

## How To Strain Your Henna Paste

Say good-bye to clogged applicator tips. Straining your henna will give you the silkiest smooth henna you have ever used! Best of all this method is mess free!

You will need:

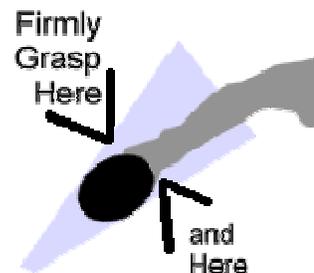
- your mixed henna paste
- a knee high nylon stocking or panty hose (provided)
- a strong carrot bag (provided)
- a cup (I like to use a large mouth coffee mug)
- a spatula (provided)

1. Cut a small opening in the tip of the carrot bag (to release air).
2. Place the carrot bag tip down inside your cup, folding the top of the bag over the mouth of the cup so that the carrot bag is acting as a liner for the cup.
3. Pre-stretch the stocking the first time you use it. *Really* stretch out the stocking as much as possible. Seriously, like wear it around the house then wash it before using it. If it is not stretched out enough, the first time you use it, it will be *very* difficult to strain your henna.
4. Stretch the stocking over the mouth of the cup (like a drum) so that the toe is over the cup.
5. Using your spatula, carefully glop your mixed henna on the top of the stocking.
6. Carefully remove the stocking from the cup, letting the toe of the stocking fall into the cup while holding the leg of the stocking out side of the cup. This creates a "toe of henna" in the stocking.
7. Remove the carrot bag from the cup while keeping the toe of the stocking inside the carrot bag.
8. Firmly grip the carrot bag above the "toe of henna" while still holding the leg of the stocking out of the bag.
9. Slowly and firmly pull the stocking through where your hand is grasping the carrot bag, squeezing the henna out of the stocking and into the carrot bag. Stop occasionally and knead the "toe of henna" to squeeze all of the henna out of the stocking.

The first time you use your nylon will be the hardest to squeeze the henna through. After you've used the stocking once or twice it will be much easier to squeeze the henna through. Take the extra time to stretch the nylon out well, before the first use. Your hand muscles will thank you!

This should only take about 5 minutes.

The henna left in the stocking is the henna bits that *would* have clogged your applicators! As an added bonus, the carrot bag makes it super easy to fill your applicator bottles or individual cones. As your bottles empty while you use them, you can continue to refill them using the carrot bag. You may prefer to cut the opening in the carrot bag a bit larger to fill your bottles.



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