

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.¹ 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.



¹ 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.



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

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