

RED HENNA INSTRUCTIONS

How to Mix & Apply Red Henna

Ingredients:

- Black Tea, 2 cups strongly brewed and cooled
- Apple Cider Vinegar, up to 3 tablespoons (use raw, unpasteurized for best results) -OR- Freshly Squeezed Lemon Juice, up to 3 tablespoons
- Red Henna Kit (1 bag of Red Henna) *
- OPTIONAL: Morrocco Method Euro Oil, 1-3 teaspoons
- OPTIONAL: Clove, Ginger, or Cinnamon, powdered 1-3 tsp (To lessen the smell of henna)

Other Liquids: Black Tea with Apple Cider Vinegar/Lemon Juice is the most common liquid used when mixing henna. However, you may replace it entirely with:

- Apple or Orange Juice, 2 cups
- Herbal Tea (chamomile, rosemary, etc.), 2 cups strongly brewed and cooled
- Filtered Water, 2 cups warmed
- Filtered Water, 2 cups warmed with 3 tbsp Lemon Juice

Mixing & Application

1. Pour Red Henna powder from packet into mixing bowl. Add clove, ginger, or cinnamon at this point to lessen smell of henna. Add apple cider vinegar or lemon juice. The more you use of either ingredient, the deeper the end results will be. However, it will also increase the time needed to release the dye and may have a drying effect on the hair and scalp.
2. Slowly add black tea to Red Henna 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 all 2 cups of tea to achieve this.
3. Add Euro Oil to mixture. Use more Euro Oil if you added a lot of apple cider vinegar or lemon juice. Do not use more than 3 teaspoons, as the oil can prevent the color from sticking.
4. Cover the bowl with plastic wrap, pressing to remove any excess air, and let sit for 8-12 hours. If a generous amount of lemon juice or apple cider vinegar were used, we

suggest letting it sit the full 12 hours. If the temperature is below 60 degrees, it may take longer than 12 hours. Check the surface for color change from the original green/olive/tan to a darker brown-red, which will signal the dye release.

5. Section your hair, put a towel around your shoulders, and apply Euro Oil to your hairline and ears to prevent skin staining. Using gloved hands, apply henna to clean, dry hair. (It can be applied to towel-dried hair but not wet).

For visual reference, visit: www.morroccomethod.com/henna

6. 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.
7. Leave mixture in hair for 1-4 hours. The longer it is left, the more dye will saturate into your hair. **Do not** leave it in overnight.
8. Unwrap your hair and rinse with water only. Use a drain catcher to prevent possible clogging. You can use Pearl Essence Creme Rinse or a few drops of Euro Oil to aid in the henna rinsing process, especially if you used a lot of apple cider vinegar or lemon juice. The Morrocco Method Scalp Massager may also help in removing the henna.
9. Do not shampoo your hair until 24 hours after the henna treatment. The full color will appear after 72 hours. This color will last 8-12 weeks.

Important Note About Chemical Dyes

Our Red Henna Hair Color is 100% pure plant dye. There are no chemicals, metallic salts, or PPD. Our henna hair color is the safest form of hair dye you can use, and it even has healthy benefits for your hair. You can safely use henna on previously chemically dyed hair, but we suggest waiting 6-8 weeks after your last dye job to allow for detox.

But if choose to continue with chemical dyes *after* applying henna, you'll need to wait 6-8 weeks until it fades. It won't "burn" your hair, which is a reaction to chemically-adulterated henna, but it can give you unpredictable results. Plant dyes don't lift easily out of your hair, leaving the end color unpredictable, and it fades faster because henna makes your hair less porous.

Going lighter cannot be done with a box dye, and the amount of developer you will need to lift the henna will damage your hair to the point where it won't take dyes well. When dyeing your hair with henna and indigo (using any of the Browns or Black), it will only lift the henna, and not the indigo, giving you green hair. The amount of chemicals you need to remove indigo from your hair will make your hair too damaged to hold any dye at all. You can, however, dye your hair the same color or darker.