



MAIWA'S

## HAIR DYE & MEHNDI

*Recipes and Instructions*

**100% NATURAL & ORGANIC**

### NATURAL DYE



While there are thousands of plants in the world that dye natural fibres, only a few processes and plants are safe to use on hair and skin.

Maiwa's natural hair dyes are 100% natural and certified organic.

This booklet gives some of Maiwa's favourite recipes for dyeing hair and for creating temporary tattoos. As with all dyeing, it is wonderful to explore the many recipes that are found all over the world.

Maiwa also has a wealth of information for dyeing all types of fibres with natural dyes. Visit [maiwa.com](http://maiwa.com) for instructions.

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## HENNA

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*(lawsonia inermis)*

Henna is a shrub native to North Africa, West and South Asia, and northern Australasia. It thrives in regions with temperatures between 35-45 degrees Celsius. It is in these parts of the semi-arid and tropical world that henna leaves produce the most dye.

Henna has been used for over 6000 years to give copper reds and red-dish browns to hair, skin, textiles, and leather. The active colouring component in henna is lawsone which is released when dried leaves are ground and a mild acid (lemon juice or vinegar) is added. The dye easily bonds with the proteins in hair and skin.

## CASSIA

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*(cassia obovata)*

Cassia (also known as “neutral henna”) grows in East Africa and India where its powdered leaves have been used in the care and colour of hair for centuries. The golden yellow of cassia comes from the anthraquinone chrysophanol. Cassia will dye pale or gray hair a golden wheat colour, however, the colour is not as permanent as henna.

The dye component is transparent and so does not make dark hair lighter—it is not a bleach. Cassia has deep conditioning qualities while also giving a golden colour.

Because some waters have an abundance of minerals and those minerals can build up on hair—there can be a reaction between the tannins in cassia and the minerals on hair that produce a dark brown or greenish black.

## INDIGO

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*(indigofera tinctoria)*

The extract derived from the indigo plant has been used to dye wools, cottons, and silks for over 6000 years. The powdered indigo leaf is also an effective hair dye which has been used in Africa, China, India and throughout the Arab world. King Darius (520 BCE) is thought to have used it, as did Bluebeard. Indigo will give dark hair a blue-black sheen and can be combined with henna—to give deep auburn browns and blacks to hair.

For dyeing hair it is best to use the dried leaves directly (not the dark-blue extract powder). The leaves are available as a finely ground, light-green powder.





## BEFORE YOU BEGIN

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*Read all notes, recipes, and instructions thoroughly*

### **ONLY USE ORGANIC HENNA**

Organic henna is the only henna we recommend for use on your skin or in your hair.

### **ONLY USE NATURAL INDIGO LEAVES** (*preferably organic*)

Do not use synthetic indigo or natural indigo powder.

### **IF HAIR STARTS GETTING DRY**

If you find these dyes are drying your hair—or they are difficult to wash out—you can pre-oil your hair with a good hair oil (like olive or argan) and leave it in prior to putting the paste on.

### **DON'T USE INDIGO ALONE ON GREY, BLONDE OR BLEACHED HAIR**

Your hair may turn green if you do. Use indigo in combination with henna for auburn to black colours on hair.

### **IF HAIR HAS BEEN CHEMICALLY TREATED**

It is recommended for chemically treated hair to wait 2-3 months before using henna or henna/indigo treatments.

Remember that henna, indigo and cassia are all plants that have their own unique characteristics depending on when and where they are grown. In addition everyone has their own unique hair chemistry. One needs to keep an open mind—it may take several tries at any recipe before you hit the colour you love. A good understanding of what each plant can do will help you to make adjustments.

In the 1990's, henna artists began to experiment with paraphenyldiamine (PPD) based dye to create jet-black temporary body art or to mix with henna to achieve a quick black hair colour. PPD can cause severe chemical sensitivities and lifelong sensitivity to coal tar derivatives including allergic reactions to perfumes, printer ink, chemical hair dyes, textile dye, photographic developer, sunscreen and some medications.

There is no “black henna” which is safe to use on skin. Often “black henna” contains PPD. Although selling products which contain PPD is banned in the west they are still widely used in tourist areas around the world. Since the reaction does not occur for 3-12 days most travelers have left the place where they had their mehndi or tattooing done and the artists are unaware of the damage.

The only safe mehndi recipes are those that use pure unadulterated leaves. The only safe “black henna” is restricted to use on hair and is made using pure unadulterated henna leaves and pure unadulterated indigo leaves.

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**ALWAYS DO A STRAND TEST**

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## HENNA RECIPE FOR HAIR

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### FOR COPPER RED TO REDDISH BROWN COLOURS

A variety of shades can be achieved by using henna alone or by combining it with indigo (see next page).

**50g henna powder** (*50g for short hair – up to 300g for waist length hair*)

**Enough hot water to make a paste** (*the consistency of creamy yogurt*)

**1 tsp lemon juice or apple cider vinegar** (*more for brighter strawberry blonde*)

**1 tbsp of ground cinnamon or ground ginger** (*optional - for scent*)

**1 tsp oil** (*olive, coconut, or almond*)

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### ALWAYS DO A STRAND TEST

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- ▶ Mix henna, hot water, lemon juice and (optional) cinnamon or ginger.
- ▶ Stir well until there are no lumps and consistency is smooth.
- ▶ Add the oil and mix well. Cover paste with plastic wrap—pressing it against the paste so there are no air pockets. Let sit for 2-4 hours in a warm place. Stir well before using. Before applying the consistency should be that of creamy yogurt or pancake batter.

- ▶ Start with dry or damp hair that has been freshly washed with neutral natural shampoo.
- ▶ Henna and indigo will dye more than just hair so be sure to cover your work area, your clothes, wear rubber gloves and put Vaseline around your hairline so you do not also dye your skin.
- ▶ Comb hair so you can section it easily. The paste can be applied using a squeeze bottle or by hand. It is best to apply to hair section by section being sure to apply right to the roots. Applying thickly and massaging into the hair is the key.
- ▶ Once your hair is covered with paste from roots to ends, wipe any excess colour from ears and hairline and cover with plastic wrap—pressing the wrap against the hair to avoid air pockets. Leave on for at least two hours and up to six hours.
- ▶ Wash out the henna paste with warm water. Do a light shampoo with neutral shampoo and a good natural conditioner. Allow henna to set up for 2-3 days before washing vigorously.

## INDIGO RECIPE FOR HAIR

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### TO GIVE BLACK HAIR ADDITIONAL DEPTH AND SHEEN

The indigo paste must be used within 15 minutes of mixing - plan your strategy!

#### **100g indigo leaf powder**

*(100g for short hair, 300g for shoulder length hair, up to 500g for waist length hair)*

**Enough warm water to make a paste** *(the consistency of creamy yogurt)*

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### ALWAYS DO A STRAND TEST

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- ▶ Mix indigo powder with warm water (do not add any lemon juice to indigo or the colour will not develop) until it is the consistency of thick yogurt. Add one tsp of salt if you are going for deep black colour over a henna base.
- ▶ Follow the procedure for henna but only leave the indigo on the hair for 1 hour. When washing just use warm water (no shampoo or conditioner). This mixture needs a day or two to oxidize before a neutral shampoo and conditioner may be used.

## COMBINING HENNA AND INDIGO

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### FOR AUBURN TO BLACK COLOURS

You can make separate pastes and combine them or you can do two separate hair treatments. For brown, auburn, or chestnut shades combine indigo paste with henna paste. Equal parts will give a mid-browns, more indigo will yield darker browns, less indigo will give softer reddish browns. Experiment to find the colour you want. For rich black shades apply indigo paste over henna dyed hair.

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### ALWAYS DO A STRAND TEST

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- ▶ If combining indigo and henna paste only leave on hair for 1-2 hours. When washing just use warm water (no shampoo or conditioner). This mixture needs a day or two to oxidize before a neutral shampoo and conditioner may be used.
- ▶ If applying henna and then indigo, you can apply indigo immediately after the henna process is done, or you can wait a few days before doing an indigo treatment.
- ▶ Remember that the indigo paste needs to be used within 15 minutes of mixing, but the henna paste needs to sit for 2-4 hours before use.

## CASSIA RECIPE FOR HAIR

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### GOLDEN WHEAT COLOURS ON PALE OR GREY HAIR

**100g Cassia powder**

*(100g for short hair, 300g for shoulder length hair, up to 500g for waist length hair)*

**Enough warm water to make a paste** *(the consistency of creamy yogurt)*

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### ALWAYS DO A STRAND TEST

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- ▶ Allow to stand in a warm place for 4-6 hours covered with plastic wrap. Apply to dry or damp hair in the same way that you would apply the henna paste.
- ▶ Keep wrapped in plastic for 2-4 hours and then wash out with warm water followed by a shampoo with neutral soap and conditioner. Remember that cassia is for adding gold tones to blonde or grey hair. You can add some henna for a strawberry blonde colour. Cassia also deeply conditions hair and adds shine and thickness. On dark hair it will not colour but it will condition beautifully.



## HENNA RECIPE FOR MEHNDI

### TEMPORARY TATTOO

*Use the same powdered henna leaves as for hair.*

*Re-sift to make the finest paste possible.*

**20g henna powder**

**1 tsp citric acid**

**1½ tsp sugar**

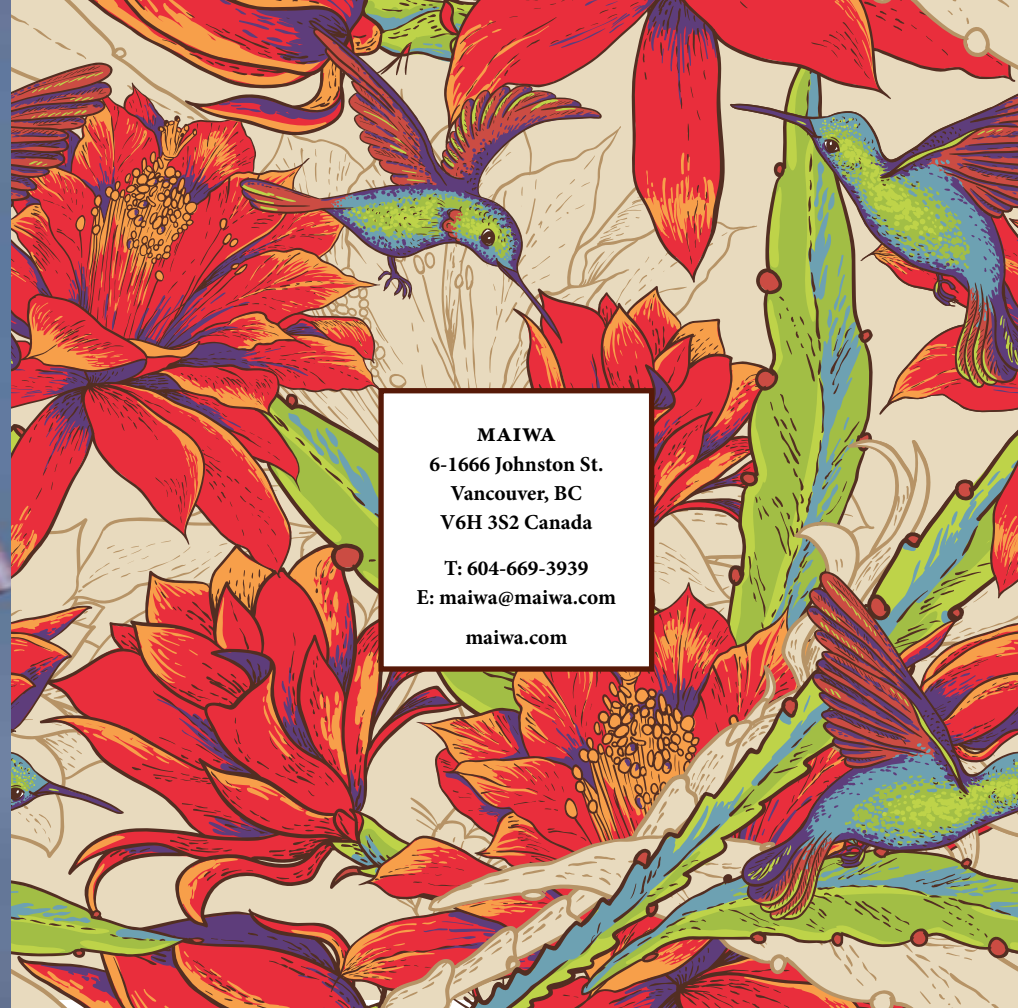
**1½ tsp aromatherapy grade essential oil**

*(lavender, cypress, cedar, eucalyptus, or tea tree)*

- ▶ Dissolve citric acid in 1/4 cup warm water. then mix henna into citric acid solution. Stir well until there are no lumps and consistency is smooth.
- ▶ Add the sugar and stir well—paste should become smooth and shiny.
- ▶ Add the essential oil and mix well.
- ▶ Cover paste with plastic wrap—pressing against the paste so there are no air pockets.

- ▶ Let sit for 24 hours in a warm place. Stir well before using. Before applying the consistency should be that of creamy yogurt. It may be necessary to add a bit of water (you may also use black coffee or black tea) to make the consistency correct for application.
- ▶ Put paste in applicator with nib and apply freehand or with stencil. Paste should be applied to clean skin that is free of oils or lotions. A warm wet towel can be used to open the pores of the skin prior to application. It is helpful to have a spray mixture of ¼ cup lemon juice, 2-4 tbsp sugar and ½ cup warm water. Shake well to dissolve. This can be sprayed on after application to keep henna from cracking and falling off.
- ▶ Leave henna on as long as possible—at least 2 hours but preferably 4-6 hours.
- ▶ When removing peel or rub off rather than washing off. Apply a little more of the essential oil with a cotton ball as this will help the henna absorb into the skin.
- ▶ Do not wash the tattooed area for at least 6 hours. This will give the darkest results.





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