



Your Hair, Your Way. Naturally!

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### How to Mix Jamila Henna Powder for Body Art

1. **Measuring the henna powder.** Take 2 tbsp of henna powder (about 25 grams of henna) and place it into a glass or stainless steel bowl. Add 1 tsp of sugar of your choice and mix well.
2. **Adding the lemon juice/water/tea brew.** Heat your liquid (about 1/4 cup) on the stove and add it slowly to your henna powder. Mix well until it is the consistency of a thick yoghurt.
3. **Adding essential oil.** Then add 1 tsp of your essential oil. Mix well.
4. **Too much liquid?** If you add too much liquid add a little more henna powder to adjust. You can cover your henna paste and allow to sit for 3-4 hours but I don't. I mix my henna recipe and sometimes let it sit an hour to rest. I then take the henna paste I've made and cone it all up or place into carrot bags for storage. I place cones and carrots bags into the freezer and use when as needed when I'm ready to do so. The frozen paste will thaw naturally at room temperature. I am a true believer that freezing your henna paste for body art (and even for hair use) gives it a really nice boost in color.
5. **Testing the paste.** Should you decide that you want to use your henna paste that same day then after it has sat 3-4 hours you can test the paste out. It might need retesting every hour thereafter if you're not seeing the recommended results. Test your henna paste by placing a bit of paste onto your palm and let it sit for at least 1 minute. Remove the paste by washing off and if you have a bright pumpkin orange stain that indicates that it's ready to be used.
6. **More liquid?** Your henna paste when it's ready to be used, should be a consistency of thick toothpaste (see below photo). If it's feeling too thick for you adjust by slowly adding more of your liquid.

For more information on henna body art aftercare, applications methods and how to articles please visit our blog at [www.HennaBlogSpot.com](http://www.HennaBlogSpot.com)

When using any new hair product it's always recommended that you do a hair strand tests or a skin patch test first. Even natural products can cause allergic reactions. Test before use.

**Keep yourself updated on free recipes, products, and sales on social media platforms @HennaSooq (#HennaSooq) or at [www.HennaBlogSpot.com](http://www.HennaBlogSpot.com)**

**Important:** Please keep in mind that your hair is as individual and unique as you are. Henna and Ayurvedic treatments can be drying for some. It's recommended that you add our aloe vera powder or one of our hair oils to your recipe and/or deep condition your hair afterwards. We recommend that all of our clients try varying recipes based on their individual hair needs and focus. Use the recipe that works best for your hair! Further instructions can be found and downloaded on every product page.

**Total amount of powder you should use:**

Above ear length: 50-75 grams

Shoulder length: 100-125 grams

Bra strap or mid-back length: 150-175 grams

Lower back length (above hips): 200 to 225 grams

Hip/Waist length: 250 to 300 grams

**Recommended Liquids:**

- Water
- Apple Cider Vinegar
- Green Tea
- Note: For coloring treatments do not use heavy liquids such as yoghurt, shea/cocoa butters, conditioners, etc...as they dilute the color and won't yield best color coverage.

**How to mix and use our Jamila Henna Powder:**

1. Mix henna with one or more of our recommended liquids.
2. Allow the paste to sit for dye release for 3-4 hours.
3. Add enough liquid to make a paste into the consistency of pancake batter. Measurements aren't always going to be exact, as each batch of henna can absorb varying amounts of liquid each time.
4. After dye release has been achieved, apply the henna paste to damp or dry hair in sections starting from the front and moving towards the back. Make sure to wear gloves when applying henna, as it will stain your hands.
5. Wrap your hair and allow henna to stay in hair from 3-4 hours.
6. Rinse, shampoo or co-wash the paste out, according to what works best for your hair. Your hair's color will settle over the next 2 days.

**Variations**

- For redder tones add our hibiscus petal powder, beet juice, red tea or paprika
- For browner tones add our organic amla powder, coffee or black tea
- Create your own henna gloss by adding some henna powder to your conditioner and letting it sit in your hair for 30 minutes as a deep conditioning treatment. This will yield a slight reddish tint.
- Add our essential oils to your henna to add extra shine and leaving your hair smelling great
- Too Drying? Add our Organic Aloe Vera powder to your henna, and indigo recipe for added moisture.

**Storage:**

- Henna powder can be placed in the fridge or freezer for up to 3 years
- Henna paste can be placed in the fridge for up to 24 hours
- Henna paste can be placed in freezer for up to 12 months

**Get The Color You Desire!**

- Reddish brown tones can be achieved with 70% henna and 30% organic indigo
- Brown tones are achieved can be 50% organic indigo and 50% henna
- Dark chocolate brown tones can be achieved with 70% indigo and 30% henna
- Black tones can be achieved when you use 100% henna first and then a second step of 100% indigo

**Would you like to watch our henna videos?** Please click the video tab on your product page to view.