

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.



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

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