

Animals Design Stencils — Instructions*

- 1. Print on paper from a LASER printer (not inkjet).
- 2. Cut design of choice from sheet.
- 3. Apply liberal amount of eucalyptus oil to skin. (You can find eucalyptus oil in most any health food store or online.)
- 4. Place stencil face-down on skin. Use your hand to hold it in place for 30 SECONDS, *minimum*.
- 5. Lift stencil. You will see design pattern on skin.
- 6. Trace over it with jagua gel or henna paste.

* Each stencil can be reused 5–6 times.