

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.¹



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.



¹ 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!

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

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