

Example 5: Dyeing Graying Roots at Home

Jen has dark hair that is becoming gray. She dyes her hair with Ancient Sunrise® Rajasthani Twilight henna to blend away her gray and keep her hair healthy and shining.



Jen mixes her Ancient Sunrise® henna the day before, unless she happens to have some leftovers in the freezer.¹ 100g of henna is plenty to do her roots. When the henna is ready, she washes and begins to section her hair.



¹ Mix henna according to instructions in Chapter 7, Mixing and Testing Your Henna Mix



Jen sections her hair, coils it into twists, and clips the twists out of the way.



Once all of her hair is coiled and secured, Jen can begin applying paste to her roots. She works in front of a mirror to be certain that she's applying the henna evenly and not missing places.





Jen works her way carefully through all of her hair, sectioning and applying exactly as demonstrated in the previous pages.



When all of her roots are completely covered, Jen wraps her hair in plastic wrap to keep it moist.



At this point, Jen can put on a scarf that covers the wrap and do whatever she needs to do, or take a nap. Some people do this the last thing before bed and sleep in their Ancient Sunrise® henna overnight, then wash in the morning. Others leave it on a few hours. Wash out the henna with shampoo when the dyeing is done. Rinsing the paste out with conditioner will help the last bits of plant material to slide out. If a person has very long hair and rinsing in a shower is difficult, fill the bathtub with warm water and soak, pretending to be a swamp maiden. A few minutes soaking in the water will get the last of the paste out of the hair.



Ancient Sunrise® Rajasthani Twilight henna masks the gray in dark brunette hair by warming the color of the brunette, and staining the gray hair deep auburn. This leaves the hair thick, shining and glossy, with little evidence of gray.

Ancient Sunrise® Henna for Hair Chapter 9, Graying Hair and ‘Doing Your Roots’

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