



Natural Product For Your Body & Hair

### **Henna Kit Instructions**

Thank you for your kit purchase. We hope that you enjoy your henna kit.

The henna powder must be kept out of direct sunlight. If not it can get easily light damaged and will affect the stain quality of your henna. Store it in a freezer or fridge in the bag provided.

### **Your Kit Contains**

Henna Powder – This is the green powder produced from the ground leaves of the Henna Plant.

Lemon juice is required for this kit. This is not included. Any bottled lemon juice from a supermarket will suffice. We only recommend lemon juice. If you need to use water it should be mineral water which is slightly warm. Please note we cannot take responsibility for poor results from your henna which is mixed with water or by any other method.

Essential Oils – The essential oil has been specially selected as they possess qualities which will help the Henna to release dye which will improve the colour of the henna tattoo.

### **Using your Henna Kit**

1. First, you need to mix the henna into a paste, this is best done at least 24hrs in advance.

The amount of lemon juice you will require depends on the size of kit that you have purchased.

Please see the following table to determine how much lemon juice you require. The table is a guide ONLY. Mix in lemon juice until your henna looks like toothpaste consistency.





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Amount of Henna Powder	Maximum Lemon Juice You Add To Henna	Amount of Essential Oil To add
20g	90ml	20 drops
60g	270ml	60 drops
100g	480ml	100 drops
500g	1.25ltr	500 drops

The table above shows how much lemon juice you will need and how much is the maximum to mix the henna powder.

Note this is to mix ALL of the henna powder.

So if you only wish to mix 10g of henna then your MAXIMUM liquid that you add to the henna is

10g = 25ml juice + 10 drops of Essential oil.

### **Mixing The Henna Powder**

The starter kit which contains 20g of henna powder is enough henna for around 30 large henna patterns.

We recommend that you only mix the amount that you need and keep the remaining henna powder in the fridge to keep it fresh. 5 – 10g is enough to practice with.

Referring back to the chart on page1 the starter kit requires a maximum of 50ml of juice to mix. Please take this into account if you are only mixing 10g or 5g of henna powder.

2. Place the henna powder into a non metallic bowl and add the lemon juice. Add the required essential oil again referring to the chart above. 10 drops for 20g of henna powder. Mix the henna powder with a spoon making sure that you press out any lumps and mix thoroughly.





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3. Once mixed leave with the bowl covered for 24 hours.
4. When ready prepare your henna cone supplied with your kit. You will need a very sharp pair of scissors for this. If you try to use a blunt pair then you will not cut the henna cone properly and it can result in frayed edges which will affect the application or even make the henna cone useless.
5. The hole you require is about 0.5mm. You should cut smaller than this at first to make sure that you don't cut a hole too large. If you take care of the henna applicator cone then you can re-use it several times. As it is plastic make sure you clean the cone with luke warm water. Avoid boiling water as this will warp the cone and render it useless.

### **Application**

You should try to remove all dead skin by rubbing the area of application with a wet cloth. Witch Hazel or Medical swabs work very well for cleaning the skin. Pat dry with a soft towel afterwards or leave to dry naturally.

Apply henna on to the skin and then leave to dry. The longer you leave henna drying on your skin then the darker the end result will be. You can also try to wrap the design in cloth (very carefully!) to keep it from drying too quickly. Plastic gloves are also very useful for keeping hand designs from drying out too quickly.

When the paste has fallen from the skin you will notice the stain is Orange. This is quite normal and will develop into a nice brown colour over 48hours. Henna is NOT black. Black henna is produced by the hair industry to dye your hair black. As such it contains harmful chemicals that are known and proven to burn and blister the skin.

ALL of Henna Boy's products are PPD Free and are 100% natural.

### **Aftercare**

It is best that you do not wash the area of skin where the henna has been applied for the first 12 hours.





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After this, it is best that apply a waterproof cream such as waterproof sunblock before you bathe and that you do not scrub the area when washing and apply a moisturizer daily.

Design Samples

Here are some popular henna motifs for you to try!

You can also find many tutorials on Youtube and Social Media.

Wish to get more involved? Get in touch we are happy to give advice and tips on your journey to being a henna pro and we also run a yearly conference called Henna Huddle where you can come and learn techniques from experienced henna artists from around the world.

