



Mehandi Henna for Hair BlackCatRedCat Tapdancing Lizard™
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Catherine Cartwright-Jones' Quick Henna Mix Guide

The following are mixes for the products from <http://www.mehandi.com> and <http://www.blackcatredcat.com>. 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!

All mehandi.com and blackcatredcat.com products are 100% pure natural plant as labeled, without metals, synthetic dyes or unlisted ingredients. These 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.mehandi.com/shop/hennahow.pdf>
<http://www.mehandi.com/shop/brunette/brunette.pdf> and <http://www.mehandi.com/shop/hairindigo/black.pdf>

If your hair is:	Use Cassia	Use ½ cassia and ½ 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 5" 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 Lawsons (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, 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.
- 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: *Embllica 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, or you can add the powder to henna. 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.

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 good 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!

For single application quantities of henna, cassia, and indigo, order from <http://www.mehandi.com>

For bulk discount quantities of henna and indigo visit <http://www.blackcatredcat.com>