

## NEUTRAL HENNA INSTRUCTIONS

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Neutral Henna (also known as Cassia obovata, Cassia, or Senna) is used strictly for the conditioning benefits of henna, minus the coloration. However, if you leave it in longer than directed or use other ingredients, Neutral Henna might leave a subtle yellow tint. To best avoid this, explicitly follow the instructions below. Dyeing your hair with chemicals after using Neutral Henna might yield unpredictable results if you do not wait 6-8 weeks after a Neutral Henna treatment. This is because Neutral Henna makes your hair less porous and less susceptible to dyes.

### Tools:

- Mixing Bowl (wooden or glass preferable)
- Mixing Spoon (wooden preferable)
- Measuring Spoon/Cup
- Gloves (vinyl/rubber)
- Plastic Wrap -OR- Plastic Shower Cap
- OPTIONAL: Cloth Cap (beanie, ski cap, etc.)

### Ingredients:

- Neutral Henna Kit
- Filtered Water, 2 cups

### Mixing & Application

1. Put Neutral Henna powder into a mixing bowl. Stir in filtered water a little at a time while mixing, until it is the consistency of yogurt. The mixture should not drip from the spoon but should still be easily spreadable. You may not need 2 cups of water to achieve this.
2. Do not let sit. Apply immediately to your hair after mixing. Section your hair, put a towel around your shoulders. Using gloved hands, apply henna to clean, dry hair. (It can be applied to towel-dried hair but not wet).

**For visual reference, please see our video guide on applying henna:**

[www.morroccomethod.com/henna](http://www.morroccomethod.com/henna)

3. Wrap hair with plastic wrap or put on a shower cap. Optionally, put on a fabric cap over the plastic to trap body heat. The key is to keep the paste moist and warm.
4. Leave in your hair for only 1 hour. **Do not** leave it in overnight.
5. Unwrap your hair and rinse with water only. Use a drain catcher to prevent possible clogging. Use Pearl Essence Creme Rinse or a few drops of Euro Oil to aid in the henna rinsing process. The Morrocco Method Scalp Massager helps in removing the henna.
6. For optimal results, repeat monthly.