



## **Henna Aftercare Instructions**

**Leave henna paste on the skin for 8-12 hours (or overnight is always best if getting henna in the evening).**

**Do not wash off paste with water.**

**Do not scrub/exfoliate the skin during this time) or go swimming in a chlorine pool.**

**Scrape paste off with fingers or a butter knife or rub off hard to loosen areas using a small amount of cooking oil (olive oil, coconut oil, etc)**

**After paste removal, henna stain will be bright orange for the first 24 hours then will fully darken over the next 48-72 hours.**

**You may use a light coat of cooking oil to protect the stain during washing .**

**If you have any further questions, please don't hesitate to contact me.**

**Thank you,  
MindBodyHenna  
512-809-8678**