

Preparation and Aftercare

Your Bridal Mehndi is a once in a lifetime event!

Kindly follow these instructions to ensure the best results, and to make sure you have a great experience!

BEFORE MEHNDI

- ◊ Take into consideration that Henna takes up to 48 hours to oxidize and darken, therefore to ensure the best color outcome, Bridal Mehndi must be scheduled 2-3 days prior to the wedding.
- ◊ Make sure to previously send your chosen designs (Front and back of the hands, and feet).
- ◊ Avoid using lotions or oils on the day you plan to have your mehndi done. These prevent the henna from getting adequate contact with your skin and may produce poor stain results.
- ◊ Have your waxing/shaving, pedicure, manicure done before the application.
- ◊ If you have an event following your mehndi application, make sure you are fully dressed, and with hair and make-up ready (it will not be possible to get ready at the same time); otherwise wearing comfortable clothes like short pants/ dress is recommended.
- ◊ You will not be able to walk and use your hands for a while; Have a snack before your appointment, and it is also recommended not drinking too much liquids.

DURING MEHNDI

The bridal mehndi application takes somewhere from 3-6 hrs. ; During this time, considering the following information will help Veronica focus on executing a beautiful design, keeping her speed up, and of course making this a lovely stress-free experience for you.

- ◊ Make sure you meet the technical requirements. Having a quiet and comfortable indoor place, with few people and good lighting will make a huge difference. The intimacy of your room is actually an ideal place.

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- ◊ It is also very important for the bride to remain fairly still and relaxed when mehndi is applied, so this means letting go; consciously take this time to relax, and be present. It's time for you to enjoy!
- ◊ We recommend to bring someone along to take care of your cell phone, last minute wedding planning/ details, etc..

AFTER MEHNDI

- ◊ Freshly applied mehndi will dry in approximately 30-40 min. Be careful when it is wet, making sure not to touch anything, otherwise the design will smudge.
- ◊ Leave the paste on your skin for at least 6-8 hrs. Overnight is even better. The longer the paste is on your skin, the deeper the stain.
- ◊ Seal the dried paste by dabbing with a cotton ball dipped in with lemon sugar syrup: As long as the henna paste on your skin is moist, it will keep staining. (Veronica will provide during your Bridal Mehndi)
- ◊ To protect your mehndi you can cover it up; You can wrap it with a sock, toilet paper, or medical bandage... anything plastic is actually not recommended.
- ◊ Do not wash off with soap and water. Scrape the paste off gently. You might use olive oil to help taking the paste off.
- ◊ Avoid direct contact with water the next 24 hours, and that means no swimming as well.
- ◊ Henna stain will be light/bright orange at first and will darken to a deeper tone over the next 24-48 hours. This gradual darkening of the stain is a sign that the henna paste is 100% natural

Looking forward to your special day!



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