



Your Hair, Your Way. Naturally!



Maintaining a Natural Hair Regimen

Ayurvedic Treatments for all Hair Types

When it comes to using henna and natural herbs for your hair you have to decide on which herbs to use, and then on the quantity you'll need.

Black Tones: 2 step process. First step you'll do a 100% henna. Then wash out. Second step 100% indigo

Blue-Black Tones: 1 step process with both indigo and henna at 50/50 or as desired. The more indigo the darker the results. Then after this coloring, wash out. Then use 100%

Indigo as your second step

Chocolate Brown Tones: 60-75% indigo and 25-40% henna

Brown Tones: 50% of each henna and indigo

Reddish Brown Tones: 60-75% henna and 25-40% indigo

Red Tones: 100% henna

Copper Tones: 75% henna and 25% cassia

Strawberry Blond Tones: 50% of each cassia obovata

Golden Tones: 100% cassia (shows up on light hair, and grey hairs)

Please note that henna and our herbs do not have stripping agents nor chemicals in them to lighten your hair. Honey is a natural hydrogen peroxide and will lighten your hair slightly.

Quantity Needed

Ear length: 50-75 grams

Shoulder length: 100-125 grams

Bra Strap length: 150-175 grams

Mid Way length past bra strap: 200-250 grams

Waist length: 300-350 grams

Adding volume to straight hair, or maintain a curly hair pattern

You'll need to use amla powder to do this, and we recommend you add at least 3-4 tbsp per 100 grams used. Amla promotes hair growth, and will tone down the red of henna. Should you not want to alter your color, then use amla on its own as a separate treatment.



Ayurvedic hair treatments can be drying so always maintain your hair with the right hair oil and/or conditioner for your hair type.

Use a mild liquid when mixing your herbs as well so that it doesn't become too drying. We recommend warm water, and herbal teas.

Our handmade moisturizing shampoo bars are perfect for washing your hair.

Henna and ayurvedic hair treatments will condition, protect, color, promote longer stronger hair. You'll love the shine, and thickness of your hair!

Our products will give you the confidence and the guidance to get started (or current) with your natural hair journey.

Happy Henna'ing!



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