



# Troubleshooting

Working with herbal mud is messy and imperfect by nature, and there's a few common places people run into trouble. NightBlooming is here to help!

## My hair feels strange

The mildly abrasive cleansing action of rinsing off the herbal mud takes off any product or natural oil coatings from the hair. This can leave hair feeling a little odd. During henna's oxidization process, the lawsone molecule binds to the keratin, and until the binding process is complete, your hair may feel frizzy, unruly, or generally strange. Most of this will resolve on its own after three days or so, but there's no harm in giving your hair a long drink of a moisture-rich, protein-free treatment and a bit of oil or butter you know your hair likes in the meantime.

## I shed a lot when rinsing out my herbal hair color

This is perfectly normal! You lose about 200 hairs every day and the act of rinsing out your mud can cause more of those 200 hairs to fall at once, as well as some of the hair that would have naturally fallen out over the next day or two.

## What about my roots?

Henna-based herbal dyes should be considered extremely permanent. They rarely fade, and if they do, are often colorfast after a second application. Each application of henna will cause the color to darken, so if you love your color, you'll only want to do your roots as they grow in!



# Want to know more?

Explore these guides

Using tried-and-true holistic methods, *Coloring Hair Naturally with Henna & other Herbs* will introduce you to the world of herbal dyes and transform you into an expert in no time. More than 300 pages of text, pictures, charts, diagrams, and recipes make this e-book the definitive resource for natural hair coloring.

*Rehabilitating Damaged Hair Naturally* will help you understand what healthy hair is, how to grow it, and how to mitigate and prevent damage using herbs, oils, and other natural methods.

Both e-books are available on Amazon as well as:

- [www.nightbloominggarden.com](http://www.nightbloominggarden.com)
- [www.nightblooming.etsy.com](http://www.nightblooming.etsy.com)



# Herbal Hair Dye & Conditioner Instructions



## Mixing the mud

Add the herbal powder to a glass or ceramic bowl. In a separate container, heat distilled water or an herbal tisane like chamomile tea until steaming, but not boiling. Add a few drops of Essential Oils if you wish, but please research your EOs carefully.

Slowly add your liquid to the mud and mix as you go. Always add the liquid to the powder; dumping the powder into the liquid may leave you without enough powder, and a runny, soupy, diluted henna mix that will be impossible to work with and will be too dilute to impart the desired color.

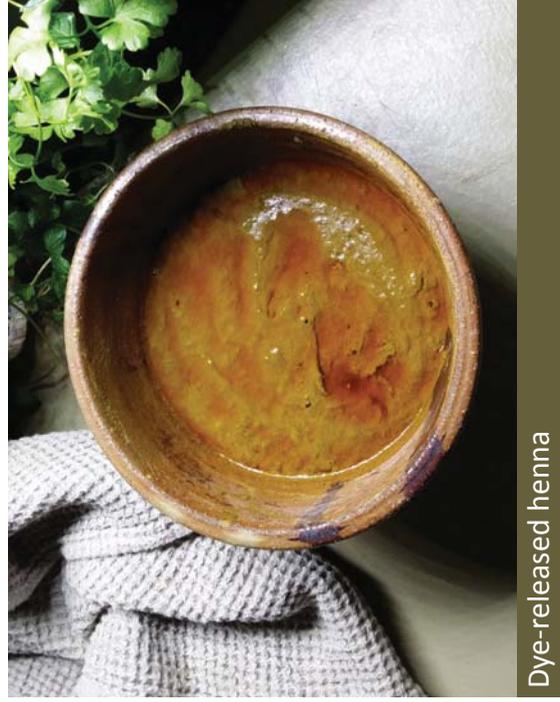
Blend until the mud is roughly the consistency of pancake batter, then use a hand mixer or a whisk to smooth out any remaining lumps.

### Waiting

Cover the herbal hair color with plastic wrap or a lid so it doesn't dry out. Set the bowl someplace warm, ideally, a temperature of about 100°F (~38°C). The time and warmth releases the dye and conditioning elements. Allow the mud to sit for at least 2-4 hours, and no more than 6.

### Dye Release

When freshly mixed, henna-containing herbal hair mud is green to greenish brown. As the dye starts to release, the mud will take on a darker, rusty-brown color. The topmost layer will become darkest, and you may see terracotta puddles of liquid floating on the surface. If you scrape back this top layer, the henna underneath will still be greenish. This is a good indication that your henna is ready. If your herbal hair color does not contain henna it may not change color; but will still need 2-4 hours for dye release.



Dye-released henna

## Application

Either use gloves and work the mud in with your hands, or load the herbal hair color into a plastic applicator bottle with the tip trimmed down to create an opening of about 1/4in. (~65cm).

When applying herbal dyes, start at the nape of the neck, then move up to the center-back of the head, then the sides of the head over the ears, and finally the top of the head. Section the hair and apply the mud at the scalp, generously coating each section from both sides, working from root to tip.



### Wrap and Warm

Once all the mud is applied, wipe the hairline, neck and ears free of extra mud and wrap with plastic wrap. You may need to add a separate neck flap of plastic wrap to keep the baby hairs from drying out. Top everything with a warm hat and allow to sit for a 1-6 hours.

## Rinse

Rinsing, like most things pertaining to herbal hair colors, is going to take time. Don't rush the process, and be sure to get as much of the mud out as possible. Leaving herbal residue behind can be irritating to the scalp and drying to the hair. You can lead off your rinsing adventures with a mermaid soak: fill a tub or bucket with warm water, dunk your hair in it and gently swish /massage the hair in the water. This method removes most the herbal mud.

Follow the mermaid soak with lots of rinsing and inexpensive conditioner in the shower.

