

ANCIENT SUNRISE®

Graying Hair and 'Doing Your Roots'

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Ancient Sunrise® Henna for Hair Chapter 9, Graying Hair and ‘Doing Your Roots’

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Cover Graphic by Alex Morgan

Published by TapDancing Lizard® LLC

339 Tallmadge Rd. Kent, Ohio, 44240

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Example 1: Doing Gray Roots with Ancient Sunrise® Henna

Once you dye your hair, roots will grow back in, and you're going to have to decide what you want to do about them. Gray hair grows faster than pigmented hair. Some people's gray hair grows so quickly that they have to touch up their roots every week; others can wait six weeks. Fortunately, with henna, covering rapidly growing roots is simple and can be done each week as they become visible. Take some frozen henna out of your designated henna paste ice cube tray, thaw it, dab it on the visible roots before bedtime, tie on a scarf, and wash out the henna paste the next morning. You will generally not need more than a few spoonful of henna paste for touch-ups.



Elizabeth is often referred to as ‘the woman with the gorgeous hair’ when people can’t remember her name. She has 90% gray hair and has dyed her hair with henna for about fifteen years. Once you’ve gotten the depth of color you want on the length of your hair, you only need to dye roots as they grow out, because henna and indigo do not fade. You can keep this up for years and grow your hair out long enough to sit on, as Elizabeth has done. Dyeing roots with henna or henna and indigo is exactly the same process as dyeing the length of the hair except that it’s not necessary to pull the paste all the way to the tips. Elizabeth’s hair is long, glossy, heavy, and thick. Ancient Sunrise® henna has done no damage, nor is her hair “coated” in any way. There are no visible lines from redoing her roots month after month. Ancient Sunrise® henna covers her gray perfectly, and leaves her hair not only in perfect condition, but in better condition than if she had not dyed it.



Elizabeth's hair is very gray, and she has her stylist henna her roots every few weeks.



Elizabeth's stylist always begins with freshly washed hair and combs it into sections. It takes about 100g of powder to make plenty of paste to do roots. The henna paste is mixed the same way as for the full length of the hair, with an acidic mix, and dye release.¹ Frozen henna does as good a job as freshly mixed paste. Some people say frozen Ancient Sunrise® henna paste is even better than fresh!

¹ Follow henna mixing instructions in Chapter 7, Mixing and Testing Your Henna Mix.



Once Elizabeth's hair is sectioned, Melissa begins to push henna paste along the part and hairline.



Then, lift a ¼" section and push more paste into the other side of the section, making certain that every hair is thickly coated. Massaging the paste into the hair with fingers is a good way to be certain that every hair is thickly coated.



Melissa, the stylist, pulls up one section after another. She lays each new section over previously applied henna paste, and then applies paste to the other side. Melissa works patiently through Elizabeth's hair. It takes 25 to 35 minutes for Melissa to apply henna paste all the way around a person's hair.



The sections are never more than ¼" apart so that every hair is fully saturated with henna.



Melissa makes sure that all the roots are covered to the hairline and all the way around the head. The Ancient Sunrise® henna paste is applied to the newly grown area, and about 1” beyond.





Elizabeth's skin will be wiped clean around the forehead and ears, or not. This is not absolutely necessary, that depends on how fussy one is about being presentable the next day. The henna stains on the hairline are very light, and never last more than a day or two. Some people apply ChapStick® just below the hairline to keep the skin free of stain.



When all of the roots everywhere on Elizabeth's head are well coated with Ancient Sunrise® henna paste, Melissa braids up her long hair to get it out of the way. The whitest hair will always stain a lighter coppery color than hair that is still pigmented. Elizabeth's hennaed hair always looks variegated and natural, as if it has grown that way.



Melissa braids Elizabeth's hair to keep it neatly contained. She wraps plastic wrap around Elizabeth's hair, so it will stay warm and moist for several hours before Elizabeth shampoos it out. Gray hair may be dye-resistant, so anything which can assist keeping the henna in the hair longer, keeping it more warm and moist, will help produce the best results.



Example 2: Covering Gray Roots with an Ancient Sunrise® Henna-Indigo Mix



Lisa has graying light brown hair, which she prefers to dye rich medium brown. As with all Ancient Sunrise® dye work, Melissa, her stylist, begins with freshly shampooed, sectioned hair.



Melissa keeps Ancient Sunrise® henna paste mixed and ready in the freezer. She only has to thaw the henna and mix the indigo when it's time to do brunette roots. She can do her mixing quickly, and does not need to begin the process a day ahead of dyeing time.²



When Lisa's hair is completely sectioned and secured, Melissa prepares a mix of half henna and half indigo. 50g of henna powder and 50g of indigo powder or 1/2 cup of henna paste to 1/2 cup of indigo paste are sufficient to do roots. Once the Ancient Sunrise® henna and indigo are mixed together, the paste should be applied quickly, before the indoxyl molecules convert to indigo. It is best to use the henna-indigo mix within half an hour.



² Follow henna and indigo mixing instructions in Chapter 7, Mixing and Testing Your Henna Mix.

Melissa begins to work around the scalp, one section after another with a heavy tint brush; henna pastes are thick and can snap thin brushes.



Melissa applies henna to the perimeter of a section, then parts and lifts up a ¼” line of hair.



It is important to keep the hair orderly through this process; hair can tangle and bunch easily with the paste. When this happens, it becomes difficult to completely saturate every hair. Paste must be pushed and brushed carefully all through the hair: paste does not trickle. Any area which is not well saturated with paste will show gray roots. Melissa works her way patiently around all of the sections of Lisa's hair.



You can see the Ancient Sunrise® henna painted onto the far side of this new line, and how the paste has not gone through to the other side of the hair. Melissa continues to section Lisa's hair and apply henna-indigo paste until her roots are completely covered. Then, she covers Lisa's hair with plastic wrap to keep the paste moist for several hours, and then washes Lisa's hair with shampoo and conditioner.



With the henna and indigo mix applied month after month, Lisa's hair looks completely natural and never fades. Her hair becomes healthier and thicker year after year, never showing the gray!

Example 3: Dyeing Graying Blonde Roots Warm Black

Kristen had previously changed from dyeing her graying blonde hair black with chemicals to using an 80% indigo, 20% henna mix.³ She decided to stop using chemical dyes forever for her health, and for the beautiful condition provided by henna and indigo.



Melissa does the same process as for other root applications. First she sections Kristen's hair, and begins to painting in the paste with a stylist brush. Melissa pushes the henna/indigo mix into Kristen's roots, down to the scalp, then parts a new section.



³ Follow henna and indigo mixing instructions in Chapter 7, Mixing and Testing Your Henna Mix.



Melissa continues to work her way around Kristin's hair, pushing paste into a line of hair, parting and lifting it, and then pushing paste into the new section. She paints the henna-indigo mix several inches down the hair to get good coverage. Indigo does not bind to hair as easily as henna does.



Very light colored hair may be resistant to 'mostly indigo' mixes. Indigo alone does not stain hair as well as does henna. If the roots seem light after applying an Ancient Sunrise® henna-indigo mix, there are a few things that help hair take up more stain. A 'soap cap' of detergent and a small amount of peroxide can break up the keratin for better penetration. Salt added to the indigo mix can 'rough up' the keratin for better dye uptake. If roots are stubbornly reddish, mix some indigo powder with water, and dab it onto the resistant places.



When all of Kristin's roots have been saturated with the henna-indigo mix, Melissa pulls the remaining hair up and out of the way. Kristin's hair is wrapped with plastic to keep the paste moist, with a scarf for warmth.



After two hours, Melissa will shampoo the paste out of Kristin's hair: an additional rinse with conditioner will get the last bits of plant material out of her hair.



Blonde, graying hair dyed with 80% indigo and 20% henna is lustrous and is a very natural looking warm black.

Allow about 16 oz of paste or 50g of powder to dye roots; you will need to calculate how many grams or spoonfuls of henna, cassia, cassia and henna or henna and indigo paste you will need. Counting heaping spoonfuls of powder or paste may be the easiest way to do this. Remember, henna is not finicky, so you don't need to be very precise.



Example 4: Dye graying roots black with the Ancient Sunrise® two-step process of henna and indigo

To dye any color of hair, even gray roots, a perfect raven's wing black, Melissa uses the two-step process of Ancient Sunrise® henna first, followed by Ancient Sunrise® indigo. The root application is identical to the previous root directions, except that it is done in two sessions. First, the roots are dyed with henna, and then washed. Then the roots are dyed with indigo, and then washed.⁴ This is time consuming, but this technique dyes hair blacker than a black cat, and it's completely natural looking!



Two months after Melissa dyed Catherine's light brown, graying hair black with the two step Ancient Sunrise® henna – indigo technique, Catherine's roots had become obvious.

Catherine's gray hair had grown faster than the brown hair.⁵ Indigo did not bind well to some of the roots, and after sixty shampoos, these roots were a coppery henna color instead of black. Newer growth of hair had shed more indigo than older growth, and was a warm black rather than absolute black. Two applications of henna and indigo may be required to saturate light-colored hair enough for it to stay truly black. Catherine set aside two afternoons for Melissa and Maria to dye her hair. Catherine washed and dried her hair. Melissa mixed Ancient Sunrise® henna.

⁴ Follow henna and indigo two step mixing instructions in Chapter 7, Mixing and Testing Your Henna Mix.

⁵ Melanin, the pigment that colors your hair, is metabolically expensive for your hair follicle to produce. White hair grows faster than pigmented hair because the follicle can devote its energy to growing rather than producing color.



Melissa begins to section Catherine's hair. She winds the sections into little bundles, so the paste application process will go more easily. It is very difficult to comb through and separate hair if there is a mess of paste in it.



Repeated applications of henna and indigo will build up the depth of color. Melissa mixed 300g of henna powder into paste, enough to apply halfway down Catherine’s hair. Melissa applies the henna and indigo dyes farther down the length of Catherine’s hair so her hair will stay blacker longer.



Catherine’s hair is waist-length, so twisting the sections into little buns keeps the hair manageable during sectioning and paste application.



Melissa sections Catherine’s hair one section at a time, and applies henna. When each section has had henna applied down to the scalp, Melissa strokes the henna toward the tips. Then, Melissa lays the section back and out of the way so she can apply paste to the next section.



Melissa lays more hennaed sections of Catherine's hair out of the way, until the entire quarter section is completely hennaed.





Then Melissa strokes and pushes more henna on to the sections to make certain all of the hair is saturated with henna paste. If Catherine could purr, she would do so, because having henna applied and massaged into her hair feels very pleasant.





Melissa strokes a hennaed section all together and twists Catherine's long hair it into a knot.



One section out of the way, Melissa continues to apply henna to each of the other sections of Catherine's hair.



Melissa wraps Catherine's hennaed hair with plastic wrap.



Catherine takes a nap and shampoos the henna out of her hair after four hours. Without the wrap, the henna paste would dry; dry henna paste is very difficult to shampoo out of hair. The henna stains her gray roots vivid henna red, and is now ready for an Ancient Sunrise® indigo application.





With the henna shampooed out, and the hair clean and dry, Maria begins to section and clip Catherine's hair for the Ancient Sunrise® indigo application.





Maria mixes 100g of indigo powder into paste a time and begins to apply it to sectioned hair. She paints one section, pushing the indigo paste down to Catherine's scalp, and part of the way down her hair.



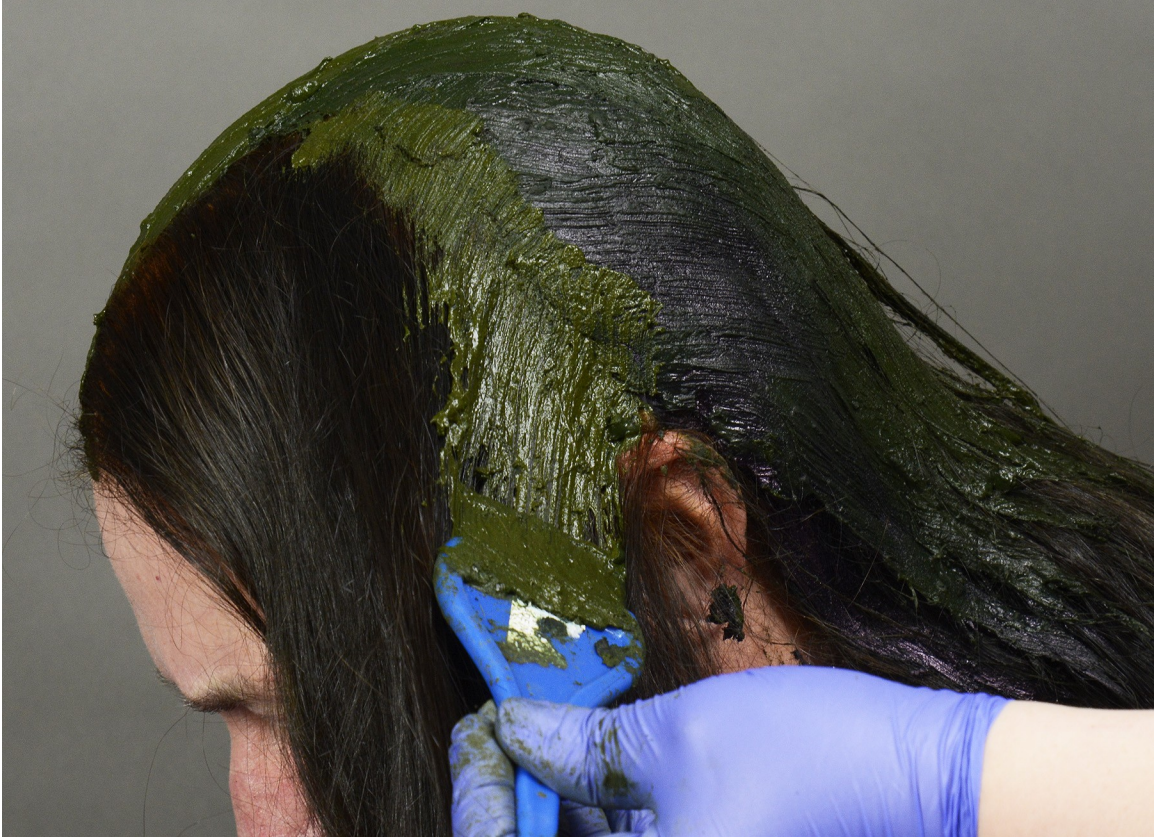
Maria parts a new section of hair.



When the new part is dropped down, Maria paints indigo paste onto the hair so both sides of the section will be saturated.



Maria continues sectioning and applying indigo paste up the back section of Catherine's hair.



Maria applies indigo section after section up the back of Catherine's hair. The indoxyls molecules begin to oxidize; you can see the surface of the indigo paste turn dark blue.





When Maria has completely saturated all of Catherine's hair, she wraps it with plastic wrap. This slows down the oxidation so the indoxyl molecules have the best chance to penetrate the hair. Plastic wrap will also keep the hair warm and moist for better dye penetration.



Catherine leaves the indigo in her hair for about two hours before shampooing it out.



After shampooing and rinsing, Catherine's greying light brown hair is sleek and black! It is not necessary to re-dye the full length of the hair every time roots show. Only re-dye roots or an area that needs more color. A full length dye once or twice a year is usually sufficient to maintain shiny, healthy hair.



Example 5: Dyeing Graying Roots at Home

Jen has dark hair that is becoming gray. She dyes her hair with Ancient Sunrise® Rajasthani Twilight henna to blend away her gray and keep her hair healthy and shining.



Jen mixes her Ancient Sunrise® henna the day before, unless she happens to have some leftovers in the freezer.⁶ 100g of henna is plenty to do her roots. When the henna is ready, she washes and begins to section her hair.



⁶ Mix henna according to instructions in Chapter 7, Mixing and Testing Your Henna Mix



Jen sections her hair, coils it into twists, and clips the twists out of the way.



Once all of her hair is coiled and secured, Jen can begin applying paste to her roots. She works in front of a mirror to be certain that she's applying the henna evenly and not missing places.





Jen works her way carefully through all of her hair, sectioning and applying exactly as demonstrated in the previous pages.



When all of her roots are completely covered, Jen wraps her hair in plastic wrap to keep it moist.



At this point, Jen can put on a scarf that covers the wrap and do whatever she needs to do, or take a nap. Some people do this the last thing before bed and sleep in their Ancient Sunrise® henna overnight, then wash in the morning. Others leave it on a few hours. Wash out the henna with shampoo when the dyeing is done. Rinsing the paste out with conditioner will help the last bits of plant material to slide out. If a person has very long hair and rinsing in a shower is difficult, fill the bathtub with warm water and soak, pretending to be a swamp maiden. A few minutes soaking in the water will get the last of the paste out of the hair.



Ancient Sunrise® Rajasthani Twilight henna masks the gray in dark brunette hair by warming the color of the brunette, and staining the gray hair deep auburn. This leaves the hair thick, shining and glossy, with little evidence of gray.