

Beachcombers Henna Powder Mixing Instructions (for skin use)

One hundred grams of henna powder will easily yield 75-200 henna tattoos depending on design size. It's common for experienced henna artists to get over 300 designs from 100 grams of henna.

If you are new to henna, do not mix the entire bag of henna at once. Only mix 1/4 or 1/3 of your henna at a time, so you can play with your henna recipe to find what works best for you.

In order to create the best possible henna mix for you, it helps to understand why you add these specific ingredients. You need...

- **Quality Henna Powder**

For henna to be used on the skin, you must use fresh high-quality body art quality henna (BAQ). Never use hair henna and never use random henna powder that you find at a grocery store. Hair henna is a lower quality henna powder and nearly always has metallic salts or chemicals added to it (even if it claims to be all natural). Random henna powder from a questionable source is rarely stored properly and not fresh. You can be confident when you buy from us! We KNOW henna!

- **Lemon Juice** (bottled lemon juice is fine)

Obviously, you need some sort of liquid to make your henna powder into a paste. Lemon juice is a great acidic liquid that allows the lawsone dye molecules to be released from the henna in a slow controlled fashion. A nice slow controlled dye release leads to a stable henna paste that doesn't demise too quickly.

If you use something other than lemon juice, the dye release time can be drastically different. Water or tea will release dye MUCH quicker, potentially leading to a less stable paste.

- **Sugar**

Adding sugar to your henna powder is optional. Sugar makes the henna stay wet against the skin longer, stick to the skin better, and makes the henna more flexible thus helping you achieve a darker stain. It also helps give your henna a great consistency. You may find that you like more or less sugar with different brands of henna.

Sugar is not absolutely needed (especially in more humid climates), so try mixing your henna without sugar to see if you like it or not. Here in Florida, I only use about a teaspoon to a tablespoon of sugar per 100 grams, but I know people in Arizona that use 1/4 cup of sugar (4 tablespoons!). The more sugar you use, the less lemon juice you need.

- **Lavender & Tea Tree Oils**

Both lavender and tea tree oils have monoterpene alcohols which will help release more of the lawsone dye in henna resulting in a darker stain. Adding these oils also adds a lovely scent to henna.

Essential oils are very strong. Use the minimum amount of oil you need to create a good mix. Never add more than 1 ounce (30mL) of oil per 100 grams of henna powder.

If you are a henna hobbyist, 1/3 ounce (10mL) is fine per 100 grams of powder, but if you are looking for professional quality stains, use 1 ounce (30mL) of oil per 100 grams of henna.

Practice Makes Perfect!

Henna is like cooking. It can take some time to get it perfect, yet you still get to have some fun getting to your perfect henna mix. Relax and have fun with your henna!

These printable instructions have plenty of room for you to make notes. Save those notes for the next time you mix your henna to help yourself develop the PERFECT henna mix for you.

Super Simple Beachcombers Henna Recipe

1 Step Henna Recipe

If you are new to henna, do not mix the entire bag of henna at once. Only mix 1/4 or 1/3 of your henna at a time, so you can play with your henna recipe to find what works best for you.

100 grams quality henna powder
Lemon Juice (1-1 1/2 cups or so)
Sugar (none or up to 2 Tablespoons)
Equal Parts Lavender & Tea Tree Oils (1/3-1oz)

1. Put henna, sugar, essential oils, and lemon juice in a bowl and mix until you reach a thick mashed potato consistency. I use a glass mixing bowl as it cleans up easily and doesn't stain or retain scent.
2. Cover with plastic wrap, pressing the wrap down on top of the henna until it touches the paste.
3. Set aside to await dye release. If you use the henna right away, it will NOT leave a stain. Dye release time vary according to the type of henna you use, what you mix the henna with, and the temperature. The warmer it is the quicker the dye release. Colder temperatures require longer time.

ORa Rajasthani: generally 6-16 hours

Jamila Henna: generally 24-36 hours

General Henna: generally 4-24 hours

4. Check for dye release every 4-6 hours.

Place a dot of henna on the heel of your hand and wait exactly 5 minutes then wipe it away. If you have a nice orange stain, you have achieved dye release.

When checking dye release, check it for the exact same amount of time and on the same part of the hand EVERY time, so that you learn what color good dye release looks like on YOUR skin.

5. Once dye release has been verified, add more lemon juice to reach the consistency that you personally like. You are looking for something along the lines of stirred yogurt or really thick cake batter. Ideally, the henna should slightly ribbon off your spoon forming peaks that very slowly slump. Try different consistencies to see what you like best. You may prefer a thicker or a thinner henna.
6. Once your consistency is perfect, strain your henna if you wish (straining is optional). Put the henna paste in individual cones and freeze until you are ready to use.

The Easy-Peasy Jody Method

This is essentially the same Super Simple recipe from above, but in a more conversational tone. It's easy to over-think things and stress about the details. "Following" me while I mix henna may help!

I am quite casual about mixing my henna, yet I get great consistent color EVERY time. I used to stress and freak out over every detail! I'd even wake up in the middle of the night to check on my dye release. Once I finally let go of that craziness, I started getting amazing results from my henna.

I don't measure the lemon juice and I don't worry too much about timing. I am currently using ORa Rajasthani henna with equal amounts lavender and tea tree oils. I can't express how much I love our ORa henna! It's so easy to get great color with it!

Here is a step-by-step guide to how I actually mix my henna...

In the morning before heading to work, I mix ORa henna, lemon juice, a bit of sugar, and equal parts lavender and tea tree oil together until I reach a thick mashed potato consistency.

For 100 grams of henna (one bag), I use 30 mL (1 oz) of oil, and a Tablespoon of sugar. We are very humid here in Orlando FL, so we don't need much sugar. In the very humid summer months, I'll only use a teaspoon of sugar.

I use a glass mixing bowl because it's easy to clean, doesn't stain, and doesn't retain the scent of the essential oils.

Once mixed, I press plastic wrap down on the henna and place the bowl under my kitchen island.

When I get home, I tweak the texture of my henna by adding more lemon juice. I use a hand beater to mix my paste. I like a stringy paste, but if you like a little less string in your paste, beat the heck out of it! A good solid beating of about 8 minutes will "tame" the string in the paste. I only mix for 3 or 4 minutes.

This makes my total dye release time about 12 hours or so.

Once it's the perfect texture, I strain the henna and cone it up. By cone it up, I mean I put the paste in individual henna cones that I roll from our pre-cut cello triangles. This allows me to have fresh single-serving henna cones available at all times!

Mixing 100 grams of henna yields about 24 cones the size that I roll our medium sized cello triangles. I also use a different cello print for every batch so I can keep henna batches separate.

I place the cones in a ziplock bag with a piece of paper that has the date and the ingredients of the henna mix and put them in the freezer.

DONE!

Make note...if I'm mixing Jamila henna, the time table is a bit different. I'll stretch this out to be at *least* a full 24 hours and up to 48 hours if it's cold. Jamila is very forgiving about time. I once forgot about my henna in the cabinet for 3 days and still got awesome results.

I sometimes mix equal parts Jamila and ORa henna. Since both hennas have drastically different dye release times, I mix them separately and then combine them together just before I strain the henna. This melds the pastes perfectly together.