



## Post Henna Care

1. As much heat as possible for the first 24hrs, even after the paste has been removed. Exposure to regular heat will help it to darken. Darkest colours will be on toes, fingers and palm. Henna is rarely dark on the upper arm or shin.
2. Do not wash with water. No water contact for 24hrs if possible (48 is even better). Pick or scrape paste off after 8hrs. If paste falls off earlier, don't panic, it's done its job.
3. Leave paste on for at least 4hrs. Overnight makes for the best results.
4. Designs will progress in colour from orange to burgundys and browns, depending on the person, for 48hrs. Do not panic if paste falls off and the colour is orange, it will continue to darken for 48hrs, sometimes longer.
5. No exfoliants (chlorine and most hand lotions). No pools or hot tubs. No anti-oxidants, found in most face and hand lotions.
6. To slow design fading, protect during water contact by using natural oils, such as olive oil. A latex glove with an elastic wrist is helpful to protect hand mehndi when showering. Some wax based balms are also helpful to make water bead away from the design. No wax balms with exfoliating properties or anti-oxidants should be used.
7. When tanning, please keep in mind that areas recently hennaed are 'sun-screened' and will not tan.

The final shade will depend upon skin type, skin colour and how well the mehndi is taken care of post application.