

Kool-Aid Henna



Henna is a small plant that is ground into a powder and made into a paste. That is then applied to the skin in, typically, intricate designs as a form of body decoration. The paste temporarily stains the skin for 2-4 weeks.

Unfortunately, some people might have an allergic reaction to the henna. A safer alternative to traditional henna is using Kool Aid and food coloring as the base. Below are the instructions I have used at my library programs.

Mixing Ratio:

1 Kool Aid packets color of choice

1/4 teaspoons water

Drop of food coloring.

For traditional henna color use orange kool aid and green food coloring.

1. Mix ingredients in ziplock bag
2. Cut a tiny tip off of corner of the ziplock bag
3. Squeeze on design of choice
4. Let dry for 1/2 an hour
5. Dampen a paper towel
6. Gently pat/wipe area to get the excess kool aid mixture off
7. For a darker design just wait until it dries and flakes off on its own.

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