

Learn how to apply simple mehndi designs with henna paste\*:

Roll the henna paste\*\* in the cone gently with your fingers to make sure the paste is smooth and well mixed, being careful to not squeeze any out.

Hold the cone with your dominant hand. Your hand must be comfortable while holding it and squeeze a little at a time.

When you are ready to start, take the pin out of the cone and start applying to a tissue to make sure there aren't any air bubbles and to get used to using the cone.

Once you feel ready, use the cone to draw a design on clean skin free of oils and lotions.

Let the paste stay on the skin for 6-7 hours. After that, you can scrape the paste off, but don't wash the area with soap and water for several more hours as the stain is still developing. The longer you can leave it on your skin the darker the stain will be

Tips:

Start the design further away and work towards your body to avoid smudging your artwork.

You can wipe the tip off with a tissue if it gets messy or to help clear a small lump of paste. The cleaner the tip, the neater your work.

If you mess something up, wipe it off carefully before it dries. A fingernail, tissue, or the edge of a piece of paper work well for this.

Once the paste design begins to dry, you can dab on a sugar and lemon solution\*\*\* to help seal the paste on your skin and get a darker stain.

\*While henna has been used for thousands of years and is widely regarded as safe, you should try it on a small area of skin first and discontinue use if any irritation occurs.

\*\*This henna paste contains: powdered henna leaves, eucalyptus oil and black tea infused water, sugar.

\*\*\*To make a lemon sugar solution, mix equal portions of lemon juice and sugar until dissolved. Dab gently onto dried henna paste with a cotton ball or tissue.

