



Mehandi Henna for Hair Tapdancing Lizard™

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Dye your hair black with natural henna and indigo



Figure 1: Dye your hair as black as your cat with henna and indigo

You can dye your hair beautiful black, and cover your gray hair to black with pure henna and indigo, without para-phenylenediamine or any other chemicals! This is white hair dyed with henna, a combination of henna and indigo together, and indigo over henna.

Gwyn (above) has frizzy brown hair. The henna/indigo process relaxes her curls, and makes her hair as glossy, sleek and black as her kittens! You can use body art quality henna and indigo from mehandi.com over synthetic dyes and chemical processes, and you can use chemical processes over henna and indigo from mehandi.com. Mehandi.com sells only pure dried smashed plants, with no chemicals.



Figure 2: White hair, dyed with henna, dyed with a mix of henna and indigo, and dyed with indigo over henna

Henna is a plant which has a red-orange dye molecule and works in a mildly acidic mix. Indigo is a plant that has a dark blue dye molecule and works in a mildly base mix. If you dye white hair with henna, you'll get a coppery red. If you combine henna and indigo in the same mix, it will dye hair brunette colors. If you dye hair first with henna, rinse it out, and immediately dye over that with indigo, you will get beautiful black results! There is no para-phenylenediamine in these mixes, no ammonia, no peroxide, nothing but pure body art quality powdered dried plant leaves, water and lemon juice. These colors are permanent.

Here's how to dye hair black using pure body art quality henna and indigo, with no chemicals:

Wash and dry your hair. You can see here that Jessica has about 2" of blonde roots and the rest of her hair has been dyed black with para-phenylenediamine synthetic dyes. You can safely apply body art quality henna and indigo over dyed, bleached, and chemically treated hair. Although you can apply synthetic dyes, bleaches and treatments over body art quality henna and indigo, because there are no metallic compounds in body art quality products from www.mehandi.com and www.blackcatredcat.com, the results may be unpredictable! Test first! The resulting color may not be what you are hoping for!

The night before you want to dye the hair, mix henna with enough lemon juice to make a paste as thick as mashed potatoes. Let that sit over night for dye release. Stir in enough water into the mix to make it as thick as yoghurt.



Figure 3: Jessica's blonde roots and synthetic black dye

Wash your hair and dry it. Comb your hair so you can section it easily.



Figure 4: Apply the henna THICK to sectioned hair

Put on gloves! All this will stain your hands! Apply the henna thick into sectioned hair. It is important to get a thick coating on every hair, clear down to the scalp. Henna and indigo will not hurt your scalp or your body.



Figure 5: Comb more hair down over the henna, and apply more.



Figure 6: Keep sectioning hair and applying henna until all the hair is thickly covered.

When the hair is completely covered, wipe off the hairline and ears. Wrap up the hennaed hair in plastic wrap and relax for 2 hours. Rinse all the henna out of the hair and towel dry.



Figure 7: The henna dyed the roots red.

When all the henna is rinsed out, and the hair is dry, mix up the indigo.

Mix indigo powder with water to the consistency of yoghurt. If you think you might have dye-resistant hair, throw in a teaspoon of salt. Put the indigo immediately into your hair. Do not wait for dye release from indigo.



Figure 8: Smear the indigo paste into the hair, right down to the scalp.

Section the hair and smear the indigo mix thick down right to the scalp. Wrap shoulders with a towel, and tarp the floor. Smear it in thick. This is sloppy, but it really works. Indigo paste has a grainy texture and is more difficult to get into the hair than henna. I just grab handfuls of paste and rub it into the hair.



Figure 9: Keep adding indigo to sectioned hair



Figure 10: Section and smear in indigo paste until all the hair is thick with indigo. Then, wrap hair with plastic wrap

When all the hair is sectioned, and thickly smeared with indigo paste, wrap the hair with plastic wrap, wipe the indigo off the skin, and rest for 1 hour. Rinse the indigo out of your hair.



Figure 11: Jessica's hair after the indigo is rinsed out: both the blonde roots and chemical dye areas are covered evenly

If you see a greenish tone, don't panic. It will go away in a day or two as the indigo oxidizes. Your hair will take 2 days to settle into the true color. Sometimes gray hair is resistant to dye, and you may have to do this more than once, or leave the henna and indigo on longer.

Some people find that their hair is reddish after a few weeks, because the indigo is fading. This is because the indigo dye molecule doesn't bind the same way as henna does. Indigo dyes your jeans and they fade, too. You can perk up the black between times by making a mix of 10% henna and 90% indigo.

If you like, you can do the roots only a few times between full hair applications.

Don't use indigo alone to dye your hair unless you want to be a "little old blue-haired lady".

You'll need to use both henna and indigo. How much should you use?

- 100g of each will dye short hair.
- 200g of each will dye collar length straight hair.
- 300g of each will dye shoulder length straight hair.
- 500g of each will dye waist length hair.

Don't be stingy with the mix. Thicker, longer applications mean richer color.

You can dye beards, sideburns and moustaches with henna and indigo! Do it the same way as hair.



Figure 12: Don't forget to wear gloves!

How does Catherine Cartwright-Jones know all this stuff about henna? She's doing her doctoral dissertation on henna. If you're curious about henna, her master's thesis is here:
<http://www.hennapage.com/henna/encyclopedia/mastersessay/index.html>

You can order online at <http://www.mehandi.com>, you can request a Paypal invoice by emailing info@mehandi.com, by phone at 330-673-0600





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The following are very simple mixes. Learn more about how to mix and apply Cassia, Henna, Indigo and Amla at <http://www.hennaforhair.com>, look at other people's mixes and techniques there, and ask questions on the forum!

These mixes work ONLY for body art quality products from Mehandi.com and BlackCatRedCat.com ALL of our products are body art quality!

All of these 100% pure natural products can be used over synthetically dyed and processed hair, and synthetic dyes and processes can be used over these 100% pure natural products without damage.

Complete instructions can be found at <http://www.hennaforhair.com/freebooks/hennaforhair.pdf>

If your hair is:	Use Cassia	Use ¾ cassia and ¼ henna	Use Henna	Use 2/3 henna and 1/3 indigo	Use ½ henna and ½ indigo	Use 1/3 henna and 2/3 indigo	Use Henna first, then indigo
Blonde	Glossy blonde	Strawberry blonde	Vivid red	Light brown	Medium brown	Darker brown	Black, though it make take more than one try to get complete black.
Dark Blonde	Glossy dark blonde	Coppery red	Vibrant red	Light brown	Medium brown	Darker brown; though it may take more than one application to get it really dark.	Black, though it make take more than one try to get complete black.
Red	Glossy red	Warm red	Vibrant red	Reddish brown	Medium brown	Darker brown; though it may take more than one application to get it really dark.	Black, though it make take more than one try to get complete black.
Medium Brown	Glossy medium brown	Red highlights	Auburn	Medium Brown	Medium brown	Dark brown	Blue-black
Dark Brown	Glossy dark brown	Red highlights	Dark Auburn	Dark Brown	Warm brown	Dark brown	Blue-black
Black	Glossy black	Slight red highlights	Black with red shimmer	Warm Black	Warm black	Warm black	Blue-black
Gray	Gray	Golden copper	Coppery red	Light brown	Medium brown, though it may take more than one application to get full color.	Dark brown, though it may take more than one application to get full color.	Black, though it make take more than one application to get full color

Put these mixes THICK into your hair! Don't just brush it on like synthetic dye; put it in thick like you're a child making mudpies. Section your hair and get the paste down to the scalp. Use up 100g powder in every 3" of your hair.

Cassia Obovata is a plant. The powdered leaves have chrysophanic acid and tannins, which are antifungal, and will leave your hair glossy, dandruff-free, and healthy. Cassia Obovata will not change your hair color, unless your hair is white-blonde. Cassia obovata has a low content of golden dye, but it won't show up on most people's hair. Very few people are allergic to cassia, but it can happen! Test first!

To mix and apply Cassia Obovata:

- Apply Cassia Obovata to clean, dry hair.
- Mix Cassia Obovata with warm or hot water and let it sit for 15 minutes. Add enough water to make a paste about the consistency of stirred up yogurt.
- Section your hair, and apply the Cassia Obovata paste to your scalp, and gradually work it into all of your hair.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for ½ hour.
- Rinse the paste out.

Henna, Lawsonia Inermis, is a plant. The powdered leaves have Lawsone (hennotannic acid), a red-orange dye and antifungal, and will leave your hair glossy, dandruff-free, and healthy. Henna will penetrate and dye your hair's keratin. The resulting color will be a combination of your natural color and the red-orange henna color. Very few people are allergic to henna, but it can happen! Test first!

Mix and apply henna:

- Apply henna to clean, dry hair.

- Mix henna with lemon juice, grapefruit juice, orange juice, rainwater, or other mildly acidic liquid, and let it sit for 12 hours at 75F or 24 C. Add enough liquid to make a paste about the consistency of stirred up yogurt.
- Section your hair, and apply the henna paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because henna will stain your hands orange. Carefully wipe henna away from forehead and ears, because it will stain skin orange.
- Wrap your hair in plastic and wrap a towel around that to reduce mess and increase warmth.
- Leave the paste in your hair for at least an hour, and up to 6 hours. The longer you leave the henna in, the more dye will penetrate your hair. If you put a dryer bonnet on over your wrapped hennaed hair and heat it, you'll get more stain faster.
- Rinse the paste out.
- The henna stain will darken over the next 3 days.

Indigo is a plant. The powdered leaves have a natural dark blue dye. Apply indigo after henna to dye your hair jet black. Mix indigo into henna to dye your hair brown. Very few people are allergic to indigo, but it can happen. Test first!

Mix and apply Indigo for jet-black hair:

- Apply indigo to clean hair. If you want jet-black hair, henna your hair first, then indigo your hair as soon as you have rinsed the henna out of your hair.
- Mix indigo with warm water and let it sit for 1 minute. Add enough water to make a paste about the consistency of stirred up yogurt. Many people find a spoonful of salt helps the indigo stain darker.
- Section your hair, and apply the indigo paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because indigo will stain your hands blue. Carefully wipe indigo away from forehead and ears, because it will stain skin blue.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for 1 hour. If you put a dryer bonnet on over your wrapped hair, and heat it, you'll get more stain faster.
- Rinse the paste out.
- The indigo stain will darken over the next 2 days. If there is a slight green color, that will go away in 1 day.

Mix and apply indigo and henna together for brown hair:

- Apply the mix to clean hair. Prepare henna paste as above. Let it sit 12 hours.
- Mix indigo with warm water and let it sit for 1 minute. Mix them together. The more indigo you add, the darker the brown. The more henna you add, the redder the brown. If you add a little amla to the henna mix, the brown will have a cooler tone.
- Section your hair, and apply the paste to your scalp, and gradually work it into all of your hair. Wear plastic gloves, because the paste will stain your hands. Carefully wipe the paste away from forehead and ears, because it will stain skin.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for 1 to 5 hours. If you put a dryer bonnet on over your wrapped hair, and heat it, you'll get more stain faster.
- Rinse the paste out.
- The stain will darken over the next 2 days. If there's a slight green cast, that will go away in 1 day.

Amla is a plant: Emblica Officinalis. The dried, powdered fruit has tannins, vitamin C, and is astringent. Amla adds texture, volume, wave, curl and shine to your hair. It may facilitate uptake of other dyes, but does not itself have a dye. Scrub your face and body with amla for a glowing, clean complexion. Very few people are allergic to amla, but it can happen! Test first!

Mix and apply Amla for healthy skin and hair:

- Mix amla with water in a ceramic bowl to the consistency of thick soup, and warm it in the microwave until it's hot but not boiling. Let it cool.
- Apply warm amla paste to your face and body and leave it 5 - 10 minutes, then scrub it off.
- For curly hair, section your hair, and apply the amla paste, and gradually work it into all of your hair.
- Wrap your hair in plastic, and wrap a towel around that to reduce mess, and increase warmth.
- Leave the paste in your hair for ½ hour for wavy hair, longer for curls. If amla irritates your skin, wash it out sooner.
- Shampoo the paste out.

Walnut is a plant: Juglans Nigra. The dried, powdered nut husks have a brown dye. You can add the liquid from simmered walnut husks to your henna mixture to get brunette tones. Walnut is not a very effective hair dye. Also, many people are allergic to walnuts, and may experience allergic painful reactions to hair dye with walnut powder. Do not use walnut powder in your mixture without patch testing first, and do not use it at all if you have nut allergies.

Add Ginger Root Powder to your henna if you don't like the lingering smell.

Remember: Everybody's allergic to something And no matter what it is, somebody's allergic to it. Test first!

- Don't add coffee to your mix. It smells bad, gives you're the jitters, and doesn't change the color.
- Lemon juice is your best bet for henna, but it might be too harsh for your scalp and hair. If your hair seems dry or your head itches, switch to orange juice.
- Don't add boiling water to your mix. That will make your henna will fade fast.
- Don't use vinegar or wine to mix your henna unless you can cope with a really stinky mix.
- Freeze your extra henna powder and extra henna paste. Frozen henna is food for many months.
- Do not freeze your indigo powder. That will kill it. Keep your indigo powder in a dark drawer. You cannot save leftover indigo mix. It will demise within one hour.
- Do not use terps in your mix. It doesn't help the stain in hair (only on skin) and it will give you a headache.
- **Do not use any of these products on your eyelashes or eyebrows! It's like having an eyeful of mud!**