HENNA CARE SHEET

zabardust henna

Henna stains vary for everyone! Your body chemistry, skin type, and where it's applied all affect the color. Hands and feet usually stain darker, while arms and back stain lighter. Henna is at its darkest in the first 7–10 days and then gradually fades.

- **LEAVE THE PASTE ON:**
  - Keep henna on at least 5–6 hours *(longer is better).*
  - *Overnight tip: Cover with loose socks, medical gloves, or a soft cloth to protect designs while you sleep.*
  - *Avoid anything too tight that may smudge.*
- **HEAT HELPS:**
  - Warmth and a little moisture help the stain develop.
- **REMOVING THE PASTE:**
  - DO NOT USE WATER!
  - Gently scrape it off or let it fall off.
  - Use a little olive oil or lemon juice if needed.
  - Avoid water on the area for 6–12 hours *(24 hours is best).*
- **MOISTURIZE:**
  - Apply natural oils or butter *(like coconut, shea, or olive oil)* to protect the design and slow fading.
- **REMEMBER:**
  - Henna is unique for everyone. With proper care, your stain should last 1–3 weeks, depending on body placement and aftercare.