



Mix up and Blend!...DIY holistic and beauty product supplies

Henna, Indigo, Cassia Information Sheet

Henna (reds) or Indigo (black to dark brown) Hair Colourants

Both of these beautiful natural colourants will lead to a significant change of hair colour and also act as a strengthening and protective treatment for the hair.

Henna comes from the plant *Lawsonia inermis*, which contain a dye molecule called Lawsone, which when processed becomes Henna powder. Henna has a natural affinity with the proteins in our hair, making it able to “stain” the colour onto the hair shaft. Henna is commercially cultivated in western India, Pakistan, Morocco, Yemen, Iran, Afghanistan, Somalia, Sudan and Libya.

Indigo also comes from the leaves of the plant *Indigofera tinctoria* which when processed was in the past used to dye blue jeans. Indigo is mainly cultivated in Asia and some parts of Africa. It can also be used to colour our Hair but it is **not advisable to use Indigo alone** as it will turn the hair bluish.

You can use Henna and Indigo on any hair colour, including grey, but it is best to assess whether your proposed colour outcome will suit your natural skin colouring etc before you go full steam ahead. You may also wish to do a strand test by cutting a piece of your hair and coating it with your intended mix, leave it for 1 to 6 hours, then wash out the mix and see the results.

Here is a colour chart to give you a rough idea of the colours, which you achieve with Henna and Indigo. **Please bear in mind, the results will depend on a number of factors:** the quality of your Henna or Indigo, the porosity (*ability of your hair to absorb what is put onto it*) of your hair, how much you put on and how long you leave it on for.

Colour Chart							
Your Hair Colour	Henna first, then Indigo	1 part Henna, 2 parts Indigo	1 part Henna, 1 part Indigo	2 parts Henna, 1 part indigo	100% Henna	1 part Cassia 1 part Henna	100% Cassia
Grey	Black	Deep Brown	Medium Brown	Pale Brown	Red and Copper	Golden Coppery	Will simply add Gloss and shine to your natural colour
Black	Black with a hint of dark blue	Warm Black	Warm Black	Black with a gentle hue of red	Black with red tones	Slight red highlights	
Brown to Dark Brown	Black with a hint of dark blue	Deep Brown	Medium to Darker Brown with slight hint of red	Medium to Dark Brown with a hue of red	Medium to Dark brown with red tones	Red Hue	
Red	Black	Deeper Brown	Medium Brown	Reddy Brown	Bright red	Warm Red	
Blonde	Black	Deeper Brown	Medium Brown	Light Brown	Bright red	Strawberry Blonde	
If your natural hair colour is very light or predominantly grey and you want it to turn Black, it may take more than one application to achieve your desired colour.							

If you use Henna and then wish to go back to chemicals to colour your hair, it may be more difficult for you to do so because the Henna may “block” your hair’s uptake of synthetic dye. So have a good read and think before you apply Henna or Indigo to your hair. Please see this article for removing Henna http://www.mookychick.co.uk/style/removing_henna.php

Henna and Indigo are natural products and should not provoke allergic reactions. However, if you do have sensitive skin, then make up the colourant mix and test on the inside of your elbow for 24 hrs. In the case of reaction, wash with full fat milk or if severe, seek medical attention.

Henna is safe to use in pregnancy, however I would advise all pregnant ladies to take extra care in their product useage during the 1st trimester.

If your hair has already been chemically processed (relaxer, perm, dyed, highlights etc) you can safely use Body Art Quality Henna within 2-4 weeks after your perm/relaxer. Make sure that you use Body Art quality Henna or Indigo from a reputable supplier, as some are not pure and contain chemical compounds which have metallic salts in them. These can react with chemicals which are still residual on the hair and cause your hair to turn a green colour, become very dry and brittle.

Henna or Indigo lasts a long time, if you are unsure as to whether to go full steam ahead, carry out a strand test beforehand, particularly if you already have synthetic chemicals e.g dyes, perms, relaxers on your hair.

Henna is Not Suitable for: G6DP Deficiency (Glucose-6 Phosphate Dehydrogenase Deficiency, Extreme Anemia, Hyperbilirubinemia, Any chronic or acute condition affecting your blood system or immune system, High Risk pregnancy please check with your GP or Nurse

Cassia is Not Suitable for Pregnancy or Lactation

Please see <http://www.renaissancehenna.com> or any other specialist Henna websites for more in depth information

Preparing your Henna or Indigo

Henna is best mixed and left overnight to achieve full dye release unless it has a very quick dye release like Moroccan Henna which takes 1 to 3 hrs. Use a little lemon juice or apple cider vinegar (both acids) to encourage dye release. To achieve the thick, creamy yoghurt like texture, slowly add hot water or a hot herbal infusion mix and a teaspoon or so of sugar, which will help to smooth the mixture.

How much to use: as a general rule: 50g for short hair, 75g for collar length hair, 100g for shoulder length hair, 300g for waist length. It all depends on the thickness of your hair and intensity of colour required.

The first Henna I did, I added 100g of Henna and the coverage was fine (I have shoulder length and very thick hair) to a hot Hibiscus Floral Water Infusion (1 cup of Hibiscus to 2 cups of water simmered for 30 mins), 1 tbs of Lemon juice, 1 tbs of Apple Cider Vinegar, 2 tbs of Fractionated Coconut, 1 tbs of Brown Sugar.

Other ingredients people use are: tea, herbal tea, citric acid, honey, egg whites, red wine, molasses, fenugreek, floral waters etc, Ayurvedic powders etc.

If you are using mixing Indigo with Henna for a darker brown shade (see chart above help you decide your mix), mix the Indigo just before you are about to apply the combined colour. **Indigo only needs about one minute for dye release (helped along by the addition of a little salt) so does not leave to be left overnight.**

Applying Your Henna or Indigo

Apply Henna or Indigo or combination mix to clean, dry hair

Section your Hair and apply in big dollops all over the head

Once finished, wrap the hair in cling film (saran wrap) and an old towel

If you are using Henna alone or a Henna/Indigo mix, leave on the hair from 1 up to 6 hrs, using a hood dryer will help speed up the process

If you are using Indigo alone, leave on the hair for 1 hour, again using a hood dryer will speed this up

Wash out, this will take some good rinsing! You can use Shampoo to help it if you choose or a cheap conditioner that you don't mind using plenty of!

Follow with a wash out conditioner or deep conditioner

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www.reviveholisticbeauty.com

0161 476 3301

info@reviveholisticbeauty.com

07903 162 041

It takes between 2 and 3 days for the colour to settle

Henna or Indigo Glosses

For a less intense effect, add 2-3 tbsp of herb to the amount of deep conditioner you would use for one application. Apply to the hair and leave on for the same amount of time you would normally deep condition.

Rinses

These are generally the most subtle form of hair colouring, Using Henna, Indigo, other Natural or a combination; add 1 part to 2 parts water. For the most intense colour, simmer in a pan for 30 mins to one hour, the longer you leave it the more intense it will be. It can also be simmered for say 1 hour and then left overnight. Add a little salt before you use, this will help to fix the dye, wet or shampoo your hair, then pour the rinse over your hair. If you want to catch it to re-put the rinse through, put a large bowl in the bath.

Cassia Obovata (also known as Senna Obovata) is a natural plant powder, which is used as a natural conditioning hair treatment. It will leave your hair feeling soft, shiny and if naturally curly, will temporarily help to loosen any coils or kinks in the curl pattern.

For those with grey, blonde or very light brown hair, Cassia may lighten your hair depending on the length of time it is left on. It can also be mixed with Henna for Strawberry Blonde or Copper tones.

Uses Full Head: Mix with warm water to make a paste (to about the consistency of yoghurt), leave for 15 mins and apply to the clean, dry hair with protective gloves on. Put a plastic cap on your hair and leave on for 1 up to 4 hrs. Wash off with conditioner.

For a full hair mask, the amount you will need, will depend on the length and thickness of your hair. For a general idea, 100g is sufficient for one application of Cassia on shoulder length, very thick hair.

Cassia can also be used to make Herbal Hair Oil or Water Infusions or a couple of teaspoons can be added to your Regular or Deep Conditioner.

Whilst Cassia is natural, if you do have concerns regarding allergic reaction, please carry out a test patch by mixing a little of your paste and apply to the inside of your elbow for 24 hrs prior to full use.

Cassia is Not Suitable for Pregnancy or Lactation

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