



Henna patterns

Lesson 1 - design

What is henna (mehndi)?

Mehndi is a form of body art and temporary skin decoration originating in ancient India. Decorative designs are created on a person's body, using a henna paste, created from the powdered dry leaves of the henna plant (*Lawsonia inermis*).

The normal colour of henna is brown, but other design colours such as white, red, black and gold are sometimes used.

When and where is henna used?

It is typically applied during weddings. A henna/mehndi party is a tradition held before a wedding in India. Mehndi parties were often held in the house that the bride was going to live in, and the guests included *girls and women* from the family. Traditionally, a married lady would apply the henna onto the bride's palms, fingers, and toes.

How is it applied?

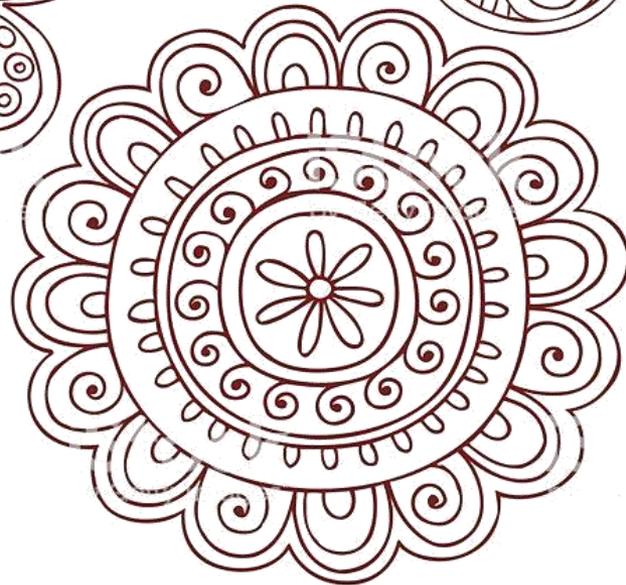
Henna paste is usually applied to the skin using a plastic cone, a paintbrush or a stick. After about 15-20 minutes, the paste will dry and begin to crack. The painted area is then wrapped to lock in body heat, creating a more intense colour on the skin. The henna pattern gradually darkens over 24 to 72 hours.

The final colour is reddish brown and can last anywhere from one to three weeks.









Top tips:

1. Take your time with your design
2. Press gently on your pencil in case you want to rub out any lines
3. Look at the examples to help with your design
4. Don't make your design too complicated or you will struggle to complete it when we create

