

BROWN HENNA INSTRUCTIONS

How to Mix & Apply Brown Henna

Tools:

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

Ingredients:

- Black tea, 2 cups strongly brewed and cooled
- Apple cider vinegar, up to 3 tbsp (use raw, unpasteurized for best results) -OR- freshly squeezed lemon juice, up to 3 tbsp
- Brown Henna Package (1 bag of Henna, 1 bag of Indigo)*
- Warm filtered water, 1 cup
- OPTIONAL: Euro Oil, 1-3 teaspoons
- OPTIONAL: Clove, Ginger, or Cinnamon, powdered 1-3 teaspoons (to lessen the smell of henna)
- OPTIONAL: Pinch of sea salt (to deepen brown tones)
- OPTIONAL: Amla Powder (to prevent Indigo from fading. If used, do not use black tea, apple cider vinegar or lemon juice.)

Other Liquids: Black tea with apple cider vinegar/lemon juice is the most common liquid used when mixing henna. However, you may replace this liquid entirely with:

- Apple or orange juice, 2 cups
- Herbal tea (chamomile, rosemary, etc.), 2 cups strongly brewed and cooled
- Filtered water, 2 cups warmed (with or without lemon juice)
- Amla powder

Mixing & Application

1. Pour bag labeled LT/MD/DK Brown Henna 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.

2. Slowly add black tea to 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 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. Check the surface for color change from the original color to a darker brown-red, which will signal the dye release.
5. Once henna has sat for the appropriate amount of time, pour bag labeled LT/MD/DK Brown Indigo into a clean bowl and stir in enough filtered warm water to make it a yogurt consistency.
6. Mix together the henna and indigo mixtures. If needed, add a splash of filtered warm water to achieve the yogurt-like consistency again. Use this mixture immediately, do not let it sit.
7. 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 Brown 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
8. 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 Brown Henna moist and warm.
9. Leave Brown Henna 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.
10. Unwrap your hair and rinse with water only. Use a drain catcher to prevent possible clogging. You may use Pearl Essence Creme Rinse or a few drops of Euro Oil to aid in the henna rinsing process. The Morocco Method Scalp Massager may also help in removing the Brown Henna.
11. 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.

