



## To Prepare for Your Henna Party

There are some things you can do to make your party experience better and to help you and your guests get a good stain. Please share this handout with them ahead of the party.

### Things to know about natural henna:

- ☼ 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 risky to use because it is made with a hair 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 thicker skin on the palms of the hands or the soles of the feet makes the deepest stain, while the skin on the torso stains the lightest.
- ☼ **Let me know if you or your guests have any sensitivities or allergies** to any of my henna paste ingredients: natural henna leaf powder, lemon juice, sugar, and essential oils which can include lavender, eucalyptus, cajeput, bergamot, frankincense, ylang ylang, and/or tea tree.
- ☼ 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.)
- ☼ You may want to avoid applying lotion to the application area for a day or two before your session.

### The Day of Your Henna Party:

- ☼ If you plan to **shower, bathe, get a manicure, or swim**, it's best to do so before your henna session. Doing any of these afterwards will reduce the depth and longevity of your stain.
- ☼ 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.
- ☼ I will have a design book for you to choose from. Depending on the time allotted and the number of guests present, different designs will be available (fewer guests + more time = larger designs, more guests + less time = smaller designs)

### 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 with your permission AND if they 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 medical tape or toilet paper covered by a sock (if you have a hand or foot design) can help to keep henna crumbs out of your bed.
- 🌸 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** with your fingernails, a credit card, a plastic knife, etc, 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 and/or exfoliants.

- 🌸 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.
- 🌸 If you would like to, I would love for you to send me a picture of your henna stain at its peak color (36-48 hours). If you send me a picture, what I use it for is completely in your control. You can text it to me (334-621-6222) or email [laura@newleafbirth.com](mailto:laura@newleafbirth.com).
- 🌸 **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 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!**

I love Instagram tags! If you take a great picture of your henna and post it on Instagram, I would love for you to tag my henna account: [@thegiftofhenna](https://www.instagram.com/thegiftofhenna)