

## Henna as Part of a Manicure

Henna stains nails, strengthens cuticles, and keeps fingertips soft and strong. For best color, use a slightly different mix for fingernails and skin.

For use on skin, mix henna as is described in Chapter 7, *Mixing and Testing Your Henna Mix* and allow the henna paste to rest overnight. Stir in 10 ml of high monoterpene essential oils from Mehandi.com<sup>1</sup> per 100g of Ancient Sunrise® henna and allow the paste to rest for an additional four hours.

Roll and fill cones as described in the Henna Page “how to” section.<sup>2</sup>



Wash the hands of the person who is to have a manicure, clean and file their nails to an even length. Push their cuticles back. Do not apply henna to any skin with an open cut; henna in an open cut can leave a permanent brown freckle.

Do not apply any lotion or oil to the hands that are to have henna. If the hands have had lotion, moisturizer, or oil during the previous days clean the skin with isopropyl alcohol or witch hazel. Emollients are as a barrier to henna. Paraffin treatments may prevent any henna stain or reduce the color to pale orange. Anti-oxidants and anti-bacterial wipes also reduce henna stain. The hands should be clean and dry.

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<sup>1</sup> <http://www.mehandi.com/shop/terps/>

<sup>2</sup> <http://www.hennapage.com/henna/how/apply.html>



Use your cone of henna to outline the area to be hennaed.







Fill in the fingernails, cuticle, and fingertips with henna when the outline of henna has dried.



Apply the henna paste thickly to get the best possible color. Apply more henna to areas which open up as the paste dries and shrinks.





Push and smooth the henna paste with a small brush or cotton tipped stick to be certain that all the area is thickly covered so the stain will be even. When the fronts of the fingers are nearly dry, roll the hands over and repeat the process on the palm side of the fingertips.





When both sides of the fingertips have a thick application, go back and see if there are any empty spots. Fill those with more henna paste.



When the fingertips and nails are completely dry, spray them with a skin-friendly fixative to prevent smearing.<sup>3</sup>

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<sup>3</sup> Beyond The Zone Frozen Stiff Ultimate Hold Hair Spray works well, though some hairsprays bleed the lawsone out of the henna. Test your hairspray before using it on a client to see if it's going to work!

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[www.ancientsunrise.com](http://www.ancientsunrise.com)





Wrap a bit of soft paper around the dried, sealed, hennaed fingertip. This will protect the henna and keep it in a warm, moist environment for the best stain.







Secure the paper with a bit of tape. Continue until all the fingertips are wrapped. Wrap the henna so it will stay on the skin, warm and undisturbed, for several hours.





After a few hours, remove the paper, and scrape off the henna. If you have a hand-held steamer or blow dryer, steam or heat the hennaed fingertips to darken the color. Wipe away the last of the henna paste with the moisture from steam, or use distilled water. Unfiltered tap water containing chloramine or chlorine may spoil the stain.

When you first remove the henna, the stain on skin and nails will be orange. This color will darken over three days. Each person's results will be slightly different. The hennaed fingertip color ranges from russet to as dark as eggplant skin. The hennaed fingernails will range from bittersweet to burgundy to sepia. The nails will always be a lighter, contrasting color to the fingertips.

The henna stain on fingernails will never chip. The stain is part of the fingernail, and will grow out as the nail grows; there will be unstained nail at the cuticle after a week. A henna manicure once a week will keep the fingernails and fingertips beautiful.

Hennaed fingernails are an important part of beauty for women who believe that fingernail polish prevents complete ritual cleansing before prayer, a concern among strictly observant Jews and Muslims. Henna stain is not a barrier to ritual cleansing, so women can keep their beautiful nails through prayers.



## **Ancient Sunrise® Henna for Hair, Chapter 15, Additional Techniques for Henna**

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