

## Beachcombers Henna Powder Mixing Instructions

One hundred grams of henna powder will easily yield 75-200 henna tattoos depending on the size of the designs you create. 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.

Below are a couple of different henna recipes, but they have the same ingredients. In order to create the best possible henna mix for you, it helps to understand why you add these specific ingredients, so let's start with these. 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 a grocery store. This is why 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.
- **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 you like more or less sugar with different brands of henna. This is not absolutely needed (especially in more humid climates), so feel free to try mixing your henna without sugar if you'd like.
- **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 your 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.

### ***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

This single step recipe keeps mixing henna simple and easy because you add all the ingredients at once. This recipe can be used for any henna, but is best for short dye release hennas (less than 12 hours), but can be used with any henna.

100 grams quality henna powder  
Lemon Juice (1 1/4 -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 and sugar into a bowl and mix lemon juice and essential oils into the powder/sugar 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 and the temperature. The warmer it is the quicker your dye release. Colder temperatures require longer time.

**ORa Rajasthani:** generally 6-16 hours

**Jamila Henna:** generally 24-48 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 5 minutes then wipe it away. If you have a nice orange stain, you have achieved dye release.

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, thick cake batter, or nearly honey. Ideally the henna should ribbon off your spoon forming peaks that slowly melt down.
6. Once your consistency is perfect, strain your henna. Put your henna in individual cones and freeze until you are ready to use.

# Beachcombers Favorite Henna Recipe

## 2 Step Henna Recipe

This 2 step recipe gives you a bit more control over your henna texture. You mix the henna and lemon juice first, then add sugar and essential oils later. This recipe is the best for long-dye release hennas, like Jamila.

100 grams quality henna powder

Lemon Juice (1 1/4 -1 1/2 cups or so)

Sugar (none or up to 2 Tablespoons)

Equal Parts Lavender & Tea Tree Oils (10mL- 30mL or 1/3-1oz)

1. Mix henna powder and lemon juice 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.
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 and the temperature. The warmer it is the quicker your dye release. Colder temperatures require longer time.

**ORa Rajasthani:** generally 6-16 hours

**Jamila Henna:** generally 24-48 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 5 minutes then wipe it away. If you have a slight orange stain, you have achieved some dye release.

5. Once dye release has been verified, or at 12 hours (whichever comes first) add sugar and essential oils and allow your henna sit for another 3-12 hours (depending on the henna).
6. If needed, add more lemon juice to reach the consistency that you personally like. You are looking for something along the lines of stirred yogurt, thick cake batter, or nearly honey. Ideally, the henna should ribbon off your spoon forming peaks that slowly melt.
7. Once your consistency is perfect, strain your henna. Put your henna 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. I find people sometimes stress over mixing their henna and start over-thinking things. Relax! Henna is fun!

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 anything and I don't freak out 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 little 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 20 mL (2/3 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.

I press plastic wrap down on the henna and place the bowl in the cabinet under my kitchen island.

When I get home, I tweak the texture of my henna by adding more lemon juice. Sometimes, as I add the lemon juice ( a little at a time) I use a hand beater and beat my paste. If you beat the heck out of your paste, it can tame a bit of the "string." It's not absolutely needed, but it's an option you can use.

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!

I place the cones in a ziplock bag with a piece of paper that has the date and the ingredients of the 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. 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 to create a little bit of henna heaven!