

Instructions - How to Apply Henna (permanent hair dye)

(Read notes below before applying)

NB: Always wear gloves and protect clothes as henna stains. Henna will not stain earlobes, forehead or neck and can be wiped off those areas after application.

1. **Mix** Henna into a thick paste (like extra thick set custard, not runny but not thick, as below) with liquid of choice which can be any acidic liquid such as lemon, apple or orange juice or even coffee or tea to release the dye known as lawsone (orange-red colour).



Henna before rest – mixture will look like mash potatoes at first. No need to try and mix until smooth at this stage. Just cover and leave to rest.



Henna after rest – once rested henna will mix into a very smooth paste when stirred, the paste will no longer be lumpy

Other herbs which are great for promoting healthy hair and growth as well as conditioning can be added to henna mix too, such as hibiscus, amla, brahmi, bhringraj, tulsi, aloe vera, neem, reetha and shikakai as you get to leave them on for a few hours to work with henna.

Henna can be mixed with manjistha powder and manjistha tea as liquid for a bright red colour as below.



Henna with manjistha powder mixed with manjistha tea

2. **Apply** to hair (washed or unwashed). Mixture can be put into a piping bag or cone but it is far easier to use gloved hands to apply with fingertips (make sure you have gloves on and plastic covering over clothes and floor!)
3. **Start** from the back of the neck upwards applying generously in sections from roots to hair ends until head completely covered and hair saturated.
4. **Wrap** hair in cellophane or any type of plastic wrap (dry-cleaning plastics are very handy for this purpose). Leave on for as long as you can but for at least 2 hours.
5. **Wash** henna out thoroughly (any shampoo will do).* Finish hair off as normal.
6. **Hair** colour will get darker and the true colour will become apparent within 2-3 days.

****If using Indigo after Henna to achieve black hair, see Indigo pack for instructions.***

Notes:

- 1) Never mix with water alone (combination of water and juice acceptable) as the dye release will not be as strong and long lasting but will still dye hair.
- 2) Mixing with coffee will give a more copper colour as it slightly tones down the red in henna
- 3) If needed urgently henna can be mixed with hot water and used within 2-4 hours but rest overnight for best results.

How much Henna to use for hair length:

Short*: 100g	Shoulder: 300g	*Hair a few inches long can use approx. 50g
Neck: 200g	Waist: 500g	

Brown Hair Using Henna & Indigo

See below two methods both resulting in brown hair using henna and indigo. There are no hard or fast rules as you can do different methods. Powders can combine together (using proportions mentioned) mix and put on or leave to develop for a while (time permitting) and then apply to hair OR, mix henna overnight for dye release and then add indigo to henna mix when ready. See both methods below:

Method 1

Mix henna as per instructions, cover and leave overnight to obtain dye release and when you are ready to dye hair, mix indigo and add the two mixtures together in line with above proportions for brown hair colour. This may give a longer lasting colour as the dye in henna was released, however both methods work.

Method 2

Combine both indigo and henna powders in a bowl (using proportions) but mix with black tea as lemon juice and apple cider vinegar will weaken indigo. Apply to hair immediately or you can leave to develop for a little while (time permitting for an hour or more) and then apply to hair in sections.

WARNING: Henna is unsuitable for anyone who is Glucose-6-phosphate dehydrogenase (G6PD) enzyme (also known as favism after the fava bean) deficient. This is a genetic condition which is common in people of Mediterranean and African origin and all known triggers are best avoided including henna. If unsure as to whether or not you have this condition, please consult with your doctor.

Experiment and let us hear from you with pictures if possible.

For more info visit www.davisfinest.com

Instructions - How to Apply Indigo Powder

(Read notes below before applying)

1. **Wear** gloves and protective clothing at all time – dye will stain.
2. **If** using Henna first, wash Henna out of hair and towel dry hair.
3. **Mix** Indigo with water to the consistency of thick custard and apply immediately (unlike Henna no need for dye release) from roots to hair ends in sections until head completely covered and hair saturated with mix (use gloved hand to apply Indigo to hair as it is very thick - no need for an applicator or cone).
4. **Wipe** off excess Indigo from forehead, ears and neck and cover hair in plastic.
(TIP: Can use dry-cleaning plastics if you frequently dry-clean clothes or just cellophane.)
5. **Leave** on for about an hour, or more, for black hair; 15 mins for light brown and 30 mins for dark brown. (NB: Gray hairs are stubborn and can be resistant to the dye (especially if dyeing for the first time) and you may want to add a teaspoon of salt to Indigo to make it take – it may take 2-3 uses before it does).
6. **Indigo** is clumpy and a lot messier than Henna when applied on its own. However, amla powder can be added to Indigo which will soften and make indigo more pliable to use and easier to wash out of hair, at the same time conditioning hair. CMC powder (Carboxy Methyl Cellulose) which is a food grade additive used in cake decoration (particularly in flower paste to make edible flowers) can also be added to Indigo powder to make it easier to use.

How much Henna and Indigo to use for hair length:

Short:	100g (e.g. 70g henna 30g indigo)	For Light Brown hair 70% Henna 30% Indigo
Neck:	200g (e.g. 60g henna 140g indigo)	For Dark Brown hair 30% Henna 70% Indigo
Shoulder:	300g (e.g. 150g henna 150g indigo)	For Medium Brown 50% henna 50% indigo (equal amounts)
Waist:	500g	

Brown Hair

To make any shades of brown for individual hair colour just remember the more henna to indigo the lighter the colour towards light brown and the more indigo to henna the darker the colour towards very dark brown.

Black Hair / Beard

Black hair colour is always a two-step process of putting henna on first, washing out and applying indigo second. After an hour hair will be black but any longer say, 1.5 to 2 hours, hair will be jet black.

Note on the rare occasions when covering stubborn brown hair or beards for a darker brown you might have to leave indigo on for up to 4 hours to get a darker colour.

Amla Powder can be added to indigo to give a conditioned less brittle finish and to bring out the colour but do not overpower indigo with amla as it can lose its dyeing capabilities. Always make sure indigo powder amount is greater i.e. 3-5 tbsp amla to 100g indigo. Just make sure you do not have equal amounts of indigo and amla for black hair as you may find that you will still end up with dark brown and not black (even with the 2-step process) because amla will weaken indigo if it is the greater portion of the two.

NB: DO NOT BE AFRAID IF YOUR HAIR LOOKS BLUE-GREEN WHILE INDIGO IS ON, THIS IS QUITE NORMAL.

WARNING!!! Never use Indigo on its own on gray/light hair unless your aim is to achieve blue hair! It will turn gray/light hair blue! Always put Henna on first and Indigo second if you have gray hair.

Instructions: How to Apply Cassia Obovata

(Read notes below before applying)

1. **Mix** powder with warm water into a thick custard/yoghurt paste. Can be applied immediately or let it rest for around 15 mins.
2. **Apply** paste to scalp and hair in sections. Hair can be washed or unwashed when applying.
3. **Wrap** hair tightly in plastic wrap.
4. **Leave** on for around 45-60mins.
If using cassia as a conditioner or to strengthen hair, the longer it is left on the more beneficial.
5. **Wash** out.

Cassia Obovata has no dye content but contains Chrysophanic acid which will colour light hair (gray, white or blond) a pale yellow colour which has the same effect as if hair dyed or tinted. However this is a semi-permanent stain and does wash out.

Because of its natural yellow stain Cassia is great for enhancing and conditioning blonde hair.

Cassia does not affect dark hair but will condition and add shine.

Cassia & Henna

Cassia can be combined with henna to give light copper red stains to bright copper red but use henna cautiously by adding a small amount of henna to Cassia until you get desired colour as henna is very dominant.

Add a small amount of henna/indigo combination mix to Cassia mixed with any acidic liquid to get ash brown tones.

It is always advisable to test a small area before applying to save disappointment.

Experiment and let us hear from you with pictures if possible.

For more info visit www.davisfinest.com.