



ANCIENT SUNRISE®

Troubleshooting

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Ancient Sunrise® Henna for Hair Chapter 12 Troubleshooting

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Troubleshooting:

Why Are My Cassia and Henna Turning Brownish, or Worse?

If you apply cassia or henna and the results are dingy, brownish, or blackish, there may be minerals, metallic salts, or alkalinity in your local water supply that are reacting with the quinone molecules, lawsone (in henna) or chrysophanol (in cassia). If these minerals or metallic salts are present in your keratin either through absorption through the water you use for drinking or showering, they will darken your henna and cassia colors, often to a very disagreeable shade.

If your hair test shows a muddy color, determine whether you have hard water or other mineral contaminants in your water supply. Do your tea kettle, faucets, and drains develop a buildup of minerals over time? Does soapy water scum over rather than creating bubbles when you slosh it around? Was there mineral, metal, or coal mining, or petroleum production by pumping, fracking, or extraction in your area? Minerals, metallic salts, and ions may have leached into your water system from manmade and natural sources. Your water district may be providing water that is harmless and safe to drink, but which has compounds that will interact with henna and cassia.¹

If hard or alkaline water² has left residue on the surface of your hair, or bound into your keratin, it can be removed with Ancient Sunrise® Rainwash. Rainwash contains citric acid, ascorbic acid, and xanthan gum which will dissolve and precipitate out the minerals from your hair. Even if henna and cassia are not browning from dissolved minerals in your water, a Rainwash treatment will make your hair softer by removing hard water residue.



¹ Go to this link to view a map of hard water areas in the USA: <http://water.usgs.gov/owq/hardness-alkalinity.html#map>

² Go to this link to view a map of alkaline surface water in the USA: <http://water.usgs.gov/owq/alkus.pdf>

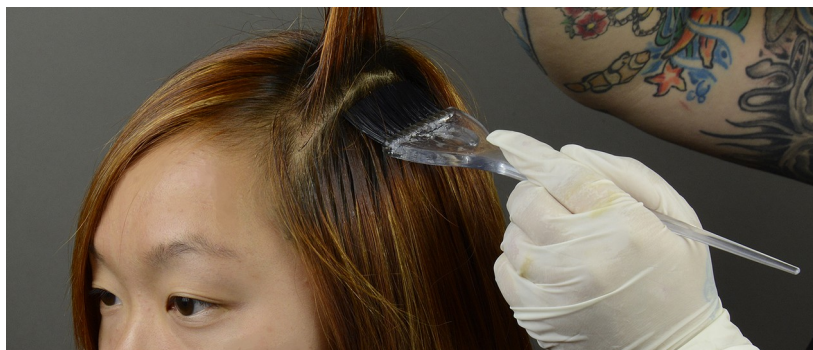
You will need to make a solution of Ancient Sunrise® Rainwash and distilled water to remove hard water residue from your hair, or to neutralize alkaline residue.



Stir five grams or one teaspoon of Ancient Sunrise® Rainwash into two ounces of distilled water if your hair is five inches long. If your hair is longer than five inches, mix more of the same proportion of Rainwash and distilled water; allow one spoonful and two ounces of water for each four or five inches of length.



Shampoo and dry hair, then section it.



Begin to paint the Ancient Sunrise® Rainwash and distilled water solution into the hair.



Section the hair into ¼" sections, to paint Ancient Sunrise® Rainwash evenly onto all the hair.



Paint Ancient Sunrise® Rainwash on both sides of the hair section down to the tips of the hair.





When all of the hair is completely painted with Rainwash, wrap the hair with plastic wrap. For your initial treatment, leave the Rainwash in your hair for forty minutes. If you smell a sulfur smell while the Rainwash is working, that would be one of the minerals being released from your hair.



If you know that your water has mineral or alkaline content that is interfering with henna or cassia, do a five minute treatment every week. Your hair will be softer, and your henna and cassia colors will not go dull.

Troubleshooting: My Hair Smells Like a Wet Dog

Some people love the smell of henna and hennaed hair. Some people absolutely hate it. Some people think it has a healthy, earthy, natural smell like a forest floor. Some people think it smells like a wet dog or a rusty iron. If you do not like the smell of henna, you can nearly eliminate that smell by adding ginger powder. Add one heaping tablespoon of ginger powder per one hundred grams of dry henna, and stir the powders together until the ginger disappears.



If you would prefer a spicy smell in your hair that masks henna, add one heaping teaspoonful of cardamom powder to one hundred grams of dry henna, and stir until the cardamom powder disappears.

If you hate the smell of indigo, add one heaping teaspoonful of instant vanilla pudding powder per one hundred grams of dry indigo powder, and stir until the vanilla pudding powder disappears.

Troubleshooting: I Itch

Many products labeled ‘henna’ contain unlabeled chemicals, additives, and adulterants that cause allergic reactions. Allergic reaction to pure henna is extremely rare but it does occur.³ Dermatologists conclude that henna is one of the safest things you can put on yourself.⁴ Symptoms of an allergic reaction to pure henna are intense itching, wheezing, shortness of breath, and welts or hives on the body. This reaction occurs within a few hours of henna application. Every batch of Ancient Sunrise® henna is tested by an independent certified laboratory for purity, and in our experience, we have found that very few people have allergic to pure henna: about one in 100,000 Ancient Sunrise® clients appear to be allergic to henna. If you have this reaction, consult your physician; your physician can determine whether you are allergic

³ Belhadjali, H., Ghannouchi, N., Amri, C., Youssef, M., Amri, M., and Zili, J. “Contact dermatitis to henna used as a hair dye” *Contact Dermatitis* 2008: 58: 182

⁴ Wolf, R., Wolf, D., Matz, H., Orion, E. “Cutaneous reactions to temporary tattoos.” *Dermatology Online Journal*, 2003: 9: 3.

to henna or if something else has caused the problem. If your physician determines by a patch test that you are allergic to pure henna, do not use henna again.

There are some allergic symptoms that may arise from contact with henna when one has seasonal hay fever. When finely powdered plant particles such as henna, cassia, or indigo are inhaled by an individual with a sensitized immune system (such as a person who suffers from hay fever), the particles may trigger the production of the antibody immunoglobulin E (IgE), which binds to mast cells and basophils containing histamine. These symptoms of sensitivity to small plant particles are watering and itching of eyes, a runny nose and itchy skin.⁵ If you have these symptoms, consider whether they may be related to hay fever. If you are experiencing hay fever, your antigen levels are very high and you may react to plant powders, such as henna, which would not normally bother you. If you react to henna when you are having other hay fever (allergic rhinitis) symptoms you might have less of a problem in seasons with fewer plant particles and pollen in the air.

If you have an itching reaction to henna, indigo, or cassia occasionally and not at other times, suspect an interaction with hay fever. When you don't have hay fever, you will probably not have a reaction to henna. A few hay fever sufferers will have mild itching every time they use henna. Some people can avoid the sniffing, eye-watering reaction to henna by having another person mix the henna or indigo powder, so they don't inhale the plant pollen and powder. If you are concerned, ask your doctor to do a patch test with pure henna, indigo, or cassia, whichever you think might be causing the problem.

Similar allergy-like symptoms may occur when one has the cold or flu, but a fever accompanies cold and flu. If you have watery, itchy eyes, a stuffed up nose, and the other symptoms of an allergic reaction to seasonal plants, a temporary sensitivity to henna may be 'piggy-backing' on a case of allergic rhinitis. If you have a stuffy nose, watery eyes, congestions, and a fever, you probably have a cold or flu unrelated to henna.

If you have itching following henna apart from seasonal allergies, you might be having a skin irritation from your acidic mix or something else you've mixed into henna. Citrus allergies are not uncommon, and they tend to be caused by the oils in the citrus peel. If peel has gotten into the crushing machine while extracting juice for bottled henna, you may itch. If you have skin irritation caused by citrus juice or citric acid, use a different acid for dye release.

If you mix coconut milk into your henna and you itch, you may have an allergy to coconut. Coconut milk can cause contact allergic dermatitis.⁶ If you suspect that the coconut milk has caused itching, don't use coconut milk in your henna mix. If you mix your henna with cranberry juice, and your skin itches, you may have benzoate sensitivity. Cranberries naturally have very high levels of benzoates. If you suspect that cranberry juice is causing skin irritation and itching, use a different mild acid to mix your henna.

⁵ Perez, R. G., Gonzalez, R., Gonzalez, M., Soloeta, R. "Palpebral eczema due to contact allergy to henna used as a hair dye" *Contact Dermatitis* 2003; 48: 238

⁶ Australasian Society of Clinical Immunology and Allergy. Coconut Allergy; National Health Service. United Kingdom. (January 12, 2010).

Ancient Sunrise® Kristalovino and Ancient Sunrise® Malluma Kristalovino, diprotic acid and potassium bitartrate are the most skin-friendly acid you can use to mix your henna. These are mild acids naturally produced in grapes and bananas, and often used in cooking.⁷

If your scalp is abraded, or has cuts and scrapes, delay applying henna until the skin heals. Ancient Sunrise® henna, indigo, and cassia are tested for purity, but they're not sterile.

Some people who have dandruff⁸ have an itching reaction when they first use henna: henna eliminates dandruff when caused by a yeast-like fungus⁹, because henna is active against fungal and yeast infections of the skin.¹⁰ The scalp may itch as the skin exfoliates after as the infected skin sheds and healthy new skin regrows.

Troubleshooting: Why Is My Urine Green the Morning After Applying Henna?

As startling as it may be to discover that your urine is greenish, a urine color change on the morning after hennaing your hair is not actually a harmful thing. It just looks peculiar. The color might range between slightly darker than usual to nearly spinach green.¹¹ This is from the unabsorbed byproducts of henna being flushed out of your body through your urine. About 1% of lawsone in henna migrates from henna in hair into the blood stream. If you leave henna in your hair overnight or for a very long time, more lawsone will be available to migrate, and will have more time to migrate.

If you have hennaed your hair and otherwise feel healthy but pass green urine, you're probably fine. Eating asparagus may also cause your urine to turn green. If you have green urine from a urinary tract infection, you'll be in a great deal of pain and feel terrible, and you should consult your physician.

Troubleshooting: I Don't Have Enough Time

Henna is most effective when done with the slow, traditional processes. Women applied their henna in the hammams where women enjoyed having the whole day visiting with their friends,

⁷ For a comparison of acids, see Chapter 6, Henna and Acidic Mixes

⁸ Truss, C. O. 1981. "The role of *Candida albicans* in human illness." *Orthomolecular Psychiatry* 10, 228 – 238

⁹ Rahiman, F. A., Mahmad, N., Taha, R. M., Elias, H., Zaman, F. H., 2013. "Antimicrobial properties of *Lawsonia inermis* syn. *Lawsonia Alba* in vivo and in vitro." *Journal of Food Agriculture and Environment* 11, 523-504,

¹⁰ Berenji, F., Rakhshandeh, H., Ebrahimipour, H., 2010. "In Vitro studies of the effects of henna extracts (*Lawsonia inermis*) on *Malassezia* species" *Jundishapur Journal of Microbiology* 3, 125 - 128

¹¹ If your urine appears to contain blood, this is an entirely different matter, and you should contact your physician immediately; you may have an infection or you may have homozygous G6PD deficiency, an inherited genetic blood enzyme disorder. Only a physician is qualified to diagnose and treat these conditions. For more information, please read Chapter 13, Henna and your Health, Henna and G6PD Deficiency. If you know that you have homozygous Glucose-6-Phosphate Dehydrogenase Deficiency, do not use henna.

cleansing and beautifying themselves. Hammams had hot and cold baths and often had a steam room. A visit to the steam room would help henna stain more quickly, and give better color.

Ancient Sunrise® products and techniques are based on the centuries-old natural henna process to give you the best results.) The chemicals and additives which make henna ‘fast, modern, profitable, and efficient’ generally give inferior results; chemical-laden convenience foods are never as delicious and satisfying as a slow, home-cooked meal. Hair dye made fast and convenient by adding chemicals causes more trouble than time saved.

You can accelerate the dyeing process slightly by adding heat, but proceed cautiously so as not to harm yourself or botch the results. In the early part of the 20th century, henna was mixed with boiling water, or stirred in a double boiler to hurry the dye release process. Some women had unnaturally orange hair from a simmered mix and others got scalded from applying hot henna paste. If you want to reduce your henna dye release time to a few hours, put on a heating pad, or under an electric blanket, to gently, evenly raise the temperature of the paste to about 105F. Check your paste every fifteen minutes or so to see if it seems to be ready. If you forget your paste in a hot place, and leave it too long, you may ruin it.

If you don’t want to leave the paste on your head for several hours, you can warm yourself and your henna paste gently and reduce the dyeing time to a few hours. Cover your hair with plastic wrap so it won’t dry out, and find a warm place to take a nap. Nap under an electric blanket, or with a heating pad. Do not raise the temperature of your body or head to the point that it endangers your health. You can also gradually warm the paste in your hair under a bonnet hair dryer, and hasten the dyeing process.

Troubleshooting: I Missed a Spot.



If you didn’t get your application perfect, it’s easy to fix. Even redoing a whole application won’t harm your hair at all.

If you missed a spot doing two-step black, like this henna red spot left from applying indigo over henna, just reapply indigo paste to that spot within 48 hours and leave the indigo on the spot for two hours.

If you did not mix the henna and indigo pastes together evenly, you may have spotty henna red and brunette hair. If that is the case, repeat the application process; stir the henna and indigo together more thoroughly.

If gray roots are still showing in a place or two, just reapply your mix to that spot and leave it on for a few hours.

Troubleshooting: I Want to Slightly Change My Hair Color

You can adjust your hair color slightly to the red or to the brown if you make a gloss with henna, henna and indigo, indigo, and conditioner. The chemistry of these mixes using conditioner will not facilitate dye uptake, but if a barely perceptible adjustment is what you want, then a gloss may work for you.

If you want more of a change in color, you can re-dye your hair at any time. Additional applications of henna will not harm your hair: it is not necessary to let your hair ‘rest’ as may be recommended with oxidative chemical dyes.



If you need to tone down the redness of your hair, an indigo gloss may make the difference that you want. It is not unusual for some indigo to wash out of hair, just as indigo fades out of blue jeans over many washings. Indigo does not bind to hair as readily as henna. An indigo gloss may refresh the color slightly without taking up the time of a complete re-application. To make an indigo gloss to darken your hair, you will need a brush, a measuring cup and spoon, water, and hair conditioner.



Add some water to the indigo powder, and stir into a paste.



Add a quarter cup of conditioner and stir it into the indigo so the mixture is smooth and creamy.



Catherine's light brown and gray hair was dyed black with the two-step henna and indigo. Her hair had lost some of the blackness after many shampoos. She asked Maria to mix and apply an indigo gloss to refresh the color without doing an entire two-step application.

Maria mixed the indigo, water, and conditioner, and began to comb it through Catherine's freshly shampooed hair. Gloss may be applied over either dry or wet hair.



First, Maria combs the indigo gloss through Catherine's hair.



Then, Maria takes a handful of the gloss and begins to apply it to the rest of Catherine's hair. She strokes the gloss through the hair, and works it thoroughly into the hair.





When Maria has saturated Catherine's hair with indigo gloss, she twists up her hair, wraps it with plastic wrap, and shampoos her hair half an hour later. The blackness is refreshed!



You can mix a henna gloss by mixing two heaping tablespoons full of dye released henna paste with a quarter cup of conditioner, and apply in the same way. If you have henna paste saved in the freezer, use that.

You can mix a henna-indigo gloss by preparing a small amount of henna-indigo paste in the usual way.¹² Mix two heaping tablespoonsful into a quarter cup of conditioner, and apply in the same way.

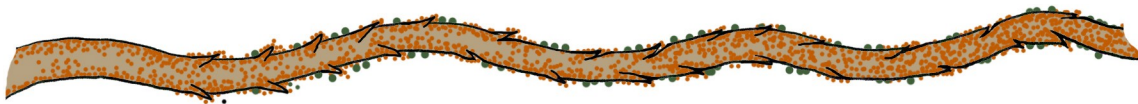
¹² For complete instructions on mixing henna-indigo paste, see Chapter 7, Mixing and Testing Your Henna Mix

Troubleshooting: My Forehead and Ears are Orange

Henna does not stain facial skin as it does hands and feet; a forehead henna stain is about the color of a freckle rather than the deep reddish brown stain you see on palms and soles. Any stain on forehead or ears will exfoliate in a day or two. If the stain is in an obvious place and you need to get rid of it quickly, apply whitening toothpaste that contains peroxide to the stain and leave it there for half an hour. Then, scrub the spot.

To avoid stains on forehead or ears, pull your hair back before you apply your henna, and apply a line of ChapStick® around your hairline and on the tips of your ears. If a spot of ChapStick® gets into your hair, it will prevent the henna from staining that spot.

Troubleshooting: My Hair Feels Dry After Henna



A diagram of hair just after being dyed with henna, indicated by orange dots, with some plant material remaining in the hair, indicated by green dots

If your hair feels dry or ‘crunchy’ after dyeing it with henna, your hair isn’t damaged, and it will return to normal in a few days.¹³ The cuticle was slightly raised by moisture and lawsone from the henna paste migrating into your hair and making it plump up stick out a bit. It will settle back down if you wash it another time or two and use conditioner. This is similar to the wrinkles that form on your fingertips when you’ve been swimming all afternoon. Those wrinkles are dead skin cells that have soaked up water and expanded. They’ll flatten back out just as the keratin scales will settle back down.

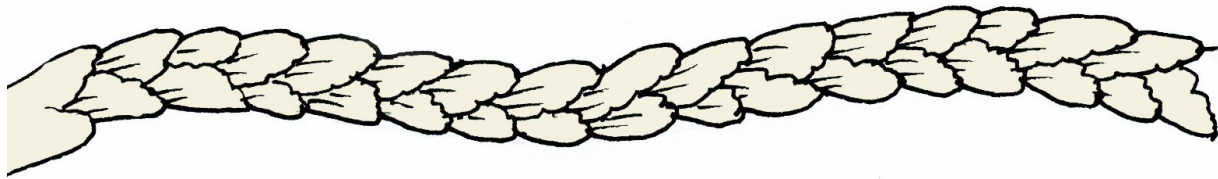
You might not have gotten all of the henna plant particles washed out of your hair. Wash it another time or two and use conditioner to help slide any remaining plant material out of your hair. This will wash away with a few shampoos. You may have some superficial lawsone left on the surface of your hair, or you may see orange running out of your hair in the shower for the first few shampoos. This is just superficial lawsone washing out of your hair, lawsone which hasn’t bonded to your keratin. As long as you have the color you want in your hair, this isn’t anything to worry about.

There are some henna products which will actually damage your hair and make it brittle: these are hennas which contain metallic salts. Ancient Sunrise® contains absolutely no metallic salts. Real henna makes hair stronger, more sleek, and makes it retain its natural water content because of the tannins in henna.

So why do some people believe that pure henna makes their hair feel dry to the touch? Hennaed hair is not actually becoming dry, it is temporarily roughed up because the cuticle has swelled,

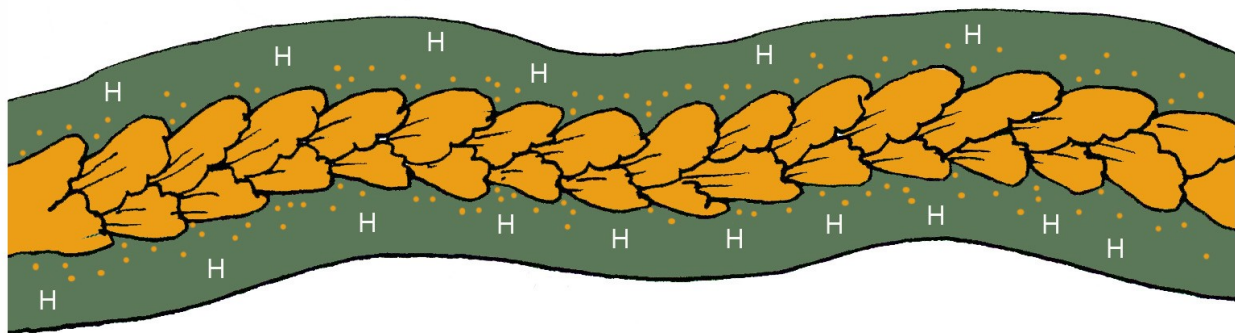
¹³ If you stroke a cat backwards and ruffle up its fur, the cat’s fur isn’t dry: it’s just all sticking out instead of lying down.

and this will go away in a few days. Water raises up the cuticle, and henna raises up cuticle by swelling the cuticle scales. When you go swimming for more than an hour, your fingertips wrinkle for the same reason: the keratin in your skin swells up after being soaked with water. Your fingertips are NOT dry, they're temporarily waterlogged.



This is a diagram of a hair with cuticle scales which are the exterior layer of the hair.

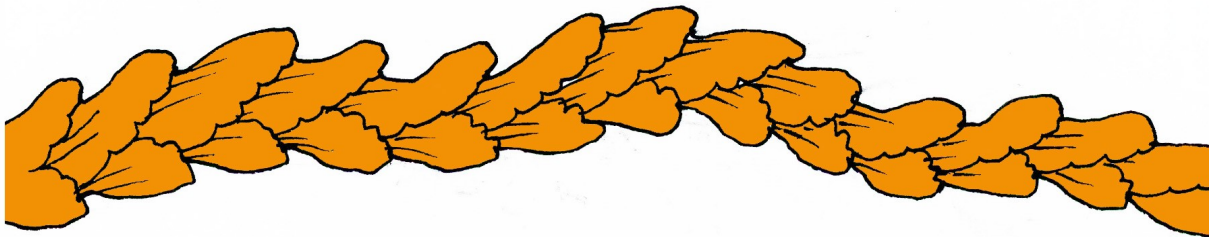
This is a diagram of the keratin scales that make up the cuticle on hair. The cuticle is the outermost layer of hair (like tree bark). Cuticle scales have varied shapes according to your own body's genetic, environmental, and metabolic ability to produce keratin. Some people have stronger, thicker, faster growing hair than others. Cuticle has little color of its own, like fingernails. The pigment of hair is from melanin in the core of the hair. Henna stains the cuticle.



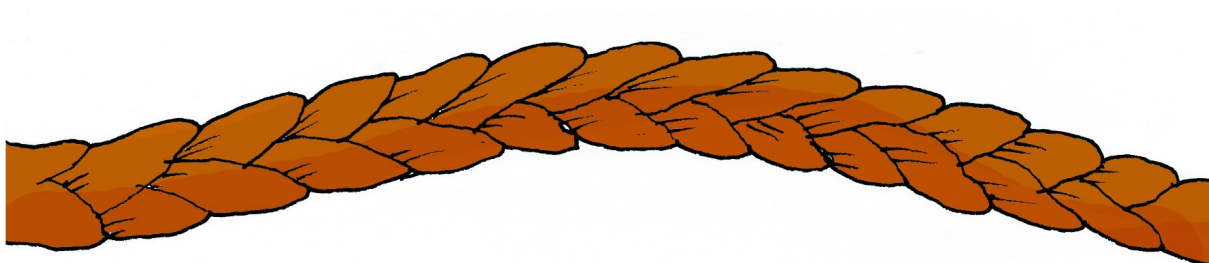
This is a diagram of a strand of hair saturated with henna paste. The H's indicate a hydrogen-rich henna paste which allows the intermediate lawsone aglycone (little orange dots) with their hydrogens intact to migrate into the cuticle scales and attach with a Michel addition.

When you mix a mildly acidic liquid with henna, the leaf will release the lawsone precursor through acidic hydrolysis. The hydrogen-rich henna paste preserves this aglycone which can then migrate into the cuticle and bind with the keratin. The cuticles swell from the moisture of the henna paste and from the dye migrating into and binding with the keratin molecules.

When you rinse out your henna, the scales are still full of moisture and lawsone, so they're puffed up. When you touch your hair, you may interpret this rough feeling as 'dry'. It is not dry. It's just sort of PHAT. You can slather it with conditioner or rinse with vinegar if this is a problem for you. Otherwise, just wait a few days.

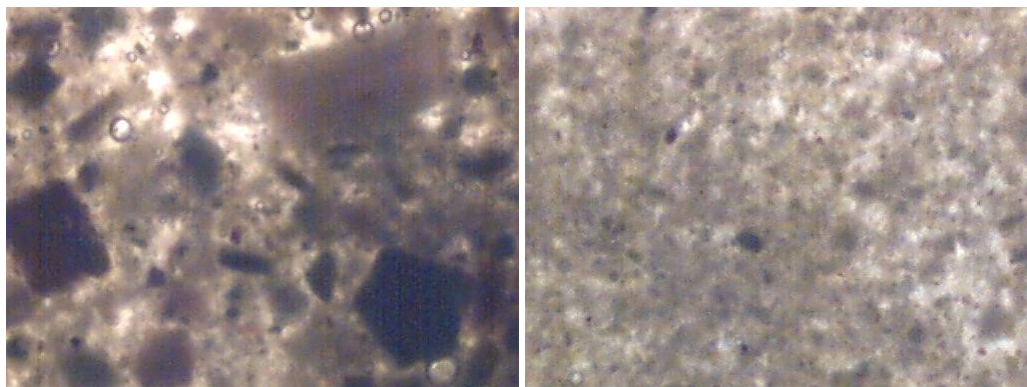


When you rinse off the henna paste, the scales are puffed up from the water, the tannin and the lawsone uptake. This puffiness may be interpreted as 'dry' to the touch.



In a few days as the stain darkens (oxidizes) the scales will settle down and your hair will feel smooth again, much smoother than ever before.

Troubleshooting: why is my henna hard to rinse out?



Many people have bits of plant scrap left in their hair after they wash out the henna if they have not used Ancient Sunrise® henna. The henna at the left is the most common bulk henna sold in health food stores in the USA at a 60x magnification. The henna at the right is Ancient Sunrise® at 60x magnification. The health food store henna is very difficult to rinse out, and you may be washing out scraps of leaf for weeks. Ancient Sunrise® is easy to rinse out, and it usually rinses clean on the first try. If you have dense hair and have a hard time showering the henna paste out,

run a bathtub of water, lay down in it, and play swamp goddess for a while. That usually soaks all the henna loose. You can shampoo immediately after rinsing out your henna paste. Some people find that stroking conditioner through their hair helps get the last of the henna paste out.

Troubleshooting: I have a headache

Some people get a headache after hennaing their hair. This is usually because the weight of the henna on hair is pressing down on the vertebrae in your neck, and causing a misalignment and pinching a nerve.¹⁴ When you have a large amount of henna, indigo or cassia in your hair, make sure have good neck support, particularly when you rest with the paste in your hair. A doctor, masseuse, or physical therapist may be able to show you neck exercises to relieve the discomfort.

Troubleshooting: My roots didn't take up enough color



People often have dye resistant roots because their hair is strong and healthy near the root. Hair that has been growing for a year, two years, or more, is often weathered like old rope. Weathered hair takes up dye much more readily than newly grown hair. Newly grown hair will take up henna more easily than it will take up indigo; roots may appear redder than the tips of the hair in a henna-indigo mix.

There are several things you can do to compensate for dye resistant roots. The first thing to try is to reapply your henna and indigo to the areas that don't have enough color, and see if that gets you to the shade you want. Once you have the color you want in the ends of your hair, it's only necessary to dye the roots and newer part of your hair as it grows in.

¹⁴ People who perform in huge hats and wigs get similar headaches.

Your hair might not take up henna and indigo if you haven't shampooed out all the body oil and hair care products. Your hair has to be as clean as possible before you dye it. If you apply oil or deep conditioning treatments to your hair, do those AFTER you apply your henna and indigo, rather than before.

If you mix one teaspoonful of salt into 100 grams of indigo, it will 'rough up' the scales of keratin slightly, and the indigo may bind to your hair more easily.



As hair grows out, it dries out and weathers like a fraying rope.



Hair that is weathered takes up dye easily. New growth may resist dye.



Indigo does not stain hair as easily as henna and the bond is not as secure¹⁵. Many shampoos after dyeing hair with a henna-indigo mix, some indigo may fade from the new growth.



After the henna-indigo two-step process, the weathered hair will retain blackness more than newer growth.

If you apply heat to your hair as you dye it, you may get better uptake. Covering your hair with plastic wrap and a woolly cap will keep your hair warm and moist, and that will help. If you need to nap under an electric blanket, that will help more. If you have a bonnet hair dryer, that may help most.

Stylists often prepare resistant hair for chemical dyeing with a 'soap cap.' This is a mixture of liquid shampoo and peroxide. This 'roughs up' the cuticle so that dye molecules can penetrate the hair more easily. If you're having a difficult time getting your henna, cassia, and indigo to stain, a 'soap cap' will help prepare your resistant hair for natural dyes too. A soap cap is structurally damaging to your hair, so use it only as a last resort.

Troubleshooting: I mixed my paste and it's too runny

¹⁵ Indigo slowly fades from hair after many shampoos just as blue jeans slowly fade after years of washing.

The only way to fix runny henna, cassia, or indigo is to add more henna, cassia or indigo powder. If you try to thicken your paste by simmering it, you will ruin your paste. If you try to thicken your paste by adding flour, you will ruin your paste.

Always have extra henna, cassia, or indigo powder on hand. Even if the extra powder is old, you can stir that in to thicken it up, and it won't ruin your paste.

Troubleshooting: I Mixed My Paste and It Is Too Thick

If your henna, cassia, or indigo paste is too thick to spread into the hair easily, just add some more liquid. Freshly mixed indigo paste may thicken in the bowl while you're applying it. If it becomes too thick to spread easily over the hair, add more water.

Troubleshooting: I Mixed My Henna, Got Interrupted, and Forgot About It

As soon as you realize you're not going to be able to apply the henna when you thought you would, put your henna in the refrigerator or freezer. You can keep your henna in the refrigerator, ready to use, for a week. You can keep your henna in the freezer, ready to use, for a year. If you accidentally leave your henna sitting out on the counter, it will still be just fine for two days.

Troubleshooting: Indigo Turned My Hair Green



Indoxyls may remain briefly unoxidized in your hair, but they'll turn the right color very soon

It is unusual for hair to be green after applying indigo, or a mix with mostly henna and some indigo. This is most likely to happen if the water in your area is alkaline and the indigo remains, temporarily, in the indoxyl state. The indoxyls will completely oxidize fairly quickly, usually within one hour, sometimes as slowly as one day.

Troubleshooting: My hennaed hair is getting too dark



Henna stained hair darkens gradually over weeks and months, even over years.

Once you have achieved the henna color you like, only henna the roots as they grow in to avoid the older growth from becoming too dark. If your local water supply is alkaline or has dissolved minerals (hard water) darkening may be more rapid. Hennaed hair can be lightened with applications of mild peroxide. It is more prudent to have several applications of a mild solution, than to use one high volume application. Always test first!

If you style your hair with a hot comb, your hennaed hair may become very dark very quickly. If you don't want your henna to darken from heat, don't use a hot comb.

Troubleshooting: I Just Hennaed My Hair and It Is Too Orange

This is the inverse of 'my henna is getting too dark.'

"Orange panic" is not an unusual reaction to one's hair just after rinsing. The best way to deal with the orange henna color before it binds and oxidizes is to be patient. The henna stains in your hair will darken over a few days, and more over a week.

If you **MUST** hurry up the process, you can use heat, alkalinity, or indigo to force the darkening, but these come with the risk of darkening too much, too quickly, which leaves you with the predicament of figuring out how to lighten the color.

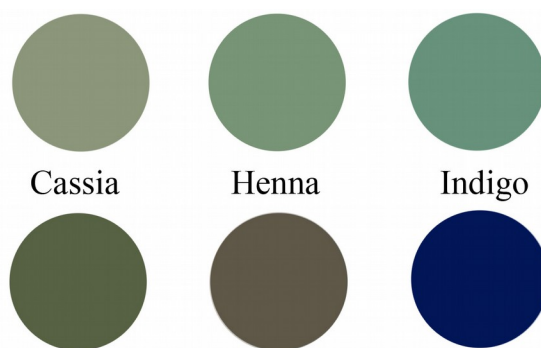
Heat will darken hennaed hair. A heat styling comb or blow dryer held close to the orange area will darken the henna. This darkening is not easily reversible, so be cautious with heat; heat styling combs and blow drying can damage hair.

Alkali can rapidly darken henna, but it can also make henna alkalize to greenish black.

An indigo gloss may slightly subdue henna which is too bright. The best solution is to wait for two weeks, evaluate the color of your hair, and then, if you feel like a brunette color would be better for you than henna red, dye your hair again with a henna-indigo mix.

Troubleshooting: I Don't Know What I Have

If you have lost track of what powder you have, add water to a little of the powder and wait to see what color it turns. If you're used to what cassia, henna, and indigo smell like, you can probably guess which one you have.



The difference in colors of cassia, henna, and indigo if you mix them with water and wait to see the color change

If you have cassia, the surface will have little change of color overnight. Cassia smells like newly mown grass.

If you have henna, the surface will turn brownish overnight. Henna smells like hay.

If you have indigo, the surface will turn dark blue in about an hour. Indigo smells like frozen peas.

Troubleshooting: I Made a Mess

If you have stained your bathtub or shower with henna or indigo, the stains will come off by scrubbing them with a scouring powder that contains bleach.

If you have stained your linoleum, apply bleach to the stain.

If your cotton pillowcase or clothing is stained with henna, wash with bleach. Henna will not permanently stain cotton unless you set the stain with heat, such as a steam iron.

Henna will stain wool, silk, and rubber. You will not be able to remove the stains without damaging the object.

Troubleshooting: I Mixed My Indigo, Got Interrupted, and Forgot About It

Once mixed with water, indigo powder rapidly loses its ability to dye. If you accidentally left it out more than half an hour, it may be useless. Get more indigo powder and start over.

Troubleshooting: my hands are orange

Henna stains palms vivid orange, and this color will probably darken and last for three weeks. Don't forget to wear gloves when you do your henna. Even prolonged soaking in peroxide and washing with a whitening kitchen scrubbing powder doesn't remove much of the henna. If your hands have saturated, dark henna stains, you're probably going to have to be patient until the stains exfoliate. The stains will last on your fingernails until they grow out.

Indigo will also stain palms, but the stains don't last as long.

Troubleshooting: I Hate This, I Want My Chemicals Back

As long as you used Ancient Sunrise® henna, indigo and cassia, you should be able to safely migrate back to chemical hair dye, but please test first!