



Mehndi Henna Kit

Instructions



Remember henna stains, work carefully. Keep it off your hands and fingernails (use gloves), your clothes, porcelain sinks and counter tops.

Leave the henna paste on for up to 12 hours for the best (darkest) results. If you plan to go to bed before removing the henna paste, wrap the area with a paper towel and tape to protect the design and avoid staining your bedding.

Things you should know about practicing Mehndi

Henna stains the skin for 7 to 12 days depending on body temperature, skin type and lifestyle (perspiring and bathing). On the skin henna can vary from orange to reddish brown, to russet, café au lait brown, light brown, through dark brown, crimson red and burgundy. For the darkest, longest lasting stain, the henna paste needs to remain on the skin 12 to 15 hours, or a long as possible, before removal. Henna stains only the outer layers of the skin. As the skin exfoliates the design will disappear completely. Re-application of henna over an existing design will deepen the color and forestall fading.

All the tools and supplies you need to begin are included in this kit:

- Henna Powder with bottle and applicator tip
- Citrus/sugar powder
- Eucalyptus oil
- Cotton balls to apply the citrus/sugar solution
- Cotton swabs for wiping away small mistakes
- Toothpicks for editing the design and thinning lines
- Wooden mixing stick
- Straight pin



Directions

1. Pour all of the Eucalyptus oil into the henna powder bottle and mix with the wooden mixing stick.
2. While stirring, add 0.44 fl oz/13 ml water to the henna mixture until it is the consistency of peanut butter. Do not exceed the Fill Line on the bottle.
3. Mix very thoroughly for 5 minutes.
4. Let the mixture age for 45 minutes.
5. Stir briefly before use. Use henna mixture within 24 hours.
 - If it is difficult to squeeze out paste, the addition of a few drops of water may be necessary.
 - If the henna powder mixture is too runny, add ¼ tsp /1.25 g of household granulated sugar at a time (mixing after each addition) until the mixture thickens.
6. Thoroughly wash the skin before applying henna. This removes lotions, body oils and old skin which act as a barrier to the henna stain.
7. Apply henna to skin. Gently squeeze the applicator bottle to release the henna. If tip gets clogged, use the straight pin to remove debris.
8. Let henna dry on skin. (10 to 15 minutes)
9. To prepare citrus/sugar solution, fill bottle with 0.95 fl oz/28 ml water and shake gently until dissolved. Moisten the henna design by lightly applying the citrus/sugar solution with a cotton ball. This will set the henna for a long lasting and darker color. Do not over saturate the design with the citrus/sugar solution as this will dilute and spread the henna and fine lines will thicken. Once the henna assumes a black and glazy appearance, you can reduce or stop the application of the citrus/sugar solution. Use citrus/sugar solution within 24 hours.
10. Leave henna on skin as long as possible, (up to 12 hours for best results) to set and darken the design. 3 hours of set time usually results in a dark solid color.
11. Remove the henna with a cotton ball and vegetable oil.
12. Avoid wetting the area for a day. Color will darken overnight.

If you are prone to allergies or have sensitive skin do a small test design and wait a day before proceeding with something more elaborate. Good luck, and have fun!

Tips

- Test the applicator flow on a paper towel.
- Start with a simple complete design and then add complexity.
- Improvise, change a drawing mistake into part of the design.

