Introduction to Henna
Henna is used on brides for their weddings in India, the Middle East and Africa.
Henna Plant

Botanical Name: Lawsonia Inermis
Henna plants like heat and drought
Henna has: Lawsone : 2-Hydroxy 1,4 Napthoquinone
Henna stains skin.

- Henna stains palms and soles best because that skin is thickest.
- Henna stains exfoliate from the skin in 7 – 30 days.

http://www.hennapage.com © 2005
Henna is not the same as a tattoo.
Can dark skinned people use henna?

- People of all skin colors can use henna.

- Henna is as beautiful on dark skin as on light skin.

Learn more about henna and dark skinned people at:
http://www.hennapage.com/henna/how/darkskin.html

http://www.hennapage.com © 2005
When you put henna paste on skin, the lawsone penetrates and saturates the top layer of skin cells just as a drop of ink penetrates and saturates layers of paper.
Henna stains darken

- In the first 48 hours after application, the most saturated part of the henna stains oxidize, or darken.

[Diagram of Hennead Skin 24 Hours After Application: Paste Removed and Stain Partially Oxidized]
Henna Stains appear to fade

- Henna stains appear to fade away in 7 – 30 days.
- The stained skin cells exfoliate and are replaced by new unstained cells growing from underneath.

• For more information on henna and skin, see: http://www.hennapage.com/henna/encyclopedia/skin/
Henna stains fingernails.

- Henna strengthens skin and fingernails, and deters drying and cracking.
- Henna has some anti-bacterial and anti-fungal properties.
- Henna is a sunblock.

For more information on henna and fingernails, see:
http://www.hennapage.com/henna/encyclopedia/fingernails/
Henna stains hair reddish and makes it stronger and silkier.

- Henna is effective against ringworm, dandruff, and other fungal diseases.

http://www.hennapage.com © 2005
Where does henna Grow?

- Henna grows best in the hot, dry zone from the Atlantic to the Pacific; the yellow and orange areas of this map.
- Henna will die in cold weather.
- Henna gets stale during transport, so henna traditions are primarily in hot, dry areas.

http://www.hennapage.com © 2005
Farmers grow henna in India, Pakistan, Iran, Yemen, and Morocco.

- Learn more about growing henna at http://www.hennapage.com/henna/encyclopedia/geography/indiahenna.html
- And http://www.hennapage.com/henna/encyclopedia/growing/Pakistan/index.html
Who uses henna?
Is henna sacred?

- People who are Hindus, Sikhs, Muslims, Jews, Christians, Buddhists, and some animist religions have all used henna at one time or another.

- People use henna for Diwali, Norooz, Eids, Purim, Passover, and other holidays.

Learn more about henna traditions at http://www.hennapage.com/henna/encyclopedia/index.html
How do you make henna paste?

- Get fresh body art quality henna powder. Don’t use “Henna Hair Dye” powder.
- Add enough lemon juice to make a paste about as thick as mashed potatoes.
- Cover the paste with plastic and let it sit for 12 hours at 70F or 21C

Learn more about mixing henna at  
http://www.hennapage.com/henna/how/mix.html

http://www.hennapage.com © 2005
You can add more things to your henna paste.

- You can add coffee, tea, sugar, and other things to your henna paste after the first mixing.
- You will get darker stains if you add a little Tea Tree essential oil or Lavender essential oil to the henna paste.
- You can add sugar or dextrose to your henna paste to make it smoother.
- Mix enough liquid into the henna paste to make the texture of stirred up yogurt.

Learn more about mixing henna at http://www.hennapage.com/henna/how/mix.html

http://www.hennapage.com © 2005
You can apply henna with many different tools.

- Practice on paper until you feel confident enough to henna skin.
- You can practice with fudge topping for ice cream!
- Learn more about applying henna at [http://www.hennapage.com/henna/how/apply.html](http://www.hennapage.com/henna/how/apply.html)
Strain your henna paste to get fine lines.

- Strain your henna paste through a nylon stocking to remove the twigs and chunks.
- If you strain your henna paste, it will be easier to make fine, delicate henna patterns!

Learn more about straining and sifting henna at:
http://www.hennapage.com/henna/how/sift.html
And http://www.hennapage.com/henna/how/applystrain.html
When the henna paste is dry on the skin, seal it.

- Henna has to stay on the skin undisturbed for several hours or overnight to make a dark stain.
- You can seal the henna down with lemon/sugar, pump spray hair gel, or a glue, glitter and water mix.
- Learn more about sealing henna at http://www.hennapage.com/henna/how/wrap.html
Heat will make your henna stain darker

- When the paste is on your skin, stay warm with steam, a heater, or carefully wrap the henna.

Learn more about wrapping and sealing at [http://www.hennapage.com/henna/how/wrap.html](http://www.hennapage.com/henna/how/wrap.html)
NEVER make a temporary tattoo with black hair dye!

- Henna is NOT black!
- Some people use para-phenylenediamine to make “black henna”. This can cause severe allergic reactions, with blistering and permanent scarring.
- Do not ever get a “black henna” tattoo! Use only safe, natural, red-brown henna.

Learn more about the dangers of “black henna” at: [http://www.hennapage.com/henna/ppd/index.html](http://www.hennapage.com/henna/ppd/index.html)
Learn to be henna artist!

• Put henna on yourself and your friends for joy, for luck, for beauty.
• Henna is fun, and isn’t a “forever” body art like tattoo or piercing.
• Henna is not “against” anybody’s religion.
• The more you learn about henna, the more you’ll enjoy it! Visit The Henna Page to learn more about henna!
• You can become a certified henna artist through ICNHA.

http://www.hennapage.com © 2005
Enjoy henna, an ancient, beautiful body art.

- Visit The Henna Page for the history, traditions, art and science of henna, instruction books, suppliers, and free patterns!
- TapDancing Lizard has henna books for you.

http://www.hennapage.com © 2005
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns

The Henna Page © 2005
Henna Patterns
Henna Patterns
Henna Patterns

The Henna Page © 2005
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns
Henna Patterns

![Henna Patterns](image-url)
Henna Patterns
Henna Patterns