

## NATURAL HAIR DYES GUIDE



This guide provides tips and advice on natural hair colourings. You can now prepare your own **home-made hair colourings** by mixing various **henna powders** and 100% natural plants. Plant-based colourings help obtain extremely varied hair colours : strawberry blond, light chestnut brown, deep chestnut brown, deep reddish-brown, flamboyant ginger, dark brown or black... You can even cover up your white hair.

More than a simple plant-based colouring, you will be offering your hair a natural conditioning treatment thanks to the many properties attributed to our coloured powders !

With 100% plant extracts and obtained from dry plants, Centifolia's henna are pure and additive-free

### [HENNA DEFINITION](#)

"Natural" henna is a plant-based colouring agent drawn from the dried leaves of an odoriferous plant : *Lawsonia Inermis*, which belongs to the *Lythraceae* family. "Natural" henna mostly originates from the Indian and North-African sub-continent and grows in the form of large bushes or small trees in hot and dry climates. It has been used for thousands of years to dye fabric as well as hair and is even used as body paint. The orangey-red molecule called Lawsone is extracted from the leaves and is sold in the form of a powder, used to make a paste. "Neutral" henna also exists, drawn from the *Cassia Obovata* plant, that belongs to the *Cesalpiniaceae* family. Good to know: it does not actually dye the hair, it simply tones and strengthens it. Il existe aussi des poudres tinctoriales à utiliser seules ou en association avec du henné afin d'obtenir une coloration naturelle. (Exemple : henné noir = henné naturel + indigo). Coloured powders can also be used, by themselves or combined with henna, to obtain a natural dye. (Exemple : black henna = natural henna + Indigo + Amla). The natural dye envelops the hair and creates a protective sheath around it. The plant's pigments only settle onto the hair's external layers (as opposed to chemical dyes) and the colour fades away gradually without any demarcation or contrasted roots.

## HOW TO CHOOSE YOUR HENNA ?

Below you can see the colour and highlights you can obtain using the following henna dyes (1)

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NATURAL HAIR COLOUR WITH NO WHITE HAIR	HENNA DYES				
	NATURAL HENNA	NEUTRAL HENNA	BLOND HENNA	CHESTNUT BROWN CAMEL HENNA	BLACK HENNA
GINGER	*	***	*	Deep reddish-brown	Deep reddish-brown
BLONDS	Bright copper-colour	***	Golden blond	Light chestnut brown	**
LIGHT CHESTNUT BROWNS	Copper-brown	***	Golden brown	Deep chestnut brown	**
DEEP CHESTNUT BROWNS	Copper-brown	***	*	*	Dark brown
DARK BROWNS	Dark brown with copper highlights	***	*	*	Very dark brown
BLACKS	Black with copper highlights	***	*	*	*

\* \* Does not colour hair, simply enhances natural highlights \*\* We do not recommend you use this product pure \*\*\* Does not colour hair but strengthens it, makes it shine and tones it (1) For reference only

## HOW TO CHOOSE YOUR DYE POWDERS ?

Below you can see the colour and highlights you can obtain using the following coloured powders (1) :

NATURAL HAIR COLOUR WITH NO WHITE HAIR	COLOURED POWDERS								
	INDIGO	WALNUT STAIN	CHAMO-MILE	RHAPONTIC	MADDER	LOGWOOD	AMLA	BRAHMI	TURMERIC
GINGER	**	Deep reddish-brown	Golden red	Golden red	*	*	*	*	*
BLONDS	**	Chestnut brown	Golden blond	Strawberry blond	Copper-blond	Copper-blond	Chestnut brown	Dark blond	Yellow ochre
LIGHT CHESTNUT BROWNS	**	Deep chestnut brown	Golden brown	Golden brown	Copper-brown	Copper-brown	*	Chestnut brown	Chestnut brown ochre
DEEP CHESTNUT BROWNS	**	*	*	*	Copper-brown	Copper-brown	*	*	*
DARK BROWNS	Very dark brown	*	*	*	Dark brown with copper highlights	Dark brown with copper highlights	*	*	*
BLACKS	*	*	*	*	*	*	*	*	*

\* Does not colour hair, simply enhances natural highlights \*\* We do not recommend you use this product pure (1) For reference only

## PREPARATION AND APPLICATION

In a large bowl, gradually add the warm water to the powder so you get a relatively thick paste. Make sure you do not use any metal utensils. Let the mixture stand for 1 or 2 hours before applying it, covered by a plastic film, so the colour has a chance to develop - except for indigo which must only be added at the last minute. Recommended quantities (for reference only)

	<b>Powder</b>	<b>Water</b>
<b>Short hair</b>	50 to 100 gr	100 to 200 ml
<b>Shoulder-length hair</b>	150 to 200 gr	300 to 400 ml
<b>Long hair (half-way down the back)</b>	200 to 250 gr	400 to 500 ml
<b>Very long hair (hips)</b>	300 to 500 gr	600 to 1000 ml

Apply a thick layer of the mixture to unwashed hair, strand by strand. Once the mixture has been spread out properly, wrap your hair up in a plastic film and let it sit. Waiting time can vary according to hair porosity and colour, as well as to the desired end result (between 1 and 2 hours). Rinse your hair out thoroughly until any remaining residue has been washed out. The dye's final result will only be visible two to three days after application, once the dye has been properly oxidised.

## PRECAUTIONS FOR THE USE OF NATURAL COLOURING

- Do not apply henna to permed hair or to hair that was chemically coloured less than 2 months ago.
- Before dying your hair, use a Detox Mask (recipe below).
- Protect the areas of your skin that risk being coloured by the henna : apply a thick layer of moisturiser or vegetable oil (top of the forehead, around the ears).
- Wear gloves when preparing and applying the mixture so you do not get dye on your hands.
- Never use metal utensils to mix the henna, to avoid altering powder's quality. Be aware that any equipment used may remain coloured.
- Test the dye on a hidden strand of hair before applying the entire mixture. The end result will be visible after 24h.
- Do not perm or dye your hair chemically less than 2 months after a natural henna dye is applied.

## FAQ NATURAL COLOURING

**My hair is already chemically coloured. Can I switch over to natural colouring ? What should I do?**

**How long should I wait?** We recommend you wait 2 months and apply 3 or 4 Detox Masks to absorb the chemical molecules and remove any chemical residues from your hair. **I want to cover up my white hair. What type of henna do you recommend?** Use your natural hair colour as a guideline thanks to the tables "Choose your henna" and "Choose your coloured powders". Depending on the amount of white hair you have, and how it is spread out, you will obtain different coloured highlights. The natural effect will be gradually enhanced the more you dye your hair. **Recipe examples :** Blond hair: apply blond henna. Chestnut to dark brown hair ? two successive applications:

- natural henna should first be applied (your white hair will become a shade of orange),

- a second mixture with 2/3 indigo and 1/3 natural henna should then be applied to neutralise the "orange" effect and reach a brown tint.

**Some people add natural ingredients to their mixture. What are your thoughts on that?**

- **Lemon** is an acid. It oxidises and helps the colour develop. This is why you can add about 150 mL of it to your mixture. If you have sensitive skin, you can also use less acid fruit juices such as grapefruit or orange.
- **Lemon tea** can be used for its acidic properties and black tea can be used to lightly neutralize orange tints on white hair.
- **Vegetable oils** can be added to your mixture, especially if you have dry hair, to limit the henna's slightly draining effect. However, be aware that their use could also prevent the dye from settling properly on the hair.
- **Yoghurt** can be used to obtain a creamier mixture and limit the product's slightly draining effect, but it may also increase the risk of dandruff.
- **Beer** is known to reinforce hair and give it more volume. This is why you can add some to your mixture.

**Once my hair has grown out a little, can I just touch up the roots ? Will there be a difference in colour once my hair grows out?** Touching up the roots is indeed possible. However, be aware that although there will be no difference in colour, you need to make sure you know the powder ratio that corresponds to your colour, so you can reproduce it exactly when you do your roots.