

How to Get the Darkest Color Henna Tattoos

by Jody of ShopBeachcombers.com

Everyone wants super dark color from their henna tattoos. I want to help you achieve this, but keep in mind henna isn't all about color. It's about connecting (with others or just yourself) and contributing to a positive energy within and around us. Henna can be as powerful as you let it!

Back to dark color henna! There are many factors that contribute to the color you ultimately get from your henna. I'm going to address most of them here.

1. The Henna Product Itself

Mixing your own henna from powder is capable of giving you the darkest longest lasting color. I suggest [Jamila professional body art quality henna](#) and the Beachcombers Favorite recipe. Here is a rundown of the recipe I personally use...



1. Mix Jamila henna powder and lemon juice in a glass bowl. I use lemon juice from the bottle, not fresh lemons. I find I get more consistent results that way and I don't have to worry about clogging. I don't mix exact amounts of henna powder and lemon juice, instead I go for a specific consistency. I add lemon juice to the henna powder until the paste resembles thick mashed potatoes. If you need a general reference for how much lemon juice to add start with, begin with approximately equal amounts of each. Reserve a tiny bit of powder in case you need it later to thicken your mix.

Why? The acid in the lemon juice release the dye in the henna (lawsone).

2. I place plastic wrap over the henna paste and press it down so it is actually touch the paste. I place the bowl in a dry warm (but not too warm) place overnight.
3. The next morning, I can see that I've had some dye release. If you are looking at the side of the glass bowl you will see a darker brown ring around the top of the henna with a light layer of brown oil. If you take a spoon and scrape off the outside crust on the henna you will see a nice brown top layer with fresh green henna paste below.

Add regular white table sugar to the henna paste and mix well. I use about 1 part sugar to about 4 parts henna. The sugar melts in the henna as you mix it in smoothing out your henna and adding "liquid". This is why your henna should be thicker than you intend to actually use when you add your lemon juice.

Why? The sugar makes the henna stay wet against the skin longer and stick to the skin better, thus helping you achieve a darker stain. Not to mention it helps give your henna a great consistency.

4. Now add equal amounts of lavender oil and tea tree oil. Everyone uses a different amount of oil and you may need to experiment to find what you like best. I use about 25-35 drops of each oil for one box (100 grams) of Jamila henna powder. This is about half to 3/4 of each bottle included in the [Jamila/oil combo kit](#).

Why? Both lavender and tea tree oils have monoterpene alcohols which will help release more of the lawsone dye in your henna resulting in a darker stain. You can get a great [combo pack of Jamila henna powder, lavender oil, and tea tree](#) oil here. Adding oils also adds a lovely scent to your henna and helps with the texture of your henna.

Copyright © 2010 ShopBeachcombers.com Inc.

All Rights Reserved Worldwide under the international Berne Convention and the US Copyright Act of 1976. No part of this can be sold or traded.

For additional eBooks & Henna Downloads go to www.ShopBeachcombers.com

5. Adjust the consistency of your henna to the thickness that works best for you by adding more lemon juice or more powder if you need to.
6. I put the same plastic wrap (that I took off before adding the sugar and oil) over the henna and let it sit until either later that day or even the next day. I mix it up again and my henna is ready to use!

NOTE: The colder it is in your house, the longer it takes to release the henna dye.

Here are a couple of additional convenience tips for you...

- This is a good point for you to [strain your henna](#) if you like.
- Put your henna in individual sized cones and then freeze them. Anytime you need fresh henna, you are an hour-of-thawing away from fresh individual sized cones!

2. What Part of the Body You Henna

Henna takes best on the palms of the hands and the soles of the feet. The further away from the feet and hands you get, the lighter the stain. The thinner the skin, the fewer layers of skin cells there are for the henna to stain, therefore you get a lighter stain.

That's ok, you can still do henna on the back or even the face, just know that it will be lighter and not last as long.



3. The Skin Itself

Henna takes best to clean dry skin. Lotions, sunblock, or even water will be a barrier between the henna and the skin. Self tanner can be exceptionally difficult for henna to bond with. The more base (opposite of acidic) your skin is the darker your henna stain.

4. How Long You Leave the Moist Henna Paste in Contact with the Skin

The longer you leave the wet henna paste in contact with the skin, the darker and longer lasting the color. Ideally I like to see people shoot for 4-6 hours. Overnight is even better!

Use a sealer such as a [lemon sugar sealer](#). This will help you develop a nice crust on top of the henna while keeping the underside (that's in contact with your skin) of the henna moist.

5. The Warmth of Your Skin while the Paste is on the Skin

The warmer your skin, the darker your henna stain. I have low blood pressure and I'm always cold. It's much harder for me to get good henna color than it is for most people. Don't crank your air conditioning, and try to keep your body temperature up. Sit in the sun, have a glass of wine or hot tea, wrap up in a blanket if you are like me, lol!

The best thing you can do to keep the henna area warm is to [seal and wrap your henna design](#). Dab on a lemon sugar solution to the henna as soon as it's dry enough to touch. Wrap the design in plenty of toilet paper to absorb sweat and then wrap plastic wrap around the toilet paper. This can yield crazy-good color!



Copyright © 2010 ShopBeachcombers.com Inc.

All Rights Reserved Worldwide under the international Berne Convention and the US Copyright Act of 1976. No part of this can be sold or traded.

For additional eBooks & Henna Downloads go to www.ShopBeachcombers.com

6. How You Remove the Henna Paste

Don't use water to remove the henna from your skin. Either gently scrape it off with your fingers or use a little olive oil to remove the henna paste. Avoid water on the henna for the rest of the day if possible.

7. How Well You Care For the Henna Tattoo

Henna is a permanent stain. It doesn't fade away, your skin cells exfoliate off. Anything you do to avoid exfoliating the skin where your henna tattoo is located will help your henna last longer. Avoid water, cleaners, and anything else that may exfoliate the skin as much as possible (within good hygiene limits).

BTW, remember your henna will start off light, but will come up to full color over a couple of days. Be patient!



Wet henna paste still on skin.

The longer you leave the moist henna in contact with your skin the better and longer lasting your color. Keep the skin warm in that area to draw out as much dye in the henna as possible.



Henna stain the morning after paste removal.

Henna starts off light (sometimes REALLY light) but cures in your skin over a couple of days to come up to full color.



Henna stain 36 hours after henna paste removal.

Remember, henna is a permanent stain. It's doesn't fade away, your skin cells exfoliate off. ANYTHING you do that is exfoliating (swimming, facial cleaners, cleaning chemicals, rubbing clothing or shoes, will fade your henna design.

I hope you'll check out my Henna Design eBooks at the Beachcombers Bazaar website!

www.ShopBeachcombers.com.

Copyright © 2010 ShopBeachcombers.com Inc.

All Rights Reserved Worldwide under the international Berne Convention and the US Copyright Act of 1976. No part of this can be sold or traded.

For additional eBooks & Henna Downloads go to www.ShopBeachcombers.com