

## User Guide for Khadi Natural Hair colours

On the following pages we have compiled some helpful tips on how to take care of your hair with Khadi natural hair colours.

1. Introduction
2. How Khadi natural hair colours work.
3. Different kinds of hair.
4. Testing colours before actual use - Sample test.
5. What you need to dye your hair?
6. Preparing the hair in the most optimal way.
7. Mixing Khadi natural hair colours.
8. Applying Khadi natural hair colours.
9. Duration of application.
10. After dying steps to ensure long lasting colour.
11. Additional hints on what you can add to Khadi natural hair colours.
12. Colouring hair roots.
13. Special tips for grey hair.
14. Two step process for dyeing grey hair.
15. Special tips for using Khadi Natural Hair Colour Senna/Cassia.
16. Additional measures to prepare Khadi natural hair colours.
17. FAQs

### 1. Introduction:

**Khadi** natural hair colours dye your hair with pure natural colours. All our herbal hair colours are checked for harmful substances and subjected to regular strict controls in independent and recognized laboratories.

**Khadi** natural hair colours do not contain preservatives, colour reinforcing ingredients, peroxides or general chemicals. Your health and safety is our priority.

Due to the unique powder preparation formula **Khadi** natural hair colours dye the hair more intensively than other natural hair colours. Please keep this in mind when you apply **Khadi** natural hair colours. The hair colours also contain special Ayurvedic herbs which strengthen your hair and make them look shiny and healthy.

## **2. How Khadi herbal hair colours work**

**Khadi** herbal hair colours dye your hair with long-lasting colour with the exception of **Khadi** Senna / Cassia. So to prevent any undesired colour outcome we recommend a sample test before use (more details are provided on the following pages). Herbal hair colours leave a glaze or a fine coating on each individual hair, which means that the result vastly depends on your current hair colour. In this way Khadi natural hair colours provide unique hair colour and shade depending on an individual hair colour. Regular use of **Khadi** natural hair colours will deepen the shade you have chosen.

Since **Khadi** natural hair colours are natural and contain no chemicals, it is not possible to lighten your hair with them.

All Khadi natural hair colours can be mixed with each other without any problem. The proportion depends on the colour that you want, your hair structure and also the colour which your hair already has.

## **3. Different kinds of hair.**

Beside straight, curly, dark, fair, long, short, etc., hair can also be fine, normal or thick, healthy and shiny or dull looking and damaged. It is important to know the structure of your hair for proper care. Chemically treated hair demands special care because the chemicals make it dry, rough, brittle and damaged, with split ends, etc.

Your existing hair colour will also be a factor in the final colour outcome from Khadi natural hair colours. If you are unsure about your hair structure, other than the sample test, you should also apply the Khadi natural hair colour of your choice for a shorter time (look at Duration of application).

## **4. Testing colours before actual use - Sample test**

To avoid undesirable colour, we recommend a sample test with Khadi natural hair colours on a strand of sample hair for checking the results.

Collect some hair from your hairbrush and place them in a small quantity of hair colour paste to see the result.

Cover the bowl and keep it in a warm place. Collect sufficient samples of your hair so that you can see how effective the colour is at various times; 30, 60, 90 and 120 minutes. Wash

the hair samples thoroughly with warm water. The colour on the sample hair will develop to its deepest shade within 24 to 48 hours.

It is important for you to wait for 24 to 48 hours before applying Khadi natural hair colours on your head so that you already know the exact colour from the samples.

## **5. What you need to dye your hair?**

Khadi natural hair colour

A bowl of appropriate size

Warm water

Disposable gloves to protect your hands

Old towel to protect your clothes

Hair colour applying brush

Shower cap

Towel or hair turban to keep the paste warm after application

## **6. Preparing the hair in the most optimum way.**

Before applying Khadi natural hair colours, wash hair with a natural shampoo.

It is important to know that many commercial hair dyes contain silicon, which is also added in many hair care products including shampoos. Silicon creates a film around each individual hair to create lustre. Over time hair surrounded by silicon can no longer absorb natural hair colour or conditioner, so silicon obstructs the absorption of natural hair colours.

If you are not sure if your hair care products contain silicon ( Khadi natural shampoos are silicon free), you should wash the hair with a peeling shampoo before applying Khadi natural hair colours.

Towel dry your hair after shampooing and then use Khadi natural hair colours.

## **7. Mixing Khadi natural hair colours.**

Mix the required quantity of powder gently with warm water to a smooth paste. For shoulder length hair you need about 80-100gms. The paste should be sufficiently thick in consistency so that it does not drip.

Please take care not to inhale any powder dust.

Tips for using the following colours:

Khadi pure Henna

Khadi Henna / Amla / Jatropha or

Khadi Henna + Amla (Auburn and Copper)

For these colours use hot water ( about 70-80 °C) because the colour is more intense when mixed with hot water. The paste is ready for application as soon as it cools to skin-comfortable temperature.

Never apply paste at boiling temperature; this will injure your scalp.

For Indigo please use tepid water.

**PLEASE LOOK FOR MORE DETAILED INSTRUCTIONS ON WATER TEMPERATURE AND OTHER INSTRUCTIONS NEXT TO THE PARTICULAR HAIR COLOUR IN THE SHOP.**

## **8. Applying Khadi natural hair colours**

Do not forget to protect your clothes - resulting stains are not only difficult to remove, but sometimes stay permanently. Use the gloves to prevent coloration of your hands and finger nails. Stains on finger nails are especially stubborn and will only wear away with time.

Apply the paste, possibly warm, layer by layer with a brush. Begin at the top of your head and progress around it strand by strand.

Take a strand of the hair at the top of your head, apply the paste from root to top; cover the entire length. Pile this strand of the hair over the top of your head in a little circle.

Then take another strand nearest to the little pile, apply paste from hair root to the entire hair length and then wrap it over the little pile you have made at the top.

Continue this process, all round the pile as it gets larger till you approach your hair line – the area from where your hair growth starts round your forehead and nape.

Apply at the hairline carefully so that all the tiny hairs which fall on your forehead and over your ears and nape are completely covered by the paste.

It is important to pile the hair over your head to avoid messy application.

You can also use hair clips to part your hair into several segments before you begin the colouring process. You can then take each segment, cover its entire length with hair colour. Begin at segment on the top of your head and repeat the procedure mentioned above till you have a neat pile of hair completely covered in paste.

You will become more familiar with this process of application after using Khadi natural hair colours for a few times.

At the end of the application you should have a neat large bun at the top of your head.

After the application, take a long length of thick cotton and wrap it round your entire hairline: over your ears, round your forehead and the nape. This will prevent any liquid dripping.

Put on a plastic shower cap. Remove any spots of colour on exposed skin like top of the ears and forehead with wet cotton. Make sure the paste does not dry on any portion of the exposed skin like the top of ears or the nape.

You can then wrap another towel over your head like a turban to keep the paste warm inside. (You can also put on a woollen cap which will keep warmth inside or use an electric heated cap.)

If you keep the paste warm, the colour will be more intense.

## **9. Duration of application**

As described earlier, the duration that you keep the Khadi natural hair colour paste on your hair is regulated/estimated by individual requirement as well as hair structure.

Leave the paste on for 30-120 minutes. 30 minutes is suitable for damaged hair or if you would like to achieve a light colour.

## **10. After dyeing steps to ensure long lasting colour**

After keeping the paste on your hair for the right amount of time, wash it off with warm water. Rinse till water runs clear. Avoid shampoo and other hair styling products for the next 24 hours for the natural hair colours to get stable.

The next day you can shampoo your hair. You can also oil your hair, for example with Khadi hair oil Amla for better colour durability. Massage a small amount of hair oil into the scalp and entire length of hair and leave on for at least 2 hours before you shampoo the hair. You can leave hair oil on overnight before you shampoo.

Please note that the colour can further darken after washing the hair.

If you are not satisfied with the colour, in the next application try longer or shorter duration or a different mix of Khadi natural hair colours. There is no end to various shades and colours that you can create.

## **11. Additional hints on what you can add to Khadi natural hair colours**

For better colour durability you can add very strong black tea or coffee and a tea spoon of salt to the hair colour paste.

To give your hair a reddish glow you can use heated red wine instead of water or tea. Since the alcohol in wine can damage your hair, heat the wine for the alcohol to evaporate before use.

In rare instances badly chemically damaged hair can become dry after using plant colours. This is due to the astringent effect of the plant hair colours. You can avoid this reducing the quantity of water and instead add 1-2 tea spoons of high quality hair conditioner to the paste.

A suitable addition for hair in need of special care is Khadi Amla powder. This will help strengthen your hair and at the same time, it will add shine and lustre to the hair.

With Khadi Amla powder you can have different colour effects on your hair by creating various nuances. Amla will intensify red tones, and colour blendings with Indigo can become slightly reddish.

Other things which you can add to your paste to prevent dryness are: honey, milk or yoghurt. Different types of hair will react differently to all these additives. These additions will not damage your hair and you can try them out to see the effect. If you are not satisfied with one, you can try out the other to see what softens your hair best. With a little patience and experimenting you can hit upon the right additive to make your hair soft and manageable.

Do not use any kind of oil in the mixture; this will obstruct any natural hair colour from colouring your hair.

When you apply the dye of your choice, always follow the instructions.

### **Indigo**

**Indigo gives a coldish black colour on dark hair**, but only combined with **henna** can it be used on light to dark brown hair and on grey hair.

It should be mixed **with water only**, as when combined, they create an alkaline solution, which is the best for the indigo plant to secrete its dye.

**An acidic solution always prevents the indigo dye from exuding**, even if you use the hair colour which is a combination of indigo and henna. **People often make a mistake, adding lemon juice to the Indigo dye mixture**, and so they never achieve the desired results.

The temperature is also very important. **Indigo demands tepid water** (you can also mix it with black tea) of approx. 50°C. If the temperature is too high, then again the colour may not secrete itself and the results will be disappointing.

Using Indigo, you have to think of how to take care of your hair after dyeing to keep the colour longer on, e.g. using hair oils.

## Henna

Henna, in opposite to Indigo, is more efficient when you make an acidic solution. **Therefore you can add some lemon juice and/or Khadi Amla powder to the dye mixture.**

The initial temperature of the mixture should be high (about 80°C) as **higher temperature allows henna pigments to easily extract.**

## Summary

Considering all different demands of indigo and henna – two main ingredients of Khadi natural hair Colours, it is very important to apply the products according to the instructions given next to each colour on the shop pages. Any additional ingredients should not be put into the dye mixture (except the ones stated on our website), as they may change pH and interfere with proper exertion of the dye.

## Other Khadi Hair Colour Ingredients

### Amla Powder

Amla contains a lot of vitamin C (20 times more than an orange) and tannin (a natural skin toner with potential antibacterial effects). But what is more, Amla speeds up the process of hair growth and protects hair from falling out and prematurely growing grey. It also gives your hair a fantastic gloss and makes the dye mixture easier to put on your hair.

### Bringharaj (Eclipta Alba)

This herb is used in Ayurvedic medicine for healing scalp problems, like the hair growing grey and falling out. It also helps to speed up the hair regrowing process.

### Neem (Azadirachta indica)

Powdered leaves of the Neem tree are traditionally used in India for strengthening the structure of the hair. They also have some antibacterial properties.

## 12. Colouring hair roots

It is probable that you have coloured your hair several times in the past and the hair lengths have a dark colour compared to the hair roots. To avoid different colours near the roots and hair lengths you can just touch up the roots instead of the whole length of the hair. You

need to make all the preparations as if you were colouring the entire length of your hair from roots to the tip. You can separate your hair into several strands with hair clips or clamps. With each strand colour only the first few centimetres from the hair roots. In case you have an old bottle which can be squeezed you can put the hair colour inside the bottle. You can make the paste slightly thin so that it can be squeezed out easily. Also you might need to enlarge the opening of the bottle so that the paste is easily squeezed out. The duration that you are going to leave the paste on also once again depends on the colour desired and also the structure of your hair.

### **13. Special tips for grey hair**

Please note Indigo (in the shades dark brown, black or pure indigo) sometimes becomes green or blue on some grey hair. To avoid unwanted colours you should try a sample test first on the sample of your grey hair. Some customers report that Khadi natural hair colours Dark Brown and Black can be used on grey hair without any problems. However to be on the safe side we advice that you do a sample test before using the hair colour.

However it is possible to colour grey hair to the colour of your choice, even if your grey hair is a bit 'stubborn'. This is explained below in a more detailed way.

### **14. Two step process for dyeing grey hair**

As explained above, Khadi natural hair colours put a glaze around each individual hair, colouring your hair in the process. This means that your hair colour is determined substantially by the existing colour of your hair. For this reason each hair will develop unique individual shades with natural hair colours. This will also lead to a great variation in colour between your grey hair and your original hair colour.

Henna has characteristics which helps it to easily colour the hair, but Indigo does not, especially in connection with grey hair. Indigo also washes off faster. So the colour on grey hair can fade faster, while the other is still dark, which leads to unwanted differences in colour.

To avoid this, it is advisable to colour your hair in two steps, particularly when you have selected a very dark shade for your hair. When following these two steps, Indigo and other dark dyes will always give the desired colour and will also be long lasting, especially on grey hair.

In the first step colour your hair with:

Khadi natural Hair Colour Red Henna or

Khadi natural Hair Colour Henna, Amla and Jatropha or

Khadi natural Hair Colour Henna and Amla (Copper and Auburn)

The duration you keep the paste on your hair depends on individual hair structure especially if you have fine or thick hair.

Wash off the paste. Now over this pre-coloured hair you can use any of the darker tones which you have chosen. Use the same procedure as mentioned. The result will be an even coloured tone throughout your hair.

### **15. Special tips for using Khadi Natural Conditioner Senna / Cassia**

Special use of Khadi Senna / Cassia

**Khadi** Senna / Cassia is a hair conditioner which does not colour the hair and can be used on all types of hair.

Make a paste of **Khadi** Senna / Cassia, as you would do to colour your hair and apply the paste.

You can choose the duration you would like to keep Cassia on, since it does not colour your hair.

In rare cases, with severely damaged or very light and blond hair, Cassia can give a slight greenish tinge to your hair if kept for a very long duration. We therefore recommend a sample test before application.

For greater care and conditioning you can mix Khadi Senna / Cassia with Khadi Amla powder. The proportion depends on your needs. A treatment with pure Khadi Amla powder is also recommended for your hair.

Create the mixture with warm water as you would do with the other natural hair colours. Leave it on as long as you desire and then wash off with warm water. In rare cases, the Vitamin C or acid content in Amla can make your hair a shade lighter.

### **16. Additional measures to prepare Khadi natural hair colours**

Red tones can be intensified by adding one to two table spoon of lemon juice to your Khadi natural hair colour paste. You can also add one or two table spoon of apple juice or vinegar.

Cover the paste with a foil and keep it in a warm place; we recommend 12 hours at room temperature. The duration you keep the paste depends on temperature. If the temperature is high 'dye release' will be faster. The acid releases the colour from the plants which can be clearly seen.

This means that the paste at the surface has a darker colour than below. You can check if

sufficient colour has been released.

Using lemon juice, apple juice or vinegar in the paste has this advantage, that it itself intensifies the colour, so you do not need to apply the paste warm since the colouring material from the plant has already been released.

However Indigo is an exception, since it does not like acids. If your colour choice has a mix of Henna and Indigo, mix only the Henna with acid. Mix the Indigo with the Henna and acid just before application.

You can mix all colours without any problem with each other. By adding Khadi natural hair colour Indigo you can darken your hair, while with Khadi natural hair colour Red Henna you can obtain a more reddish colour, and with Khadi Senna / Cassia a brighter nuance.

All Khadi natural hair colours can be made into a paste with warm water and left for 12 hours covered in a warm place (do not use any acids).

The longer you soak the paste the more intense the red tones will be.

## **17. Frequently Asked Questions (FAQs)**

### ***Q: Does a plant colour wash out easily?***

**A:** Plant colours are durable. Though natural plant colours do not penetrate the hair shaft to give it the colour, and only deposit colour like a glaze on the outside layer of the hair, it is nonetheless very durable. Red tones are particularly durable and fade only over a long period of time. The durability of a colour also depends on how often the hair has already been coloured with plant colours, the more often, the more durable the colour becomes.

In cases, where shades have been created with a lot of Indigo, or Indigo only, the durability of the colour is definitely less lasting since Indigo does not enter the first layer of the hair shaft that easily. However the other colours will definitely last on the hair longer.

### ***Q: How long must I wait between two colourings?***

**A:** There is no time frame between two colourings. However, remember that after the first dyeing the colour will still develop within 24- 48 hours. If you are not satisfied with the result, you should at least wait for this period, then take a decision if a second colouring is necessary.

### ***Q: Can Khadi natural hair colours be used on hair which has been made curly with chemicals?***

**A:** You can use Khadi natural hair colours without any problem on curly hair. You will also notice the conditioning, that plant hair colours will give to the chemically damaged hair. However, since the hair has been chemically treated, you might need to keep the plant

colours on longer than usual to get your required shade. We also recommend that you take the advice of a professional who handle plant hair colours for your special need.

***Q: Can plant hair colours cause allergies or reactions?***

**A:** In a few cases, yes, plant hair colours can cause some allergies or skin reactions. If you are highly allergic, you should first do an allergy test, preferably with your dermatologist. You can also do a self test. Mix a small quantity and use it on an inconspicuous place on your skin like in the inside of your arm and keep it on for 48 hours.

Remember that even very small quantities can give a very strong colour to your skin.

***Q: Can I mix all the colours available amongst themselves?***

**A:** Yes. All Khadi Natural Hair Colours mix well with each other. You can create unique individual colours in the process. You can always do a sample test of the unique colour you have created before you use it on your hair.

***Q: If the colour is too red or too dark, what can I do?***

**A:** It is fundamental to know that because of its high quality Khadi natural hair colours can give strong colouring to your hair. And to avoid any unwanted colours we have repeatedly recommended sample tests before actual use. However, if it does happen that your hair has developed strong colours, which you do not like, then there are some possibilities to change that.

If your hair has become too red, you can tone it down by colouring your hair with Khadi natural hair colours from the brown spectrum. Use shorter duration so that the hair does not become too dark. Once again before you do this we recommend a sample test.

If your hair has developed dark tones, it is difficult to achieve lighter tones. You need patience. Since Indigo washes out faster than Henna, the dark tone will fade faster and the more reddish colour will remain. Some customers report that regular use of Khadi Natural Conditioner Senna / Cassia mixed with Amla powder and lemon juice lighten the hair easily.

Also a mixture of honey, olive oil and lemon juice can lighten your hair. However remember that each hair type reacts differently and you should test first to see how your hair responds.

***Q: Are there Khadi natural hair colours in blond tones?***

**A:** Khadi team in India is at present working on trying to create a blond tone from pure plant material. However, it is a challenge since lightening the hair with plant material is very difficult. As soon as they find a pure herbal blond tone it will be launch on our website.

***Q: What should I do with extra paste?***

**A:** No problem! Just freeze the remainder of the paste in a freezing bag or in a plastic dish till the next colouring. Do not forget the ratio of your mixture so that you can achieve the same colour the next time. The frozen plant colour will thaw easily at room temperature after which you can use it again by mixing it with fresh paste.

***Q: If my hair is already coloured with plant hair colours, can I use Cassia or Amla for hair treatment and conditioning?***

**A:** You can use Cassia or Amla to condition your hair any time even if your hair is coloured with plant hair colours. It is always recommended that you use a natural hair conditioner.

***Q: Is it possible to colour grey hair in a single step?***

**A:** This depends substantially on the structure of your hair and also the colour that you have selected. Some customers report that that Khadi Natural Hair Colour Light Brown and Natural Hazel, Dark Brown and in some cases even Black coloured grey hair in a single step perfectly.

By doing a sample test you can find out if your hair gets coloured in a single step. Otherwise you will have to do the already described two step process.

***Q: How does plant hair colour react to chemically coloured hair?***

**A:** In principle it is possible to colour chemically treated hair with plant hair colours. However you should always do a sample test to avoid unwanted results. This is very important if you have chemically coloured your hair very light or blond. Sometimes on such chemically treated hair the result could be a very strong colour and sometimes undesirable colour changes appear, like green, blue or even lilac.

It is not advisable to use plant hair colours and then use chemical colours to make your hair blond. It can cause undesirable colour changes.

If you want any clarification you should go to a competent salon which has knowledge in handling plant hair colours.

You can write to us any time with your questions and suggestions.

Email address: [info@searchforhealth.co.uk](mailto:info@searchforhealth.co.uk)