



Mehandi Henna for Hair Tapdancing Lizard™

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Dye your hair brunette with henna and indigo!

You don't need chemicals, para-phenylenediamine, metallic salts, or ammonia

Are you allergic to synthetic hair dye? Does your scalp itch after you've dyed your hair? You're allergic to para-phenylenediamine and it'll get worse! You can dye your hair and cover gray without chemicals, just as you see in the picture below. This is white hair dyed with different proportions of henna and indigo. If you use just henna over white hair, the color is coppery red. If you use just indigo, the color is blue. If you combine henna and indigo, you will get brunette colors. If there is more henna than indigo, the color will be warm reddish brown. If there is more indigo than henna, the color will be dark brown. There is no para-phenylenediamine in these mixes, no ammonia, no peroxide, nothing but pure body art quality powdered dried plant leaves. These colors are permanent.



Figure 1: Henna and indigo combine to make brunette colors

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You can safely apply body art quality henna and indigo over dyed, bleached, and chemically treated hair. 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.

What are henna and indigo?

Henna and indigo are plants. You can learn all about henna plants at hennapage.com. You can learn all about indigo plants at indigopage.com.

Henna leaves have been used to dye hair for thousands of years in North Africa, the Arabian Peninsula, the Levant, and South Asia. Henna leaves have red-orange dye molecule, lawsone, which penetrates skin and hair and bonds to the keratin. Henna dye blocks UV so your hair doesn't become sun damaged, strengthens your hair so it won't get split ends, makes your hair glossy and shiny, eliminates dandruff and ringworm, and kills head lice and nits. Allergic reaction to henna is extremely rare. Indigo has also been used as a hair dye for thousands of years in North Africa, the Arabian Peninsula, the Levant, and South Asia. Indigo has a dye molecule which turns blue in contact with the air. Henna and indigo used in combination dye hair from warm brown to blue-black safely, without any chemicals whatsoever.

How do you mix henna and indigo for your hair?

First, mix your henna.



Figure 2: Mix henna powder with lemon juice or something else acidic.

Mix henna with enough lemon juice to make a paste as thick as mashed potatoes. Bottled lemon juice will work just as well as squeezing all those lemons. If your skin is sensitive to lemon and is itchy after using henna, use orange juice, grapefruit juice, or some liquid less acidic than lemon juice. Vinegar and wine work, but they're very stinky! Don't use yoghurt. It really doesn't do as well as lemon juice in the long run, and it'll give your dandruff something to munch on.

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Do not mix your henna with coffee. It won't change the color, and it will smell bad and give you a headache. A little clove powder may intensify the color, but may also irritate your skin.

Do not add "terps" to the henna paste as you do for body art. You are using far more henna on your hair than you'd ever use for body art, and the larger amount of terp will give you a headache and may make you nauseous.

There is no specific measure of "how much" liquid to mix with the henna, because different crops vary. Just keep pouring and stirring a little at a time until its like mashed potatoes.



Figure 3: Cover your henna with plastic wrap and let it sit overnight at room temperature. If you have to have it sooner, put it in a warm place.

Let your henna paste rest overnight at over night at room temperature, 70 F or 21 C. As your henna rests, it will release dye. The dye must be released from the plant leaf so it can migrate into your hair. This slow, acidic release will get you the best results. If you're in a hurry, put it in a warm place, but NOT a hot place! Your henna will be ready in two hours at 95F or 35C.

When you are ready to use your henna paste, stir in a little more lemon juice or a fragrant tea to make the paste about as thick as yoghurt.

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When you're ready to dye your hair, mix the indigo.



Figure 4: When your henna is ready and you are ready to dye your hair, put your indigo powder into a bowl. Stir enough water into the indigo to make a paste as thick as mashed potatoes.

Indigo has to be used immediately. Do not wait for dye release. Mix your indigo with water just before you're ready to use it. Do not add lemon juice to indigo. Just use water. To make a medium brunette color mix equal amounts of henna and indigo. You can make a warm brunette color by mixing 2/3 henna and 1/3 indigo. You can make a dark brunette color, by mixing 1/3 henna and 2/3 indigo.



Figure 5: Mix the henna paste and indigo paste together. Add some water or fragrant tea to make it as thick as stirred-up yoghurt.

How to apply the henna/indigo mix:

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Wash your hair and dry it before you put in the henna/indigo mix. Comb your hair so you can section it easily.

How much should you use?

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



Figure 6: Comb clean, dry hair and section it. You can use squeeze bags or squeeze bottles to apply the henna/indigo mix, but you can also smear it in by hand.



Figure 7: Section the hair and apply the henna/indigo mix very thick like frosting on a cake. Cover every hair clear down to the scalp.

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**Figure 8: Keep sectioning and working in the mix.
Massage the mix into the hair to make sure every hair is thickly coated.**

When all of your hair is full of mix, wrap plastic wrap around your head, clean off your hairline and ears, and let the dye migrate from the mix into your hair for 2 - 4 hours. Take a nap if you like.



**Figure 9: Wrap your hair in plastic and clean off your ears and hairline.
Keep the mix on your hair a few hours.**

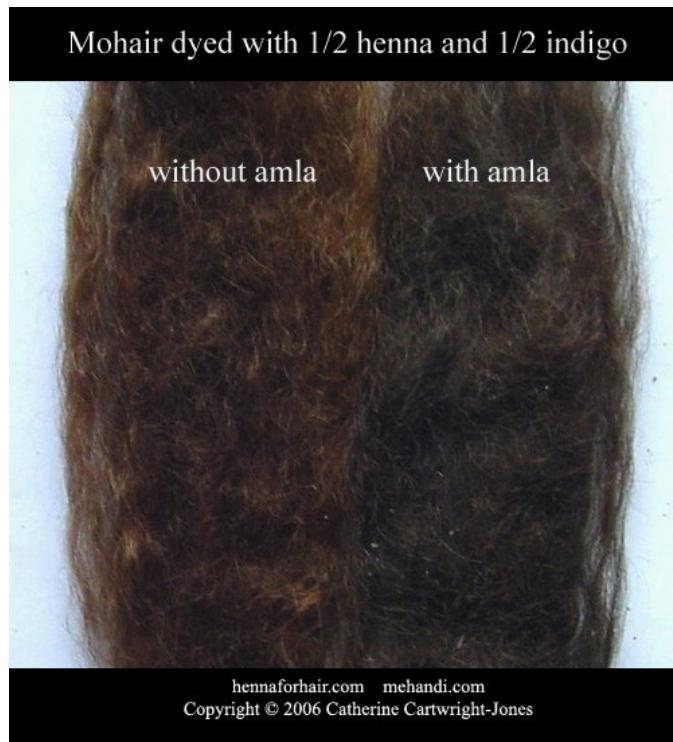
Then wash the mix out of your hair. Your hair will take 2 days to settle into the true color. If you see a greenish tone, don't panic. It will go away in a day or two as the indigo oxidizes.

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Here's how to mix henna amla and indigo for a cooler brown hair dye:

Amla is a plant that has berries with very high levels of ascorbic acid. Amla powder is dried, powdered, amla berries. You can mix amla into your henna and indigo mix to make a cooler brown hair dye.

Do exactly the same processes as in the preceding pages, except when your henna is ready to mix with the indigo, Mix 1 part amla into 3 parts henna, then stir in enough water into the mix to make it as thick as yoghurt.

When all of your hair is full of mix, wrap plastic wrap around your head, clean off your hairline and ears, and rest for 2 -4 hours. Then wash the mix out of your hair. The color will take 2 days to settle into the true color.

Mix henna and indigo to dye hair reddish brown:

Do the same as above, but use two parts henna to one part indigo.

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Mix henna and indigo to dye hair dark brown:

Do the same as above but use one part henna to two parts indigo.

Mix henna and indigo to dye hair very dark brown:

Do the same as above but use one part henna to four parts indigo.

Mix henna and indigo to make henna look less coppery red:

Do the same as above but use four parts henna to one part indigo.

Remember:

- Don't be stingy with the mix. Thicker, longer applications mean richer color.
- If you like, you can do the roots only a few times between full hair applications.
- Wear gloves because this will stain your hands.
- You can most easily rinse your hair if you run a bathtub full of water, then lie down in the water and swish your hair around. Then, rinse the rest out in the shower.

This works on beards and moustaches, too!

How do I know all this? I'm doing my PhD on henna at Kent State University. My master's thesis on henna is at <http://www.hennapage.com/henna/encyclopedia/mastersessay/index.html>.

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