

5 Ways to Naturally Dye Your Hair

<https://www.sishair.com/5-ways-to-naturally-dye-your-hair/>

Method 1. Lightening Your Hair

1. Try lemon.

- Mix a cup of water with two tablespoons of lemon juice.
- Apply this mixture to wet hair.
- Allow your hair to dry naturally.
- Wait until your hair has dried on its own to wash or rinse.

2. Use honey and vinegar.

- Mix a cup of raw, uncooked honey, two cups of distilled vinegar, a tablespoon of extra virgin olive oil, and a tablespoon of ground cardamon or cinnamon.
- Run your hair under the shower to get it damp.
- Apply the paste.
- Wrap your hair using plastic wrap and secure it.
- Leave the mixture in overnight.
- Wash it out in the morning.

3. Use baking soda. When showering once a week, mix a small bit of baking soda into your shampoo. This method might take a few weeks to get your desired effect. 4. Consider cinnamon.

- Add a dash of cinnamon powder to a small handful of your regular conditioner.
- Evenly coat your hair, working from the top of your scalp to the bottom of your locks.
- Pull your hair back, and secure it with clips or ties when necessary.
- Leave in overnight.
- Rinse and shampoo in the morning.

5. Add salt.

- Mix one part salt without about 5 parts water.
- Rinse the mixture into your hair and allow it to sit for 15 minutes.
- Wash your hair.

Method 2. Enhancing Blond Hair

1. Prepare for a chamomile rinse.

- Prepare the tea.

- Mix half a cup of flowers in a quart of boiling water for half an hour.
- Strain and cool the mixture.
- Shampoo your hair.

2. Add the chamomile, and let it set for at least 15 times. 3. Try rhubarb if chamomile is ineffective.

- Take three cups of hot water and pour them over four tablespoons of rhubarb root, chopped into small chunks.
- Let simmer for 20 minutes.
- Strain the concoction and then pour it over your hair.
- Pour the mixture over your hair 15 times, catching it in a bowl or basin to use again.
- Rinse your hair with clear water and then let your hair air dry.
- Let your hair dry in the sun.

Method 3. Getting A Brunette Shade

1. Decide on the right henna mixture for you. 2. Prepare your paste.

- Take the henna powder, with whatever additives you're using, and throw in enough boiling water to produce a paste.
- Add a tablespoon of vinegar.
- Blend well and allow the mixture to sit until lukewarm to the touch.

3. Apply to your hair.

- Run your hair under clean running water to get it damp.
- Slip on a pair of rubber gloves.
- Massage the paste into your scalp and hair.
- Brush hair using a fine-toothed comb to make sure the mixture is evenly distributed throughout your hair.
- Place all your hair under a shower cap or swim cap.
- Leave the paste in for 30 minutes to 2 hours.

4. Rinse your hair. 5. Allow your hair to air dry.

Method 4: Increasing Your Hair's Dark Colors

1. Try a sage rinse.

- Strain the sage and water.
- Pour the mixture over your hair 15 times.
- Make sure to catch the mixture as it falls through your hair, using a bowl or basin.
- Re-use the same substance.
- Allow it to sit in your hair for 30 minutes.
- Wash it out with cool water.

2. Use alder bark.

- Simmer an ounce of the chips in a quart of water for about half an hour.
- Cool, drain, and use the mixture the same way you would use a sage mix.

3. Try walnut hulls.

- Crush the hulls into a paste.
- Cover the paste with boiling water and a dash of salt.
- Allow the paste to soak for three days.
- Add 3 more cups of boiling water and simmer for five hours. Make sure to simmer the walnut paste in a non-metal pan.
- Strain the liquid and place the remaining bits of walnut hulls in a cloth sack.
- Twist the sack very tight, making sure to strain out any remaining juice.
- Place the remaining liquid in a pot and boil it until it's about a quarter of its original volume.
- Add a teaspoon of ground allspice to the remaining water.
- Place the mixture in your refrigerator for about a week.
- Then, apply to your hair as you would a sage or alder bark mixture.

Method 5: Adding Red Tints

1. Use beet or carrot juice.

- Work the juice into your hair thoroughly.
- Wrap your hair in a towel or shower cap.
- Let the juice sit for about an hour.
- Rinse the juice out.

2. Try tea.

- Use 3 to 5 teabags in two cups of water.
- Let cool.
- Apply to your hair. You can mix the tea in with conditioner or simply add it on its own.
- Let the tea sit in your hair for at least an hour.
- Rinse out thoroughly.

3. Apply herbal treatments.

- Use 2 cups of water, half a cup of calendula flowers, and 2 tablespoons of hibiscus petals.
- Boil the water.
- Add the herbs and let simmer for at least an hour.
- Strain the flowers and then store the remaining water in the fridge.
- Every day, use the mixture as your final rinse in the shower.
- Repeat this process until you reach your desired hair color.
- Rinse your hair with the herbs every few days to maintain the color.

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