



Wonky Weaver

Hair Dye & Mehndi

100% Natural & Organic



Indigo Leaf (*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.

Henna (*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 reddish 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.



Key Considerations before you begin:

Read all notes, recipes, and instructions thoroughly

- Only use organic henna powder – this should be a fine green powder
- Only use natural indigo leaves and not synthetic or natural blue indigo powder.
- if your hair gets dry, then you can pre-oil your hair with olive oil, and leave prior to applying the dye paste.
- Do not use indigo on its own on blonde, grey or bleached hair as it may turn green.
- Use indigo in combination with henna for auburn to black colours.
- If hair has been previously chemically treated or dyed, then wait 2-3 months before using henna or henna & indigo treatments.

ALWAYS DO A STRAND TEST ON YOUR HAIR TO CHECK THE DESIRED RESULT

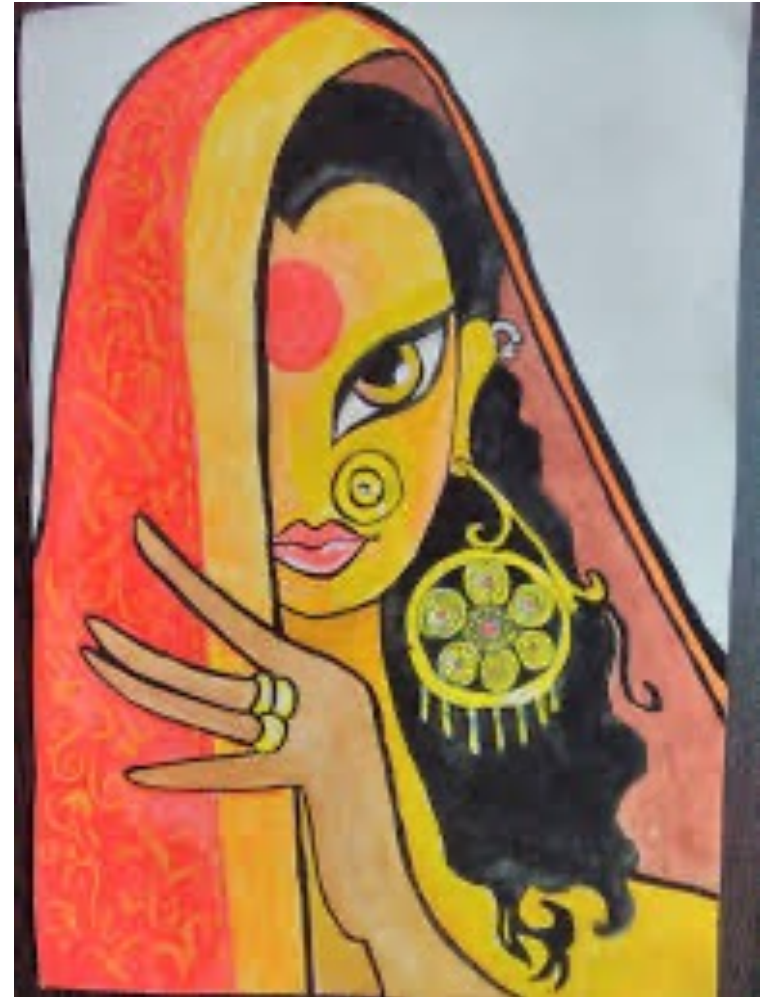
Please note that henna & indigo are plants that have their own unique characteristics depending on when and where they are grown.

Our hair and skin also has it's very own unique make-up, so always be patient when trying natural dyes. It may take a few attempts before you reach your desired colour shade

Our henna is a natural product and not to be confused with “black henna” (also known as paraphenyldiamine (PPD)) which can cause chemical sensitivities to the skin.

The only safe mehndi recipes are those that use pure unadulterated henna 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.





USING HENNA FOR REDDISH BROWNS TO COPPER SHADES

- **50g henna powder** (*50g for short hair – up to 300g for waist length hair*) **Enough hot water to make a paste** (Mix to create *the consistency of creamy yoghurt*)
 - **1 tsp lemon juice or apple cider vinegar** (*use 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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- ▶ 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.



USING INDIGO LEAF FOR ADDING SHEEN TO BLACK HAIR

- **100g Indigo Leaf Powder** (*100g for short hair – up to 300g for shoulder length hair*), up to 500g for waist length hair
 - **Enough hot water to make a paste** (*Mix to create the consistency of creamy yoghurt*)
- ▶ 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 INDIGO LEAF & HENNA FOR AUBERN TO BLACK COLOURS

You can make separate pastes and combine together or you can do two separate hair treatments.

For brown, auburn, or chestnut shades combine indigo paste with henna paste. Equal parts of each will give a mid-browns, more indigo will yield darker browns, and less indigo will give softer reddish browns.

Please experiment and test out to find the colour shade you desire. For rich black shades apply indigo paste over henna dyed hair.

- ▶ 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.



20g henna powder
1 tsp citric acid
1.5 tsp sugar
1.5 tsp aromatherapy grade essential oil (*lavender, cypress, cedar, eucalyptus, or tea tree - optional*)

MEHNDI (temporary tattoos)

- ▶ 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 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 1/4 cup lemon juice, 2-4 tbsp sugar and 1/2 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