

# How to mix your Ancient Sunrise™ Purity Henna



Add lemon juice to your henna, a spoonful at a time, and stir it in until you have a mix as thick as lumpy mashed potatoes. Save a little of the henna powder in case you need to thicken your mix later. If you live in a dry climate add two spoonfuls of sugar per bag of henna powder. If you live in a damp climate, do not add sugar.



If you mix the whole package of Purity henna at once, you can freeze leftover paste for later use. Then, you'll have henna paste ready any time you need it! If you mix a little at a time, close the envelope of henna securely so it does not get stale.

For more information about henna, visit [hennapage.com](http://hennapage.com), the most complete henna resource. Ancient Sunrise™ Purity henna has laboratory certified lawsone content and is free of pesticide residue. Purchase additional materials for henna art from [mehandi.com](http://mehandi.com) and pattern books from [tapdancinglizard.com](http://tapdancinglizard.com).

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Keep stirring until the lumps are gone.



Press plastic wrap down over the henna and let it rest overnight at about 70 F or 21 C. If the room is cold, 40 F or 10C, let the henna rest for a full day. If the room is hot, 95 F or 35C let the henna rest for four hours. The time is approximate; don't worry too much about being precise.

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After your henna has rested, the texture will be smoother, the paste will be softer, and the dye will be released from the dry leaves.

Add the essential oils in the little bottle to your paste, and stir it in smooth. If you mixed all the henna into paste, add the whole bottle. If you mixed part of the henna powder, use part of the bottle. The finished paste should be as thick as toothpaste. Add a little more lemon juice if the paste seems too thick. If your paste is thinner than toothpaste, stir in a little of the henna powder that you saved.



Cut the tip off the piping bag. Cut just a little bit off first, just enough so you can squeeze the air out. Fold the top of the bag back over your hand so you can fill it easily. Fill the piping bag half full with henna paste.

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Squeeze the paste down to the tip of the piping bag. Tie a knot in the top of the bag. If you put your piping bag of henna paste in the refrigerator, it will stay fresh and ready to use for several days. If you put your piping bag of henna paste in the freezer, it will stay fresh and ready to use for several months ... just thaw it out!



Fill a few henna cones for immediate use. Fill a cone for each hour's work you plan to do, or for each full hand you plan to henna.

Cut more off the piping bag tip, so you can squeeze the henna paste out easily.

Insert the piping bag of henna into the cone, and squeeze in just enough to fill the cone halfway full.

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Fill the cone halfway up, and squeeze the henna paste to the point of the cone.



Fold up the top of the cone.

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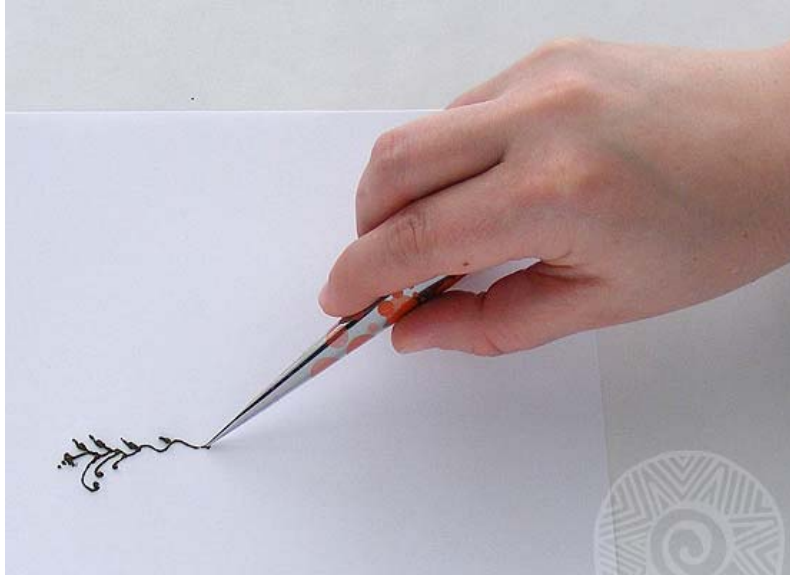
Fold the top of the cone down so no henna will leak out. Tape the top down.



Clip a tiny bit off the tip of the cone with nail clippers. Test the cone to see if the hole is the right size. Start with a miniscule clip ... test, and clip a tiny bit more. It takes less than you'd expect! A cone tip that is too small can be clipped larger. A cone tip that is too large is no good for henna.

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One cone is sufficient to do one full hand, or many smaller pieces. Prepare as many fresh cones as you plan to use for one day. Expect to use one cone per hour of henna work. If you run out, you can fill more cones. If you have cones left over, you can freeze them for another day.



Leave the henna on the skin overnight, and warm, for the darkest stain. The stain will be red-orange when the paste first comes off the skin, and will darken for two days.

Save your extra henna in the piping bags in the refrigerator or freezer for future use. There is enough henna in your kit to fill twenty cones. Keep the piping bags of henna paste in a heavy plastic freezer bag or carton so the henna does not add to the flavor of your food.

Have fun and visit [hennapage.com](http://hennapage.com) to learn more about henna!

*Catherine Cartwright-Jones  
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