

Client: WeStyleAsia.Com

Level up your mane game with DIY hair colour!

Save your wallet and have whimsical hair colors at the same time!



Image Source: <https://www.pexels.com/photo/adolescent-adult-alone-art-206336/>

On average, we dye our hair every 2-3 months especially for those that have white hair beginning to show, or just for a regular hair colour touch up. That is a lot of chemicals going onto our scalps! Not to scare you but there have been many cases of people losing hair from excessive dyeing. It is one thing to do it once in a while but when you touch up your roots every week or get a whole new colour every month, it will take a toll on your hair.

Instead of blowing your hard earned money on chemical dyes try out these natural alternatives! These tips are not meant for those who are looking for a whole new colour. It is mostly for those who just need a touch up with natural hair colours. So those with black, brown, blonde and the red's, keep reading on!

Some of these ingredients may stain so consider wearing an apron or an old t-shirt before starting.



Image Source: <https://unsplash.com/photos/HyvTWN-jfpk>

Brown hair for the Korean fan girl

The darker your hair is, the easier it is going to be to get coverage. Keep in mind that because it is all-natural, it may take a couple of tries to get complete coverage.

Tea

Black tea gives a brown tinge and suits brunettes perfectly. Since your hair is not as dark as black, tea is good enough rather than coffee. Brew the tea leaves and strain them out. Massage the mixture onto your hair and leave it in for 30 minutes before rinsing off naturally with shampoo. Repeat this daily to get better coverage.

Apple Cider Vinegar & Coffee

Brew yourself a cuppa and while doing that make another batch for your hair. Make sure the coffee is black and as strong as possible. Add in 1 tablespoon of apple cider vinegar and mix well. Let it cool before massaging it onto your hair. Allow the mixture to sit for 30 minutes before rinsing it off with shampoo. Repeat this daily until you reach the desired coverage.



Image Source: <https://www.pexels.com/photo/art-background-bright-color-235933/>

Black Hair for the Mysterious Babe

Those with natural black hair may find it a tad bit harder to get coverage but after a few days, you will see your hair getting darker so be a little patient and you will see results.

Henna Dye

Henna is not your typical dye as it is made out of crushed leaves and herbs. It is similar to that henna hand art. It fades after a while and is completely made out of organic materials. Plus, it comes in a wide range of natural colours and you will find that it suits your colour perfectly.

Coffee

Pure coffee powder or grounded coffee beans works best here. Make it thick and strong, meaning as black as possible like a cup of espresso. Mix it with some conditioner and massage it into your hair. Wrap it up and leave it for 30 minutes before rinsing it off as usual. Repeat this daily for better coverage.



Image Source: <https://unsplash.com/photos/ldrGtwqDnTg>

Blonde Hair for the Carefree Lass

Okay, so we South East Asians are not naturally blonde but there are those who have gone full flaxen. Which makes touching up so much more important as our natural colour is dark which just sticks out against the golden tresses.

Sunflower Petals & Rhubarb Root

For this, you will need:

- Sunflower Petals
- Rhubarb Roots
- Coconut Oil

Grab a handful of sunflower petals (go curi from your neighbour's garden) and a rhubarb root and allow the mixture to simmer in water. Strain out the residue and petals and massage the mixture onto your hair. Leave it in for 30 minutes before rinsing it off normally with shampoo. Repeat every day until you get the desired coverage.

Lemon Juice

Lemon juice has been used in the Victorian era when the light hair was fashionable. Women would soak their hair in lemon juice for hours to achieve lighter hair. Squeeze pure lemon juice as much you think is enough to cover your entire hair. Allow the juice to sit for at least 3 hours before rinsing it off. Repeat every two days to ensure best results.



Image Source: <https://www.pexels.com/photo/back-view-dark-daylight-fall-397219/>

Red Hair for the Rocker Chick in you

Natural red heads have earned my envy! Of course, we Asians do not naturally have red hair so we resort to dyeing it. However, touching up is a must or else it is going to turn out super odd to have a black patch at the top of your head.

Beets

Beets are highly pigmented and can stain fabric so be careful and wear gloves. The more beets you add, the redder it will turn out. Mix it well with coconut oil and apply the mixture onto your hair. Allow it to sit for an hour before rinsing off as usual. Repeat this daily for the best coverage.

Hibiscus

Hibiscus flowers give out a bright red when simmered. Take this mixture and mix well with coconut oil. Allow it to cool before massaging onto your hair. Let it sit for an hour before rinsing off normally. Repeat every day until you get full coverage.

All these ingredients are organic and they should not cause irritation to your skin but if you do get some negative reactions on your skin, stop what you are doing and drive yourself to the nearest doctor.

Hope these tips will cut your hair grooming expenditure in half! Share your results with the hashtag #GOTD on social media.