



Henna Indigo Kit Instructions – Brunette Colours with Amla

Thank you for your order. We hope that you enjoy your henna and indigo colour!

Both the henna and indigo should be kept out of direct sunlight. It is best stored in a cool dark place or in a fridge.

Your Kit Contents

Henna Powder – A green powder produced from the ground leaves of the henna plant.

Indigo Powder – From indigo plant. This is also a green powder. Labelled Indigo so you don't get them mixed up!

Amla, dried Amla fruit from the Emblica Officinalis tree.

IMPORTANT! – The kit does not contain gloves. It is advisable that you wear gloves throughout. Also cover your shoulders and floor area. Henna will stain your hands, ears, neck and shoulders. Indigo will stain carpet and floors.

Using your Kit

You will also require. Gloves. Lemon Juice, Cling Film and an extra set of hands! (you can apply everything yourself however you are going to get a better result if you get a friend to help you!)

Brunette Colour Chart

Colour	Henna Required	Indigo Required	Amla Required
Cool Reddish Brown	75%	25%	25%
Cool Light Brown	50%	50%	15%
Cool Brown	30%	70%	10%
Cool Dark Brown	20%	80%	5%

The table above shows the percentages for each colour. The kit supplied comes with the henna, amla and indigo powders weighed for the colour you have chosen. The above chart will mean that you can use any spare to apply to your roots in between full applications.



Mixing and Application.

IMPORANT.....WEAR GLOVES!

1. Mix the henna powder in a non metallic bowl with enough lemon juice to make into a thick paste. Stir vigorously to make sure that all the powder is mixed. Cover and leave overnight. Then mix in water to make the paste into a more yoghurt consistency.
2. Wash, dry and comb your hair so that it can be sectioned easily.
3. Having left the henna for 24hrs it will have released its dye content. Mix in the amla powder and add more water to return back to the yoghurt consistency. Now mix the indigo powder with water to a thick paste again making sure that you have mixed it thoroughly. Immediately add to the henna paste and stir. Add water if required bringing it back to a more yoghurt consistency.
4. Immediately apply the henna/amla/indigo paste to the hair. Make sure your hair is thickly covered with the mix all the way down to the roots. When your hair is completely covered wrap in cling film and clean off any of the mix that has found its way onto your forehead, ears, neck etc.
5. Leave between 3 – 4 hours and then wash the mix out of your hair.

WAIT A MINUTE MY HAIR HAS A GREENISH TINT! – Indigo has a tendency to slowly oxidize and may give your hair a slight greenish tint in the light. This will fade in around 2 days and your hair will settle to its dyed colour.

TIPS!

Apply thickly and leave on for as long as possible. Light and quick applications will give poor results.

FREEZE all remaining paste immediately. You can then thaw it out and apply to your roots.

Wait until your Dad falls asleep and dye his beard and moustache with it...it works on those too!

If you do not have the time to wait for the henna to dye release. Try this old traditional mix. Heat up a pan of water add some tea bags, whole cloves and a 3cm square block of Tamarind. Bring up to the boil and leave to cool naturally. Strain the mix and then re-heat to a **HOT** not boiling temperature. Add to your henna and your henna will be ready to use in 45mins.