



A Guide to **Healthy** Hair

A JOURNEY FOR NATURAL HAIR DYE

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A Guide to Healthy Hair: A journey for natural hair dye

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Introduction

The entire team at Henna Art welcomes you on your journey to natural hair dye and natural hair care. There is a lot of information available on the subject, but you may not be sure who to believe, what source to agree with, and where to get your products. This guide is a means to help you understand the products that Henna Art has available for your journey. Read through this guide to determine what products you need, how much product you need, how to mix and apply your products, and learn about treatments that will help maintain, condition, and nourish your hair.

We are truly grateful for all those individuals who have shared their experiences and knowledge with us for natural hair dye. Please share with us your thoughts and experiences, and help us grow!

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Before We Begin

ALL of our products in their raw form have absolutely no additives, metallic salts, artificial colors or harsh chemicals. When we say all natural, we really mean it!

Because all of the products come from the earth, they smell like the earth. They are all natural, so even after washing the product out, you will be able to smell the earth on your hair. However, others will not be able to smell it (as long as they do not smell your hair directly).

You will probably hear/read, or already have read or been told that henna is bad for your hair, it might turn it green, it dries your hair, it might make your hair fall out, it makes your hair oily, it might melt your hair, and so on. NONE of this is true! These statements have come from individuals who have either used bad product, products with unnamed and not-labeled additives, or products with metallic salts and compounds. As you learn more about natural hair dye and hair care, you will learn and experience that all the stories you have heard are just bad rumors from people who have not done their research.

The process of nature requires NURTURING. Have patience with your hair treatments. Natural remedies and treatments are not only better for you and the environment, they also yield results that are phenomenal, just like the earth!

This is not instant gratification. It does require love and patience.

Once you have completed your treatments, be patient for the results to show. Keep going strong on your natural journey even if you have doubts. It is worth the wait to get the results you will be amazed with!

Natural Hair Dye

Herbs and plants that help dye the hair naturally



HENNA

A powder, crushed from the leaves of the lawsonia inermis plant, henna helps dye the hair shades of reds. When mixed with other herbal ingredients, it can help achieve tones of strawberry blonde to jet black.



AMLA

Amla is derived from the Indian gooseberry tree, and contains tannins, vitamin C, and acts as a natural astringent. It helps with the uptake of other dyes, but does not contain a dye itself.



CASSIA

Dried leaves of the cassia obovata plant, help dye naturally light hair, and achieve shades of golden. Cassia is also used as a deep conditioning treatment for dry, damaged and dandruff prone hair.



INDIGO

A plant dye that has been used for centuries to dye fabric and fibers tones of blue. When used in conjunction with henna, indigofera tinctoria can help achieve shades of browns to jet black.

Specifics

How to use each natural hair dye product

HENNA

Powder form

Mix with
Lemon juice or water

Dye release
Approx.12-24 hours
(lemon juice; 1 hour with
water

Oxidation time
12-72 hours

Application
Leave in for 4-12 hours

Tones
Reddish tones
Get jet black hair when
using with indigo

AMLA

Powder form

Mix with
Warm water

Dye release
None

Oxidation time
none

Application
Leave in for a minimum
of 30 minutes

Tones
Tones down red tones
from henna

CASSIA

Powder form

Mix with
Warm water-conditioning
Warm Lemon juice-golden
tones

Dye release
12-24 hours

Oxidation time
12-72 hours

Application
30 minutes (condition)
4-12 hours (natural dye)

Tones
Golden tones + deep
conditioning

INDIGO

Powder form

Mix with
Warm water

Dye release
10 minutes

Oxidation time
12-72 hours

Application
Leave in for 4-12 hours

Tones
Warm browns to jet
black when used with
henna

Hair dye recipe

STEP 1:
Determine your natural hair color below

STEP 2: Read across the row of your natural hair color to determine what shade you are trying to achieve.

Blonde →	glossy blonde	Strawberry blonde	bright red	light brown	medium brown	darker brown	black
Dark Blonde →	glossy dark blond	coppery red	lush red	light brown	medium brown	darker brown	black
Red →	glossy red	warm red	vibrant red	reddish brown	medium brown	darker brown	black
Medium Brown →	glossy medium	red highlights	auburn	medium brown	medium brown	darker brown	blue black
Dark Brown →	glossy dark brown	red highlights	dark auburn	dark brown	warm brown	darker brown	blue black
Black →	glossy black	black with shiny red undertones	black with red undertones	deep brown	warm black	warm black	blue black
Gray hairs →	gray	golden copper	coppery red	light brown	dark brown	darker brown	black
	Cassia only	1 part henna + 1 part cassia	Henna only	2 parts henna + 1 part indigo	1 part henna + 1 part indigo	1 part henna + 2 parts indigo	Henna first; then indigo

STEP 3: Determine your recipe/treatment by coming down the column

How much?

How much product you will need for your hair

These are the TOTAL amounts you will need for your hair

100 grams –short hair

200 grams— collar length

300 grams— shoulder length

500 grams— waist length

Additional 50 grams for curly hair, root applications, or incredibly thick hair

For example, if your recipe calls for half henna and half indigo, and you have short hair, you will need a **total** of 100 grams of product: 50 grams of henna and 50 grams of indigo.



TO DYE HAIR JET BLACK HAIR:

You will need the amount for EACH product.

For example, for short hair, you will need 100 grams henna and 100 grams indigo

How often?

How often you should do natural hair dye treatments

USING NATURAL HAIR DYE FOR THE FIRST TIME

Application every two weeks for the first two months
(or until you are satisfied with the coverage)

Root touch-ups or full applications as necessary.

REGULAR USER OF NATURAL HAIR DYE

Full application once in three months; Root touch-ups every two weeks or as required

CONDITIONING TREATMENTS

Once a month

Henna in detail

How it works:

The dye molecule, "lawsone" is mixed with an acidic solution, creating a paste. When the paste is applied, it penetrates the skin and hair, bonding to the keratin protein. When the paste is removed, it leaves a stain that is light orange to reddish brown. This stain then oxidizes over the next 12-72 hours to reveal the final stain. Repeated applications result in richer tones.

Henna in the hair:

The henna dye helps protect against UV rays from the sun, while also strengthening your hair, reducing split ends, eliminating dandruff, killing lice and nits, and making your hair shiny and glossy. There is no black, neutral, brown, auburn, or any color of the rainbow henna—just natural henna with a variation of shades from orange to reddish brown. The results from the henna stain on the skin and body depends on the levels of keratin in the hair, skin or fiber, and also depends on the quality and freshness of the henna, how long the paste was on the area of application, and the quality of the henna paste.



Henna contains a **tannin**, which is an astringent. The use of henna in the hair helps tighten the surface of the scalp, or dye molecule that strengthens the follicles' grasp on each hair, thus making your hair stronger. Henna penetrates the hair shaft, strengthens it, smoothes the cuticle, thickens and volumizes the hair, and makes your hair more resistant to breakage.

Body art quality

When dyeing the hair, use body art quality (BAQ) henna powder. BAQ henna powder has a high dye content and differs from other henna powders because it is finely sifted, and does not contain twigs, sticks, and leaves. BAQ powder is easy to rinse out, and leaves the hair a rich, lush color. Any henna powder used on the hair must be pure henna, with no additives, metallic salts, chemicals, or synthetic dyes. 100% pure BAQ henna powder is safe to put over synthetic dyes, and can be bleached or dyed over without damaging the hair. Because the dye molecule binds to the keratin that surrounds the hair core, the stain for each and every strand is different, even stubborn grays. This results in a range of natural highlights, rich, lush and vibrant hair. All of our henna powders are body art quality.



Mixology of henna

How to prepare henna for hair

- Mix the henna powder with lemon juice in a glass or ceramic bowl to the consistency of mashed potatoes, (approximately 250 mL of lemon juice per 100 grams of henna powder).
- Cover the mixture with plastic wrap. The plastic should be touching the henna paste to eliminate excess air. Place a small piece of paper towel on the plastic wrap, and wrap again. The plastic wrap should be touching the previous layer or plastic.
- Leave the mixture **overnight** in the bowl and place in a warm spot, such as close to the radiator, on top of the fridge, close to the fireplace, etc. This will allow dye release from the henna.
- You will know there has been dye release if your white paper towel has turned yellowish orange. If there is no change in color, put the bowl in a warmer spot for longer.
- When you are ready to use your paste, transfer it into a carrot bag or squeeze bottle.

LEFT OVER PASTE? Just store the left over or extra paste in a freezer safe bag or container and store in the freezer for up to 12 months. When you want to use the henna paste again, just thaw at room temperature for at least an hour.

SENSITIVE TO CITRUS? Mix henna powder with warm distilled water. Let the paste sit for about 30 minutes. Apply right away.

Indigo in detail

Indigofera tinctoria, has been used for centuries for a fiber dye. It is one of the few plants that gave a blue dye, which was considered seductive and exclusive prior to the invention of synthetic dyes. When allowed to oxidize, it releases a blue dye that can help you dye your hair shades of brown to jet black when used with henna.

Allergies to Indigo:

Always conduct a patch and strand test with any new product you are using, or products from different suppliers. Some people have an allergy to indigo powder. This can only be determined if you conduct a patch and strand test. This is very important. If you find that your scalp is itchy or burning after the application, rinse the product out of your hair immediately and shampoo to remove any residue. Consult a physician if irritation gets worst.



Misnomer

Errors with naming Indigo

Sometimes this green powder, in its natural form, is misnamed “black henna.” There is no such thing as black henna, and this is just a misnomer some companies put on their packaging. Black henna is a common name given to a chemical substance used with henna, called para-phenylenediamine (PPD), which is actually used with chemical hair dyes. It is known to cause severe irritations on the skin including blistering, burning and scarring. Some people mix henna with PPD and call it black henna. There is no such thing as black henna!

When purchasing indigo powder, it should be green and smell like hay or frozen peas. Some boxes with “black henna” labels are real indigo, while others contain chemical compounds and **PPD**.

To see if you have real indigo powder, just mix a little bit with water into a thick paste. Leave it on a paper towel for 10-15 minutes. If the paste has turned dark blue with a coppery sheen, it is natural indigo powder. If it is anything else, it's not indigo.

Indigo powder gets mixed right before application to the hair, and it cannot be stored. It is best to mix exactly what you need according to your hair length. Just like henna, indigo needs 24-72 hours to oxidize.

Mixology of indigo

How to prepare indigo for hair

- Measure the amount of indigo required for your hair.
- Mix the indigo powder with water until it is the consistency of pancake batter or stirred yogurt (approximately 250 mL for every 100 grams).
- Let the indigo sit for 10 minutes in the bowl.
- While you wait the 10 minutes... Cover the floor with protective paper, or old sheets. Wear an old button down shirt, or plastic cape to protect your clothes. Divide your hair into workable sections.
- Mix the indigo paste with the henna paste using the recipe for your hair type.

FOR JET BLACK HAIR: First apply the henna mixture to your hair, as directed in How to mix and apply Henna for hair. Then, mix and apply indigo as directed above.

LEFT OVER PASTE? Indigo dye is perishable, and loses its dye quality. You cannot store left over indigo paste, so be sure to only mix what you need.

Cassia in detail

Cassia obovata, is a green powder that looks similar to henna powder. It is an excellent conditioner making the hair thick and glossy, while also helping with dandruff. Cassia contains chrysophanic acid, which is a yellowish crystalline substance. This substance, known as an anthraquinone, is insoluble in water, which is why cassia will not give a dye when mixed with just water. However, when mixed with hot, organic liquids, the yellowish dye is released.

Cassia is often labeled as “neutral henna.” There is no such thing as neutral henna, and this is just another misnomer for the product. If you see a box of “neutral henna” it is most probably cassia or a combination of cassia and henna. Cassia for hair is called Cassia obovata



Mixology of cassia

How to prepare cassia for hair

Conditioning Treatment:

- Measure the amount of cassia required for your hair.
- Mix the cassia powder with warm water until it is the consistency of pancake batter or stirred yougurt (approximately 250 mL for every 100 grams).
- Let the cassia sit for 10 minutes in the bowl.
- While you wait the 10 minutes.... Cover the floor with protective paper, or old sheets. Wear an old button down shirt, or plastic cape to protect your clothes. Divide your hair into workable sections.
- Mix the cassia paste with other natural dye pastes using the recipe for your hair type.

Golden Tones Natural Dye Treatment:

- Measure the amount of cassia required for your hair.
- Mix the cassia powder with warm lemon juice until it is the consistency of pancake batter or stirred yougurt (approximately 250 mL for every 100 grams).
- Let the cassia sit for 12 hours or overnight in the bowl.
- Section your hair and apply the cassia paste. Leave in your hair for at least 4 hours

LEFT OVER PASTE? Cassia is perishable, and loses its dye quality. You cannot store left over cassia paste, so be sure to only mix what you need.

Amla in detail

For centuries, women have been using amla to promote healthy, glowing skin and hair. Amla is an excellent way to increase volume, boost curls, as well as a natural facial scrub and toner. It helps with the uptake of other dyes, but does not have a dye itself. When used regularly, amla powder helps maintain strong, healthy hair. When used in combination with henna, it helps to tone down the redness of henna, while providing a deep conditioning treatment.

Amla can also be used on the skin as an exfoliant or as a facial mask. For daily skin cleansing, just mix with warm water and gently apply to the face in circular motion. As a facial mask, mix amla with warm water, let it sit for 10 minutes, then apply an even layer on the face. Wait until the mask dries, then rinse with warm water.



Mixology of amla

How to prepare amla for hair

- Measure the amount of amla required for your hair.
- Mix the amla powder with warm water until it is the consistency of pancake batter or stirred yogurt (approximately 250 mL for every 100 grams).
- Let the amla sit for 10 minutes in the bowl.
- While you wait the 10 minutes... Cover the floor with protective paper, or old sheets. Wear an old button down shirt, or plastic cape to protect your clothes. Divide your hair into workable sections.
- (optional) Mix the amla paste with other natural dye pastes using the recipe for your hair type.
- Apply and leave in your hair for 30 minutes (conditioning) or at least 4 hours if using other natural hair dye products.

LEFT OVER PASTE? Amla is perishable, but can be stored in the fridge for up to 6 days. Left over paste should only be used for facial and exfoliating purposes.

Proportions

Using different products for your recipe and how to mix them for applications

- Prepare the henna as directed, about 12-24 hours before you are ready for application.
- 15 minutes before you are ready for application, prepare the cassia, amla, and/or indigo.
- Mix the henna with the cassia, amla or indigo mixtures. Blend the pastes together.
- Pour the paste into a carrot bag or plastic applicator bottle.
- Apply the mixture to your hair. Start at the scalp and gradually work your way into all of your hair.
- Start at the back of the head and work your way forward.
- Wipe away excess from the skin and loosely tie your hair.
- Once you have covered all of your hair, cover it with a disposable shower cap (or plastic wrap).
- Leave the mixture in your hair for 4-12 hours, overnight, or however long you have determined from your strand test.
- Remember, natural hair care requires time, so multiple applications may be required.

Ready to dye

How to prepare for natural hair dye applications

Before you begin:

- Read through all the instructions and have all supplies on hand.
- Do a patch and strand test 24 hours before application to make sure you do not have any allergies.
- Wash and dry your hair. Natural hair dye and products work best on clean, dry hair.

Supplies:

- Products: henna, indigo, amla, cassia
- old sheets or towels or newspapers to lay on the floor
- glass or ceramic bowl
- stainless steel or silicone or plastic spoon/spatula
- a carrot bag, ziplock bag, or squeeze bottle for application
- (optional) hair dye application brush available at your local beauty supply store
- Pins or clips to section your hair
- Gloves to protect your hands
- paper towels or old towels to clean up
- lemon juice and/or distilled water (depending on your recipe)
- plastic shower cap or cling film (saran wrap)
- (optional) an old large t-shirt or towels to protect your pillowcase if leaving products on overnight

Time to apply

How to prepare for natural hair dye applications

- Prepare your products as directed.
- Section your hair into workable sections.
- Protect your floors and furniture with old towels, sheets or newspapers.
- Using your applicator of choice (bottle, bag, brush, etc), start applying the products to your hair, starting at the back of your head, working forward.
- Apply the paste from your roots to tips. Because these are natural products, they can touch your scalp without harming you.
- Work each section from root to tip.
- Once your hair is covered with the product, pile your hair on top of your head and cover with a plastic shower cap or several pieces of cling film. Press the cap or cling film to your hair so they stick. Make sure your head is wrapped completely. This helps the heat and moisture stay in, which helps henna develop a rich shade.
- Wipe away any product from your forehead or ears with a towel.
- Relax now until it is time to wash out the product.
- Rinse your hair with water until all the product is out and then shampoo/condition as usual.

Leaving the product in overnight: Protect your sheets and pillows with old sheets and towels. Use an old t-shirt and stretch it over your pillow to protect it when your are sleeping at night.

Quick tips

Some things to keep in mind

Strand test:

Take some hair from the back of your head or from your hair brush. Prepare your products as instructed (prepare only a small amount of perishable products for your strand test). Wear gloves and apply the product to your strand. Cover the strands with plastic wrap and leave the product on for the recommended time. Wash the product out when the time is up to reveal the stain. If you are happy with the results, go on and do a full on application, otherwise, adjust your recipe and times.

- Some synthetic/chemical dyes react with the henna, so make sure you do a strand test on pre-dyed hair to make sure there are no reactions. It is better to be safe than sorry.
- Henna is GOOD for your hair. It conditions the hair, reduces dandruff, and protects your hair from UV damage. Henna, cassia and amla makes your hair healthy, conditioned, and shiny.
- Do not be stingy with the mix. Thicker, longer applications mean richer, deeper stains
- Wear gloves at all times, because the henna will stain your hands.
- The stain needs to oxidize over a time period of 12-72 hours. Be patient and do not panic.

Henna tips:

•Do not add any oils, eggs, mayonnaise or other products to your henna paste. Use only lemon juice. Adding water to your henna for hair will dry out your hair, and will give you a dull stain. If you have a sensitive scalp, replace half the lemon juice with strong brewed black tea. Henna, cassia and amla makes your hair healthy, conditioned, and shiny.

Frequently asked questions

Answers for Natural Hair Dye Apprehensions

Will henna make my hair fall out?

Henna will not make your hair fall out! That is a common misconception people have, but it is false! Some people who dye their hair with henna notice increased shedding. This is because of two reasons. One--there is noticeable shedding if your hair was lighter, and you have dyed it with henna. This makes your hair darker, and you begin to notice the shedding of your hair. Each day, everyone sheds between 75-200 hairs. A darker hair color makes this shedding more visible.

Another reason one may notice increased shedding is after the first application, you are strengthening your hair. The hairs you notice would have loosened into your hairbrush or shower. These are just your weak hairs falling out, as henna cannot cause additional healthy hair to fall out. On the other hand, you may actually notice less shedding after multiple henna applications. Henna thickens and increases volume in the hair by giving it strength. It protects the hair shaft and follicle, promoting healthy and strong hair.

Frequently asked questions

How long will the color last?

Henna bonds to the keratin protein in your hair, so it does not fade away. The color will last as long as you have hair. The stain you get after 4 days from application is likely to stay the way it is. There is no safe and natural way to remove the color. You can, however, use chemicals to lift the color out of your hair. In order to prevent this situation, remember to always do a strand test. With repeated applications, your stain will get deeper and richer. Indigo does tend to fade away a little bit over time and washing.

What if it's too red?

If you do a strand test, you will be able to determine how long you need to leave the paste in your hair. If after the strand test it is too red, do another strand test and keep the paste in for less time.

Will I get oily hair after henna applications?

You may notice a few days after your application that your hair seems to get oily very quickly, especially if you are using henna for the first few times. This is because henna is actually cleansing your scalp because it has an astringent property. The henna treatments are removing buildup you may have from years of using waxy shampoos, conditioners and hair products.

Because henna has cleaned out your hair follicle, your scalp is beginning to “neutralize” and secrete more oils for your follicle. This is why it seems that your hair is oily. It is because your follicles are now balancing themselves out and your hair is restoring its balance as well. Bottom line is that henna does not cause your hair to be oily; it just removes years of buildup that your follicles were hanging on to.



HaIR Dye CHaRT

DATE	RECIPE	# HOURS OF TREATMENT IN HAIR	OIL TREATMENT	I FEEL _____ ABOUT MY RESULTS	HAIR GROWTH	MY HAIR FEELS.....	NOTES

Connect with us



WEB

www.HennaArt.ca

info@HennaArt.ca

Blog.HennaArt.ca



PHONE

1-888-320-5022



SOCIAL

FACEBOOK:

<http://www.facebook.com/hennaart.ca>

INSTAGRAM:

@HennaArtCanada



Thanks for reading

**GOOD LUCK ON YOUR NATURAL HAIR DYE
JOURNEY**