



Yoga-themed Stencil Designs* — 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.
