

MIXING HENNA FOR BODY ART

- * For 1 cone you will need 3 teaspoons of henna. Sift henna into a bowl.
- * Have 1/4 cup of black tea or coffee ready.
- * 1 teaspoon of strained fresh lemon juice.
- * Start by adding a few teaspoons of tea or coffee. Mix and then add the lemon juice. Add more liquid teaspoon by teaspoon if you need. Be careful not to make it too runny.
- * Add a few drops (or 1ml) of cajeput, tea tree, eucalyptus, lavender essential oil or traditional henna oil.
- * Mix the henna into a smooth paste. Not too runny or too dry, Leave the paste in a bowl covered for a couple of hours. This will let the bubbles dissolve and the natural dye to release.
- * Now use a teaspoon and carefully fill the prepared cone with the henna mix. Seal the top an elastic band.
- * Clean the skin well and make sure the skin is not oily (exfoliate skin for best results). The cone can take a little while to get use to, practice will give you the results you hope for, so let go of your expectations, let your creativity flow and enjoy!
- * Dab a lemon & sugar mix on when henna is dry (after 15min of application).
- * Mixed henna left over can be stored in the fridge, try to use within 1 week.

MAKING THE CONE

You will need:

- * Cellophane gift wrap or
- * Plastic resealable bag
- * Sticky tape
- * Scissors

Cut a triangle approximately 18cm x 25cm. Roll the triangle into a cone shape, working with one end to get a point and the other end open. The pointed end should be closed, you can cut to pin hole size later.

Seal the side with tape. Fill with henna mix, and then seal the top with tape or tie with an elastic band.

- * The cone can be refilled and reused.
- * Keep rolling down the top as you apply the henna design to keep the cone tight.
- * You can use a toothpick to neaten up your lines.
- * Palms and feet get the deepest colour results. Where the skin is driest the henna works best.
- * Face and neck may only stain for a day or two.

HENNA BODY ART AFTER CARE

Leave the henna body art on for 2 – 4 hours (or over-night for the best results). The longer you leave it on, the darker it will become.

* Make some syrup with: 1 teaspoon of sugar, 1 teaspoon of fresh lemon juice and 1 teaspoon of hot water. Dab this over the henna when it is dry. This will keep the henna moist for darker colour and stop it falling off as it dries.

Later, rub the henna off with your hands. No water. Unless necessary. No soap. Rub some oil over your new henna body art. Any oil you have available such as coconut, olive or any body oil.

The henna will become darkest after 48 hours. Different peoples skin and different parts of the body will vary the amount of henna absorbed.

Keep your body art moist with oil if you wish to keep it longer. Exfoliate your skin and let it become dry, if you wish to remove the henna quickly.

* Henna absorbs into the epidermis layer of the skin, the outer most layer. The epidermis is constantly renewing. This process is a cycle of one to four weeks. The henna will fade as the epidermis renews.