

Aftercare Sheet

Front:

HENNA INSTRUCTIONS

- henna lasts longest and stains darkest on the hands/feet; the farther you get away from the hands/feet, the poorer your stain will be
- your henna design should last 2-3 weeks on the hands/feet, and 1-2 weeks everywhere else on the body
- the longer you leave the paste on the darker it will be and the longer it will last; hands/feet: 4-5 hours, rest of the body: 6-12 hours
- as the paste dries, the design should be dabbed with a lemon-sugar solution to help glue it to the skin
- if you are going sleep with the paste on your skin, cover it with kleenex or gauze held in place with medical tape; keep the hennaed body part warm but not sweaty
- after the suggested time, scrape the paste off but keep water away from it; rub oil into it before showering
- the stain will start out bright orange but change to a reddish brown over the next 24-48 hours
- to make your beautiful henna design last, try not to scrub the area or use exfoliating lotions on it

Back:

HENNA FUN FACTS

- henna has been a fad for over 9,000 years; you are connected to an ancient tradition, referred to in many ancient texts, including the Bible and the Qu'ran
- henna is the leaves of a bush that grows wild in the Middle East, Africa and Asia; all of these areas have used henna as an adornment at some time in history
- henna was first used as a skin conditioner before the Persians and Indians began to refine the use of henna in intricate designs
- henna is sometimes used in religious ceremonies, but it transcends religion, belonging to none exclusively
- in Morocco, henna is believed to contain "baraka" (blessedness); it is used to protect and bless the wearer at crucial times like marriage or childbirth
- henna is used by many cultures to decorate the hands and feet of the bride; in some cultures the groom will also have his hands hennaed, but usually much less than the bride
- henna is used to celebrate happy times and is usually not allowed during times of mourning