



by New Leaf Birth Services

General Information:

- ☼ Henna and Jagua work on all colors of skin.
- ☼ The stain from natural henna (also known as mehndi) is always something in the range of **brown, orange, or red**.
- ☼ There is a newer natural product called **jagua**, made from a Central/South American fruit, which leaves a dark blue stain.
- ☼ So called "black henna" is risky to use because it's made with a dye called PPD that can cause burns or scarring in people who are sensitive to it. PPD is not approved for use on skin in the US.
- ☼ **Different areas of the body stain differently.** The hands and feet stain the darkest, and as you move away from the hands and feet towards the torso, the stain becomes lighter, with the torso staining much more lightly.

Before Your Henna or Jagua Session:

- ☼ If you are having a larger design done, please pick your design ahead of time and send it to me as soon as you can, so that I can practice elements of the design on paper ahead of time. I can send you some ideas, and you can also use a search engine, Instagram, or Pinterest to find ideas.
- ☼ If you would like to see some of my previous work, you can follow **@thegiftofhenna** on Instagram. (To protect the bodily privacy of my clients, I don't post belly, torso, or thigh pictures on Instagram, only parts of the body that are commonly visible in everyday life. If you are having belly henna done, I can privately send you some pictures of belly henna I have previously done at your request.)
- ☼ Let me know if you have any sensitivities or allergies to any of my henna paste or jagua. gel ingredients: **natural henna leaf powder or jagua fruit powder, lemon juice, sugar or xanthan gum (in jagua gel), and essential oils** (lavender only for expectant mothers).
- ☼ If you have a rare genetic condition known as a "G6PD" deficiency, (this may mean that exposure to fava beans, moth balls, aspirin, NSAIDs, or quinine causes you to become anemic) it is safer for you to avoid henna. (You would know if you had this condition.)
- ☼ If you are allergic to strawberries or kiwi, you may be sensitive to jagua. It's a good idea to do a patch test before trying a larger design.
- ☼ **If you plan on having the design area waxed**, please make sure it is done 24 hours or more before your henna or jagua session

The Day of Your Henna or Jagua Session:

- ☼ If you plan to shower, bathe, or swim, it's best to do so **before** your session.
- ☼ If you plan to get a manicure, it's best to do it **before** your session.
- ☼ I will bring witch hazel to clean the area, but it will help if you **avoid applying any oils or lotions** to the area. These can prevent the dye molecules from soaking into your skin well.
- ☼ Please wash the area to be adorned with **soap and water** before we begin.