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Chapter 1. Brief Background information on *Mehndi*

This is an introduction to the origins of henna paste as well as its uses. We will be describing the concept of henna paste and where it is derived.

Henna paste is derived from the henna plant. When crushed and formed into a paste it can be used to dye the skin. This dying of the skin an artform known as *Mehndi*.



It's somewhat difficult the direct origins of Henna due to years of migrating and sharing of cultures. There are numerous cultures that have adopted the practice from India to all across Africa. It has been documented that this artform/cultural practice dates all the way back to the 4th century and comes with many added benefits. Such as hair care and added cooling properties for those in desert climates. Another one of Henna's many uses was the dying of drums and different materials/resources weren't available. These were the original uses of the paste from which the artform was then discovered. People began using it to create body art after realizing the full skin staining properties of *Henna Paste*.

Interestingly enough the ancient Egyptians even used it as part of their burial rituals. Henna has no boundaries and can be traced to Hindu, Islamic, Jewish traditions. It's a beautiful artform that has many variations to it as different cultures have come up with different design styles of the centuries.



Chapter 2. Preping ingredients and materials for Henna Paste

This will be a how-to on creating a Henna Paste.

You'll need to prepare your ingredients and materials.

Ingredients:

- Water (1/4th cup)
- Henna powder (1/4th cup)
- Lavender essential oil (12 drops)
- Sugar (1 teaspoon)
- Lemon (1 tablespoon)


Materials:

- Non-plastic mixing bowl
- Non-plastic spoon
- Piping bags
- Tape
- Scissors
- Plastic wrap

Instructions for creating a *Henna Paste*

Instructions for creating the henna paste.

We've already gathered our ingredients and materials we can combine them for the Henna Paste.

 **Note:** Now that you've gathered the ingredients and materials we can begin the process of making the Henna Paste.

1. To begin combine all your wet ingredients
 - water, lemon, and essential oil
2. Thoroughly stir the wet ingredients before adding the dry ingredients
 - henna powder and sugar
3. Once you've added the dry ingredients thoroughly mix them until you form a paste
4. If you've reached the desired consistency cover the bowl with plastic wrap
 - set aside for at least thirty minutes in room temperature
5. You are now ready to add the henna into the piping bags!
6. After you've added the paste into the piping bag use the tape to secure the end of the bag

7. Finally cut a small line at the bottom of the pipping bag and prepare to start your henna designs

Chapter 3. Learning how to create *Henna Designs*

These are instructions on how to go about making Henna Designs/Mehndi

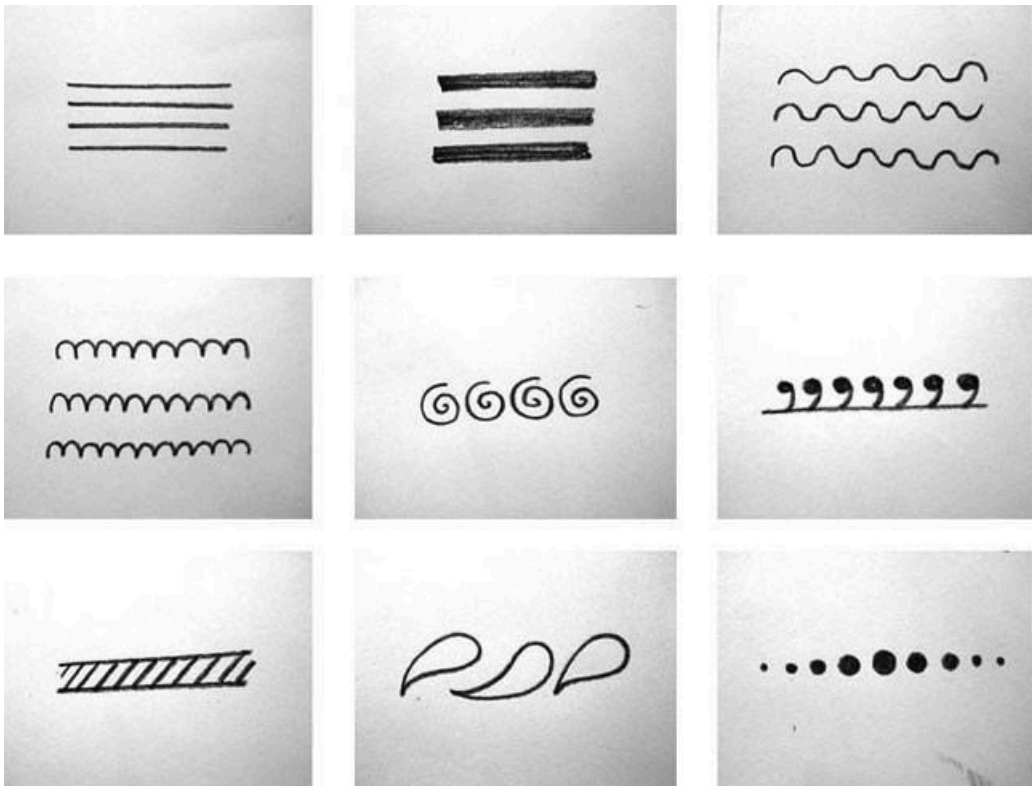
You will need a piping bag, scissors, and the prepared henna paste.

These are step-by-step instruction on how to prepare a piping tool for Henna Designs/Mehndi.

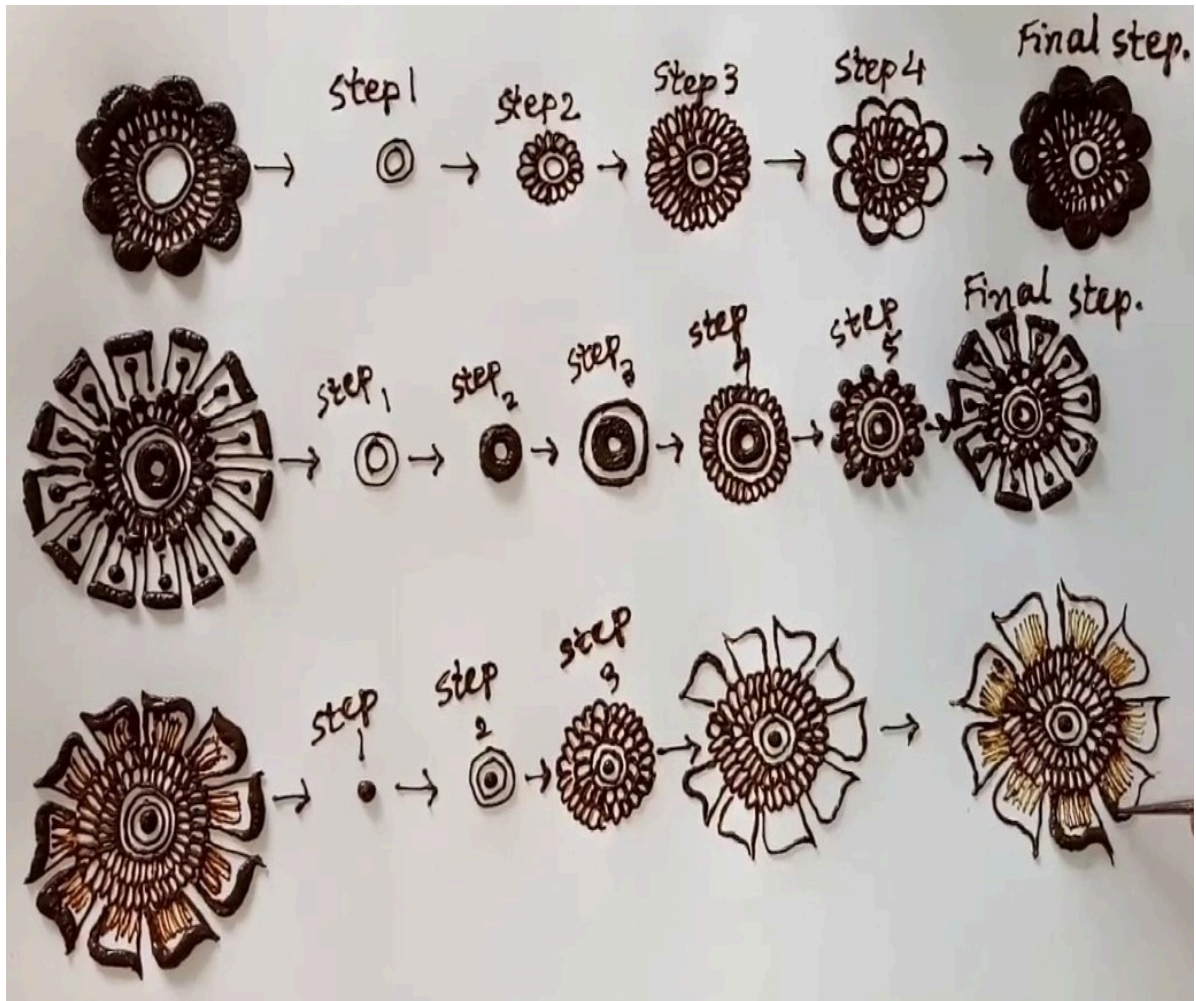
Piping Tool Preparation

1. Fill piping bag with henna paste
2. Cut a small hole in the piping bag
3. You are now ready to begin practicing your henna designs

When it comes to learning how to create *Henna Designs* it is best to start off learning some simple henna strokes. Henna strokes are essentially the simple hand motions that make up the details of the henna designs.




Once you've mastered the henna strokes and started linking the designs together you can move on to bigger designs. From there it is best to begin practicing on a sheet of paper with your ready made piping tips to craft the designs.



Once you feel comfortable with your designs and have adjusted to using the pipping tip you can move on to practicing on your friends and family. Make sure they don't wash their hands or remove the henna until it has completely dried.



Once you've washed the henna off you can then apply *Jamila's Moroccan Henna Oil* to bring out a richer orange hue.

 **Note:** Be careful with your pipping tip because the product can easily stain some of your favorite clothes.