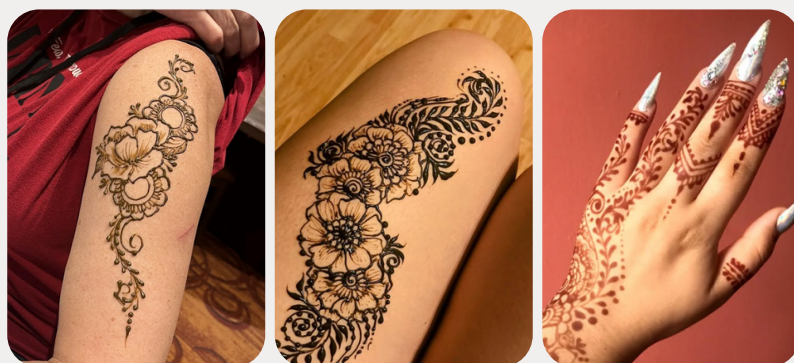


WELCOME TO henna

Henna is a **natural, plant-based** stain made from the leaves of the henna shrub. For thousands of years it's been used around the world to celebrate joy, mark milestones, and bring blessings.

The henna I make is freshly mixed with lemon juice, sugar, and essential oils—no chemical dyes or preservatives. Once applied, the paste dries on your skin and leaves a stain that begins bright orange and deepens to a rich reddish-brown over 1–2 days.



During Your Session

- All designs are drawn freehand and intuitively—no stencils and no custom requests.
- Each design typically takes 1–3 minutes, so everyone has time to join in.
- The paste will dry to the touch in about 15–30 minutes. For best color, keep it on for at least 2 hours (longer is even better).

• Quick Tips

- Start with clean, lotion-free skin.
- Avoid water and heavy sweating for several hours.
- Henna stains best on hands, but can be applied elsewhere.
- This art is for everyone—no age, gender, or background required.

• Aftercare

- After 2 hours or more, gently flake off the dry paste with a tissue or your fingers—**do not wash with water.**
- Keep the area dry as long as possible and avoid soaps or scrubbing for the first day.
- Your design will continue to darken naturally over the next 48 hours.

Full before-and-after care suggestions: minneapolismehndi.com/beforeaftercare.



Meet the Artist

Minneapolis Mehndi & Henna

Meet Amy – Lead Artist & Coordinator

A local artist from North Minneapolis, Amy has been creating henna art for nearly a decade. The journey began as a way to reconnect with South Asian and Southeast Asian roots, leading to a deep passion for henna body art. Today, Minneapolis Mehndi & Henna shares that artistry with the Minnesotan community and beyond.

