

Lush Henna OMBRE HAIR TUTORIAL

Instructions

What you will need:

- Lush Henna brick (choose from colours Caca Rouge, Caca Marron, Caca Brun or Caca Noir)
- heat proof bowl
- kettle and pot of boiling water
- knife for cutting block of henna
- wooden spoon or spatula for mixing while bar melts
- pot for double boiling
- oven mitts
- newspaper
- Lush Ultrabalm or Vaseline
- hair clips (clamps)
- rubber gloves
- saran (plastic) wrap
- small and large hair elastics
- towel (dark preferably) and ugly shirt

What to do beforehand:

1. Go to your nearest Lush store if you have one in your city and pick up the bar. It costs \$25.95 CAD before tax, which comes out to approximately \$30 CAD after tax. Do this a few days before you want to fully dye your hair.

2. Wash you hair and do a test strand! This is very important (especially if you have light hair). You can do this before you go to bed. Use about 1/4 - 1/2 of a square and dissolve it in boiling water until it resembles yogurt in consistency. Coat a strand of your hair from the back of your head in the

paste and then wrap it in saran wrap (to protect your pillows and such). If you have ombre hair, you only need to coat up to where the bottom colour meets the top colour. Use hair elastics to secure the saran wrap on the top and bottom of the hair strand. You may want to sleep on a towel. Wash it out in the morning.

Disclaimer: Please be aware that I already had my hair dyed in the ombre style before darkening it with Lush Henna. I did not include instructions on how to bleach your hair in the ombre style and would highly recommend that you get that done at a salon. This technique is meant to darken fading ombre hair, or can be used generally to darken your full head of hair. However, if your hair is black or very dark brown, you'll rarely notice much of a change in colour. You would get the deep conditioning that the Lush Henna bar has to offer and some undertones of the colour, so it wouldn't be a complete waste!

Let's start!

3. Pick a night you can fully devote to doing this. Start before 10 pm if this is your first time because it might take a while. Lay down plenty of newspaper to protect your floors

4. Cut up the henna block into squares and store away what you do not need. The block already comes with “perforations” for six squares. Cut along these lines. For elbow length hair, a whole block is appropriate, so adjust according to the length of your hair. Any leftover blocks should be wrapped in newspaper and stored in a Ziploc bag for freshness.

5. Set up a double boiler to melt the henna squares. Prepare a pot of boiling water about 1 inch high and set a heat proof bowl on to this. Place the squares into the bowl and all them to begin to melt. Add boiling water from a kettle to the mixture and stir with a spatula or wooden spoon. Continue to melt the mixture until it resembles a yogurt consistency.

TIP: add more water than less if you're unsure because the more you let it sit, the more the water will absorb in and it may become dry and difficult to apply. This melting process took me approximately 10-15 minutes. You will also want to use a hood fan if you can because the smell is quite strong and very earthy.

Alternatively: you can also add boiling water to a heatproof bowl to melt the squares rather than using a double boiler.

6. Prepare your hair and face. Apply the sample of Ultrabalm or Vaseline to your hairline and on your ears to protect them from the dye. It is very important to make sure you brush your hair before starting. Brushing helps the henna paste coat all of the individual strands rather than just those on the outside.

TIP: this is a good time to make sure you have everything you will need for the rest of the night near by. You do not want to be walking around too much because you might make a mess. Maybe keep some snacks and magazines with you for later. Make sure you are wearing a shirt you don't mind getting stained!

7. Section off your hair and apply the henna paste! Section away the top portion of your hair and apply to the bottom first. This may not be necessary for you if you have less hair or a friend to apply the henna for you. Keep a kettle of boiling water handy in case the paste begins to dry out. Don't forget to use your gloves!

2 techniques for ombre hair:

Cleopatra: coat slightly above where your hair fades from the natural colour to the new colour. Apply the henna in approximately 8 sections (4 on the left and 4 on the right side of your head). Cover the sections in saran wrap similarly to the way you would for a strand test and secure with elastic bands. Sleep on a towel or old shirt you don't mind soiling.

Pro: Does not hurt your neck as much as the bun method

Con: Cannot be used without ombre hair

Bun: coat the bottom section of your hair in the paste before the top section. Wrap your hair into a sort of bun and cover the bun in saran wrap. Wrap your hair including the bun in a towel. This helps your neck support the bun and makes for a lot less of a mess than the Cleopatra method.

Pro: Worked better for me and much less time consuming than the Cleopatra method.

Con: Hurts your neck more.

If you do not have ombre hair, coat your full head of hair with the henna paste. Keep a kettle handy to add more boiling water if the paste dries out slightly. Wrap your full head of hair in saran wrap the way you would wrap your hair after a shower. You may want to use multiples pieces of saran wrap to secure the hair because it gets quite heavy. Wrapping your hair in a towel afterward may help reduce the mess.

TIP: spend a good amount of time working in the henna. Make sure the henna coats nearly every strand. Don't worry if it's not perfect though because it looks nice afterward when you end up with multi-toned hair!

8. Let the paste sit in your hair. You will want to leave this in for at least 5-6 hours or overnight. If you would prefer that it fade sooner, you could leave it in for less time. The heat from your body while you sleep will improve the depth of the colour vastly. Make sure you wash your feet before wandering around. Sleep on a towel to protect your sheets!

TIP: treat this as a spa night. Since you will need to wait for a long period of time and you cannot really leave the area, this is a great time to do a facemask, your nails, or just watch a movie. This would be very fun to do with a friend for company and so you can laugh at how funny you both look with your Cleopatra saran wrapped hair.

The next morning:

9. Wash out the henna paste and clean up. Let this be the first thing you do in the morning to save yourself some clean up time. This will make your shower very dirty. Continue to wash the paste out until the water runs clear. Your hair may smell of henna for the next couple of days. This is a good time to vacuum/mop/clean your tub because you don't want to leave any stains anywhere. Make sure you recycle the newspaper you did not get dirty with henna or save it for next time!

HAVE FUN! 😊