



by New Leaf Birth Services

### General Information:

- ☼ Henna works on all colors of skin.
- ☼ The natural stain from henna (also known as mehndi) is always, always something in the range of **brown, orange, or red**.
- ☼ There is a product called "black henna" that is banned in the US because it is made with a hair dye called PPD that can cause burns or scarring on people who are sensitive to it.
- ☼ There is a newer natural product called jagua, made from a South American fruit, which leaves a dark blue stain. I do not yet have enough experience with jagua to use it on clients.

- ☼ **Different areas of the body stain differently.** The thicker skin on the palms of the hands or the soles of the feet makes the deepest stain, and as you move from the hands and feet towards the torso, the stain becomes lighter, with the torso staining much more lightly.

### Before Your Henna 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 ingredients: **natural henna leaf powder, lemon juice, sugar, 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.)
- ☼ Please **avoid applying lotion** to the application area for a day or two before your session, in order to allow the dye molecules from the henna to absorb into your skin.

### The Day of Your Henna Session:

- ☼ If you plan to shower, bathe, or swim, it's best to do so **before** your henna 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.

## After Your Henna Is Applied:

- ☼ Depending on your design and its location, I may apply a sealer or medical tape as soon as the henna is dry to the touch. This helps to hold the paste on your skin longer, allowing a deeper stain to form.
- ☼ I will ask your permission to take a picture of the henna on your skin. The picture is completely optional, and if you allow it, you have complete control over how it will be used. (I only post pictures on social media if you give your permission AND if the designs are on hands, feet, arms and lower legs—never on the thighs or torso.)
- ☼ Try to allow the paste to stay on your skin for at least **4 to 6 hours**. Overnight is ideal, but not necessary. If you would like to try to leave the paste on overnight, and it's a part of your body that can be wrapped, wrapping with toilet paper and then a top layer of plastic wrap, or covering with a sock can help to keep henna crumbs out of your bed. **Do NOT cover your dried henna paste directly in anything that can't breathe, like plastic wrap!** If moisture is trapped, it can cause the design to smudge.
- ☼ Try to keep yourself warm. Warm skin absorbs the dye molecules from the henna more readily.
- ☼ When you are ready to remove the dried henna paste, **peel or scrape** it off, rather than washing it off with water. If there are stubborn areas, you can use a natural oil to help removal, such as **almond oil, olive oil, coconut oil, shea butter, or cocoa butter**. **Lotion is not recommended** because it contains water.
- ☼ **When the henna paste comes off**, the stain should be bright yellowish orange. **If you have dark skin, this orange stain may be very faint or not visible at all.** The color will deepen over the next two days and will reach **peak color in about 48 hours**.
- ☼ I would love for you to send me a picture of your henna stain at its peak color (Day 2)! The picture is completely optional, and what I use it for is completely in your control. ***If you send me a picture on day 2, I will give you a discount on your next henna session!***
- ☼ If possible, **avoid bathing, showering or other water exposure** to the stained area for the first day or so. Swimming is particularly harmful to a good, long-lasting stain.
- ☼ Applying a natural oil (such as those listed above) to the stain before water exposure may prolong your stain. Lotion is not recommended, because it contains water.
- ☼ Swimming in a chlorinated pool will cause your stain to fade more quickly. Using gloves while washing dishes can help to prolong a stain on your hands.
- ☼ The skin layers that have the henna stain are stained permanently. The stain fades as those layers are exfoliated in the natural process of skin renewal. The faster your skin is exfoliated, the faster the stain will fade.

In all the cultures where henna is used traditionally, it's used for celebrations.

I hope that your henna experience is joyful!