

Nikolazza Art

And Henna

Henna After-care Instructions

The whole process of getting henna done involves patience and relaxation. It cannot be a rushed job. Wet henna can smear easily. It takes 15-30 minutes for your henna design to dry. Be **VERY** careful, and don't let anything touch or bump into your wet Henna Design.

To get the best possible stain of your henna design, follow these steps:

1. Leave henna paste on skin for at least 8-10 hours.
2. Seal dried paste onto the skin by dabbing with cotton ball dipped in lemon sugar syrup. Once the henna paste is dry, it starts flaking off. To prevent that from happening, it is very important to **seal the henna paste on the skin with a sticky lemon juice and sugar mixture**. The stickiness of the syrup helps the henna to stay stuck to the skin.
3. **HEAT** is a friend of henna. Warming your henna design with the henna paste still on your skin will help in achieving a dark stain. You can warm your hand over the stove, or in front of the fireplace or a space heater, or even use a heating pad.
4. Apply more sugar-lemon juice syrup. Heat again. Repeat process 3-4 times.
5. As long as the henna paste is a bit moist, it will keep staining...heating makes you sweat and hence moistens the paste.
6. Wrapping your henna: Unroll cotton balls and stick them onto the sticky henna design OR wrap in toilet paper then cover with a sock, or medical bandage...anything will work, to keep the henna paste on the skin and to protect clothing and furniture. If leaving on all night, be sure to keep your henna design **WARM ALL NIGHT**...if your skin gets cold, henna doesn't stain well.
7. After 8-10 hours, when it is time to take the henna paste off, **DO NOT** wash it off with soap and water. Scrape the paste off gently using your fingers, a credit card, or a blunt butter knife. The sticky lemon sugar sealant makes the henna stick to the skin really well and is sometimes not easy to take off. In that case, you can use a little bit of **coconut oil, olive oil, or vegetable oil** to help take the stubborn paste off.
8. **Avoid direct contact with water for the next 24 hrs.** Keep stain coated with olive oil to create a barrier.
9. Henna stain will be light/bright orange at first and will darken to a deep brown over the next 48-60 hours. This gradual darkening of the stain is a sign that the **Henna paste is 100% natural!**

Enjoy your Henna and come back Soon !

