



## **Henna Katam Kit Instructions – Brunette Colours**

Thank you for your order. We hope that you enjoy your henna and katam colour!

Both the henna and katam should be kept out of direct sunlight. It is best stored in a cool dark place or in a fridge.

### Your Kit Contents

Henna Powder – A green powder produced from the ground leaves of the henna plant.

Katam Powder – From Buxus Dioica plant. This is also a green powder. Labelled Katam so you don't get them mixed up!

**IMPORTANT!** – The kit does not contain gloves. It is advisable that you wear gloves throughout. Also cover your shoulders and floor area. Henna will stain your hands, ears, neck and shoulders. Katam may stain carpet and floors.

### Using your Kit

You will also require. Gloves. Lemon Juice, Cling Film and an extra set of hands! (you can apply everything yourself however you are going to get a better result if you get a friend to help you!)

### Brunette Colour Chart

Colour	Henna Required	Katam Required
Reddish Brown	80%	20%
Light Brown	70%	30%
Brown	50%	50%

The table above shows the percentages for each colour. The kit supplied comes with the henna and katam powders weighed for the colour you have chosen. The above chart will mean that you can use any spare to apply to your roots in between full applications.

Katam on its own will dye your hair a blue colour Unless your looking for a blue rinse colour do not use Katam on its own!!



## **Mixing and Application.**

**IMPORANT.....WEAR GLOVES!**

1. Mix the henna powder in a non metallic bowl with enough lemon juice to make into a thick paste. Stir vigorously to make sure that all the powder is mixed. Cover and leave overnight. Then mix in water to make the paste into a more yoghurt consistancy.
2. Wash, dry and comb your hair so that it can be sectioned easily.
3. Having left the henna for 24hrs it will have released its dye content. Now mix the katam powder with water to a thick paste again making sure that you have mixed it thoroughly. Immediately add to the henna paste and stir. Add water if required bringing it back to a more yoghurt consistancy.
4. Immediately apply the henna/katam paste to the hair. Make sure your hair is thickly covered with the mix all the way down to the roots. When your hair is completely covered wrap in cling film and clean off any of the mix that has found its way onto your forehead, ears, neck etc.
5. Leave between 3 – 4 hours and then wash the mix out of your hair.

## **TIPS!**

Apply thickly and leave on for as long as possible. Light and quick applications will give poor results.

**FREEZE** all remaining paste immediately. You can then thaw it out and apply to your roots.