposes](#).

**No-Derivatives** - If you [remix, transform, or build upon](#) the material, you may not distribute the modified material in any form or by any means.

For further information on henna and hair, please visit [www.hennaforhair.com](http://www.hennaforhair.com)

To purchase henna, please visit [www.mehandi.com](http://www.mehandi.com)

HELP DESK AND ORDER DESK: call 330-673-0600 or toll-free 855-MEHANDI