

Introduction to Henna



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





Henna Plant

Botanical Name:
Lawsonia Inermis

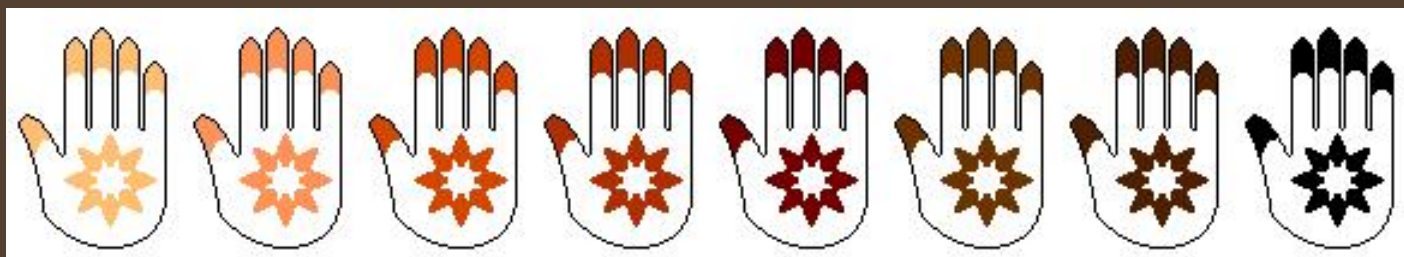
Henna plants like heat and drought



Henna has: Lawsone : 2-Hydroxy 1,4 Naphthoquinone



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Henna stains skin.



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

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>

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Diagram of Henna Application on Skin

Diagram of Ear Skin: Stratum Corneum about 7 layers deep

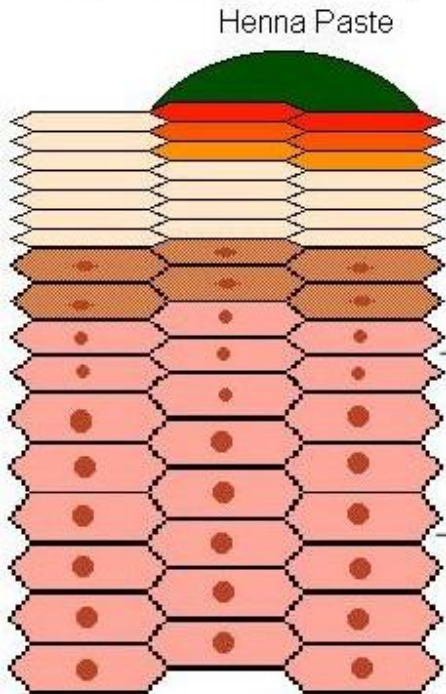
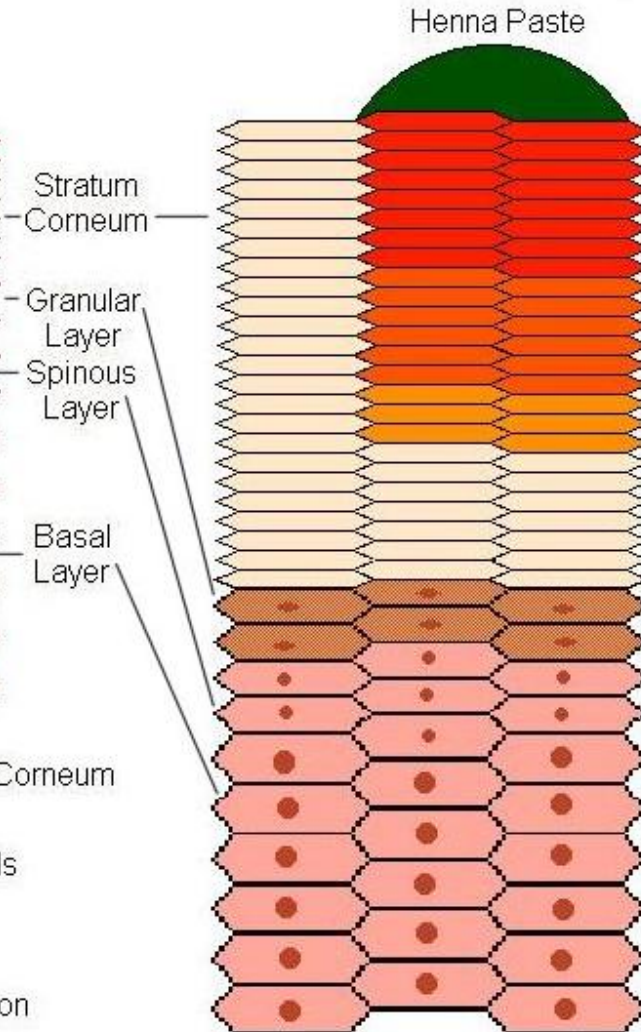


Diagram of Dorsal Hand Skin: Stratum Corneum about 22 layers deep



- Corneocyte: cell in Stratum Corneum
- Granular Skin Cell
- Spinous and Basal Skin Cells
- Nucleus of Living Skin Cell
- Low Lawsone Saturation
- Moderate Lawsone Saturation
- High Lawsone Saturation
- Henna Paste

Henna and skin

- 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.

Diagram of Hennaed Skin 24 Hours After Application:
Paste Removed and Stain Partially Oxidized

Diagram of Ear Skin: Thin Corneocyte Layer Absorbs Less Lawsone

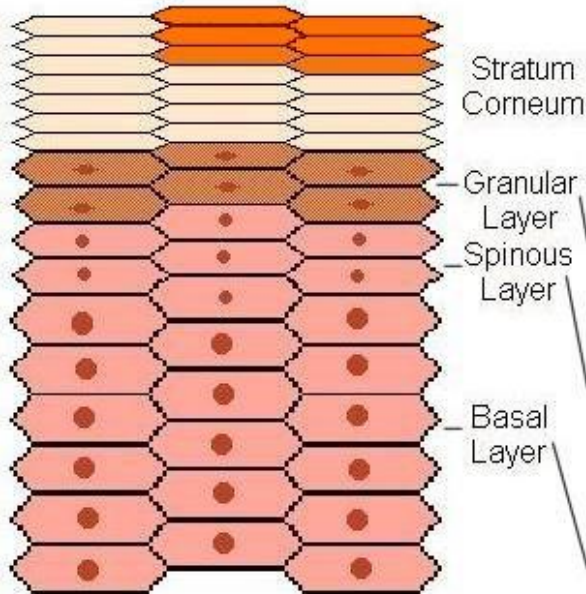
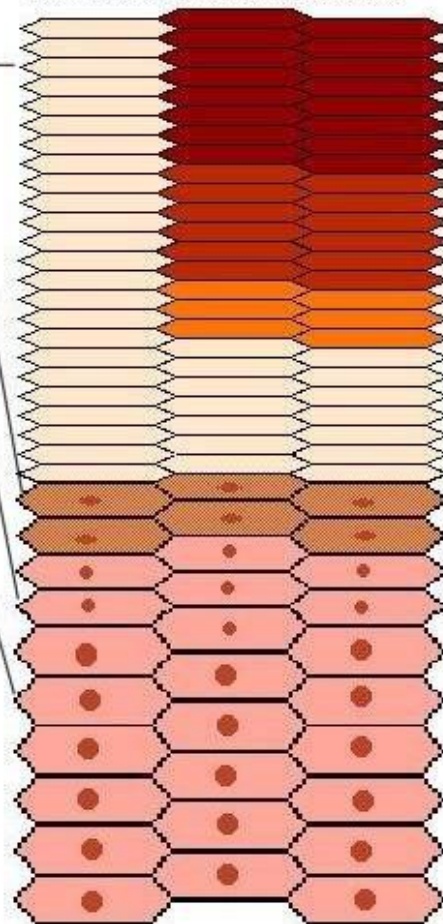


Diagram of Dorsal Hand Skin: Thicker Corneocyte Layer Absorbs and Oxidizes More Lawsone

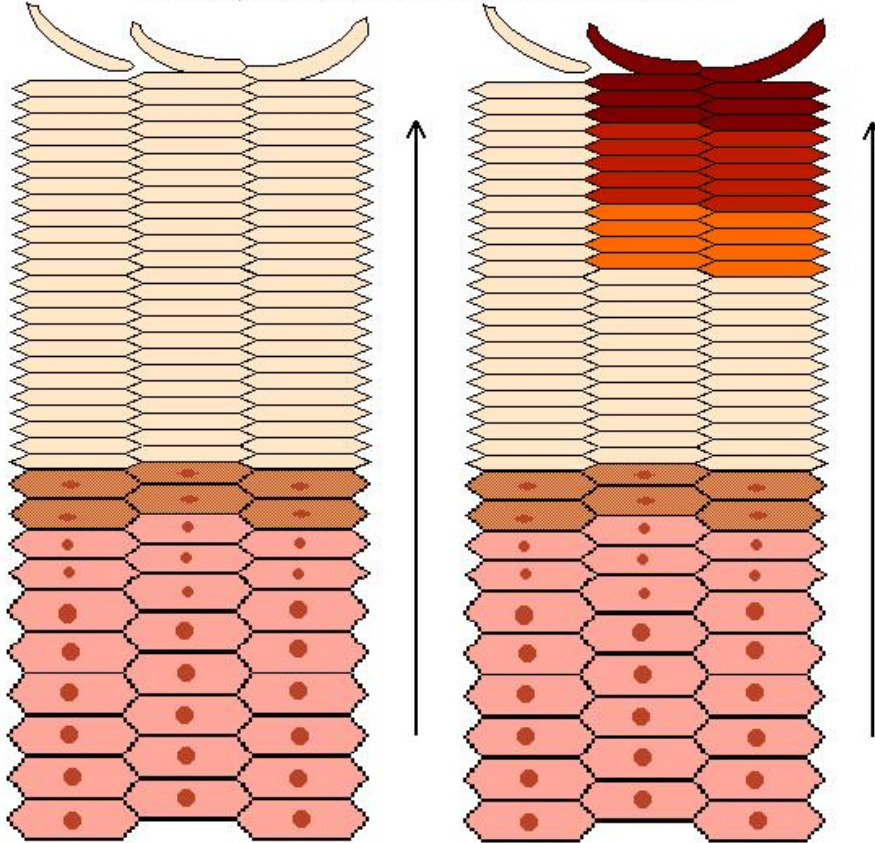


- Corneocyte: cell in Stratum Corneum
- Granular Skin Cell
- Spinous and Basal Skin Cells
- Nucleus of Living Skin Cell
- Low Lawsone Saturation, No Oxidation
- Moderate Lawsone Saturation, Some Oxidation
- High Lawsone Saturation, High Oxidation

Henna stains darken

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

Exfoliation and Regeneration: Each night, a new skin cell layer grows under the skin. Each day, the oldest cell layer sheds at the top of the skin. The cells proceed to the surface in interlaced columns



● Stratum Corneum
● Granular Cell
● Cell Nucleus
● Spinous and Basal Cell

■ Cell Saturated with Henna
■ Cell with Less Henna Saturation
■ Cell with Low Henna Saturation

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/>

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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/>

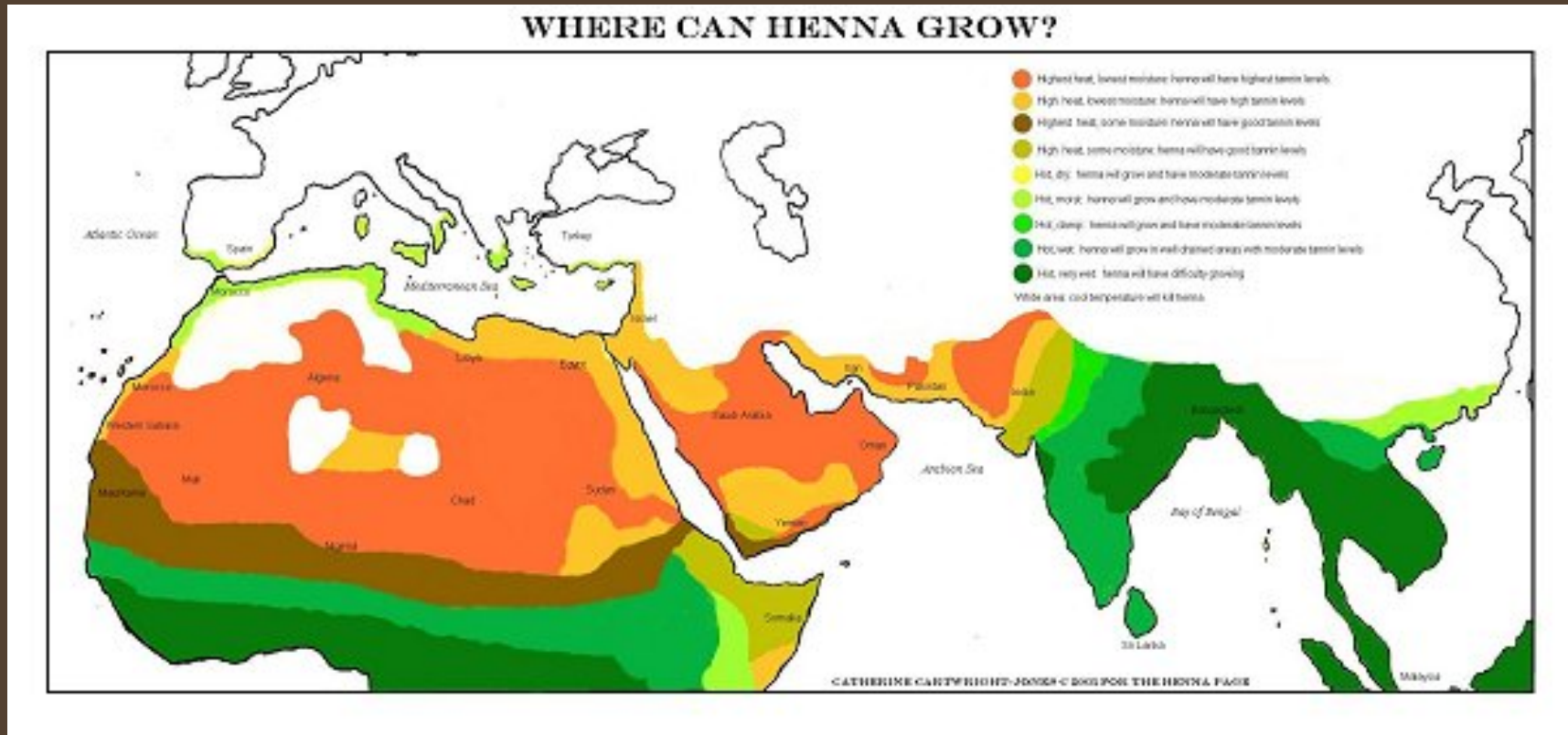
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Henna stains hair reddish and makes it stronger and silkier.



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

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.

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>

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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>

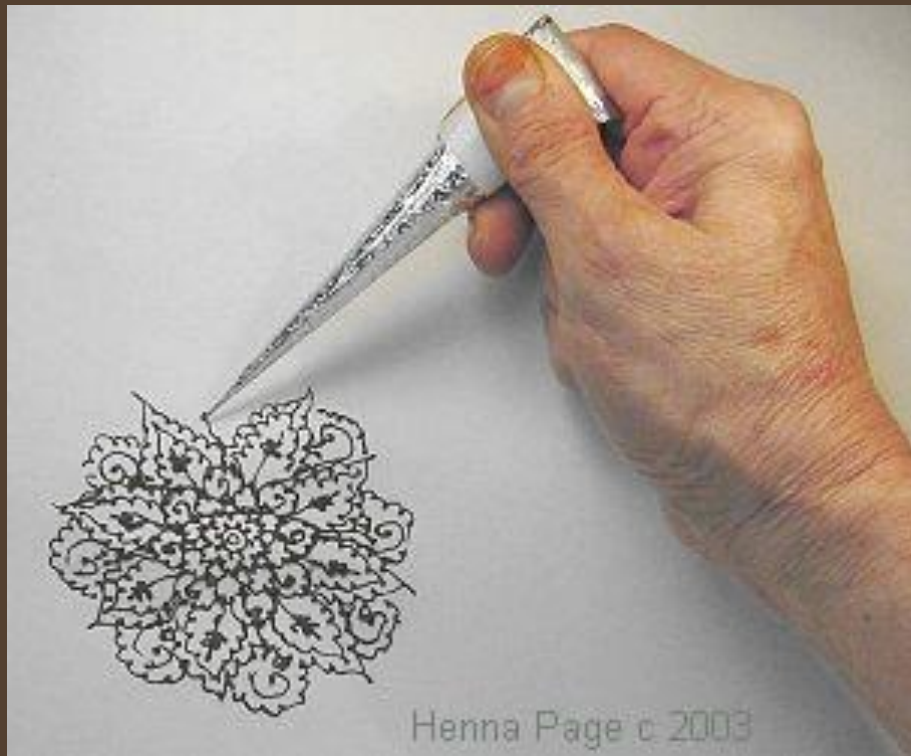
You can add more things to your henna paste.



- 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>

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>

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.

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Learn more about wrapping and sealing at <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>

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](#).

Enjoy henna, an ancient, beautiful body art.

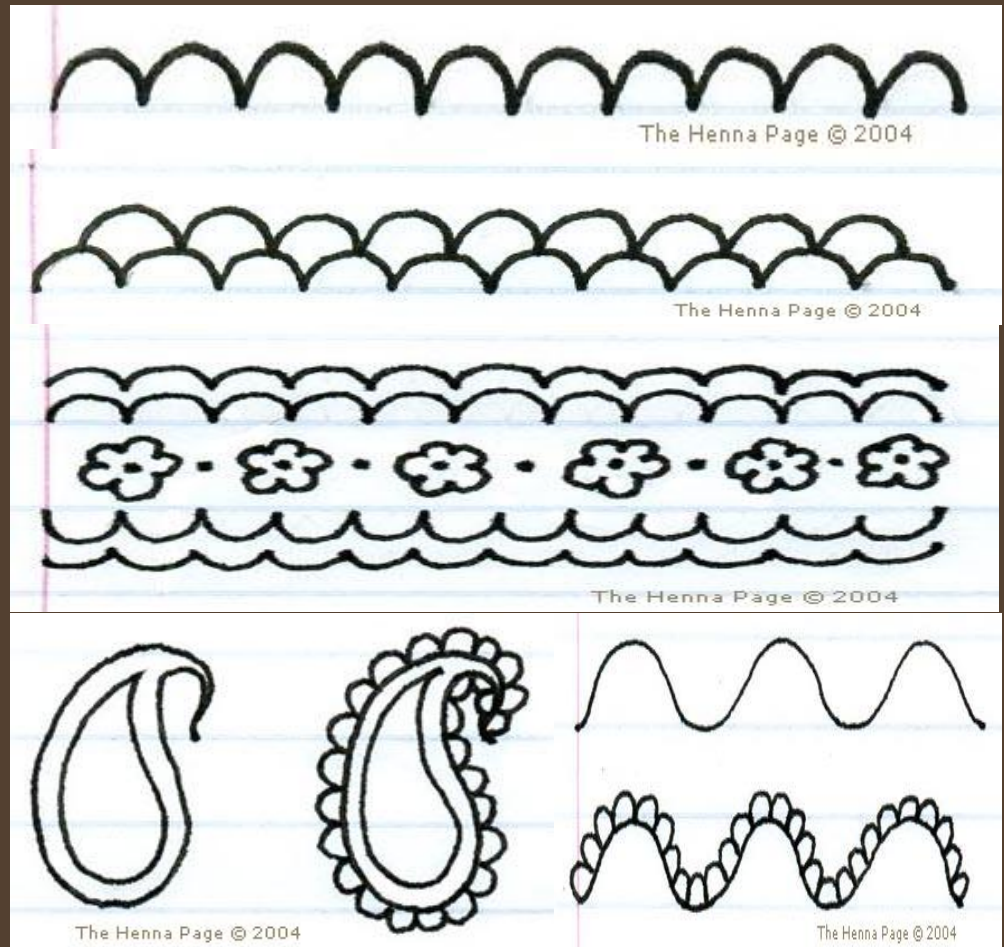


- Visit [The Henna Page](#) for the history, traditions, art and science of henna, instruction books, suppliers, and and free patterns!
- [TapDancing Lizard](#) has henna books for you.

Henna Patterns



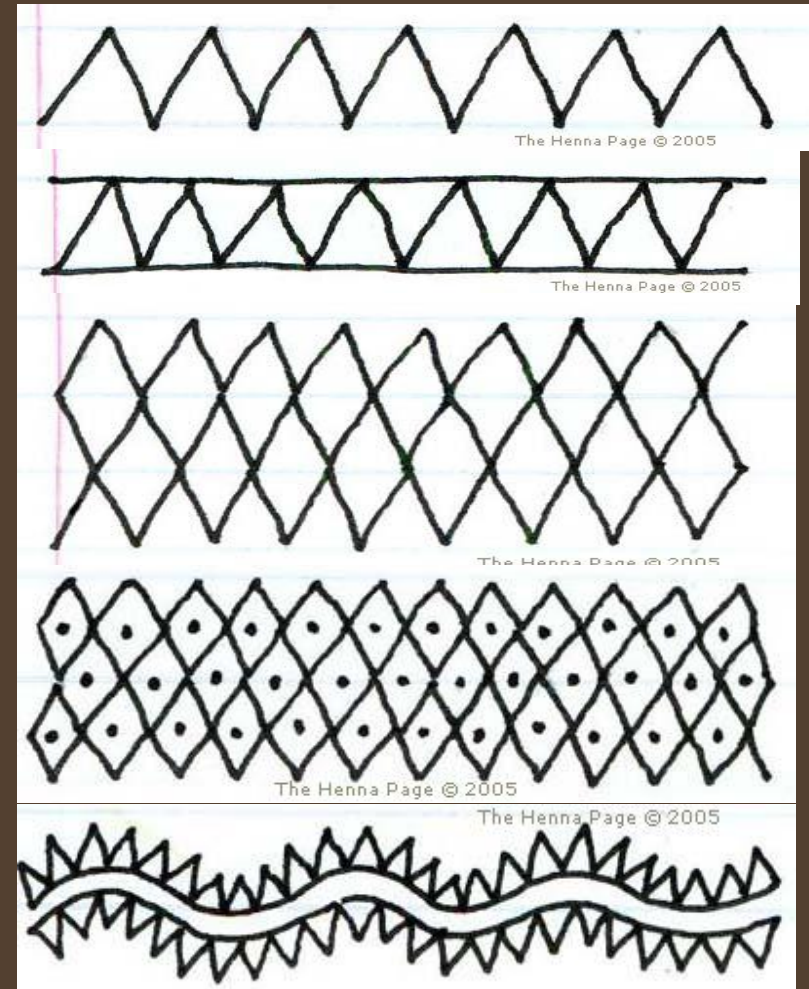
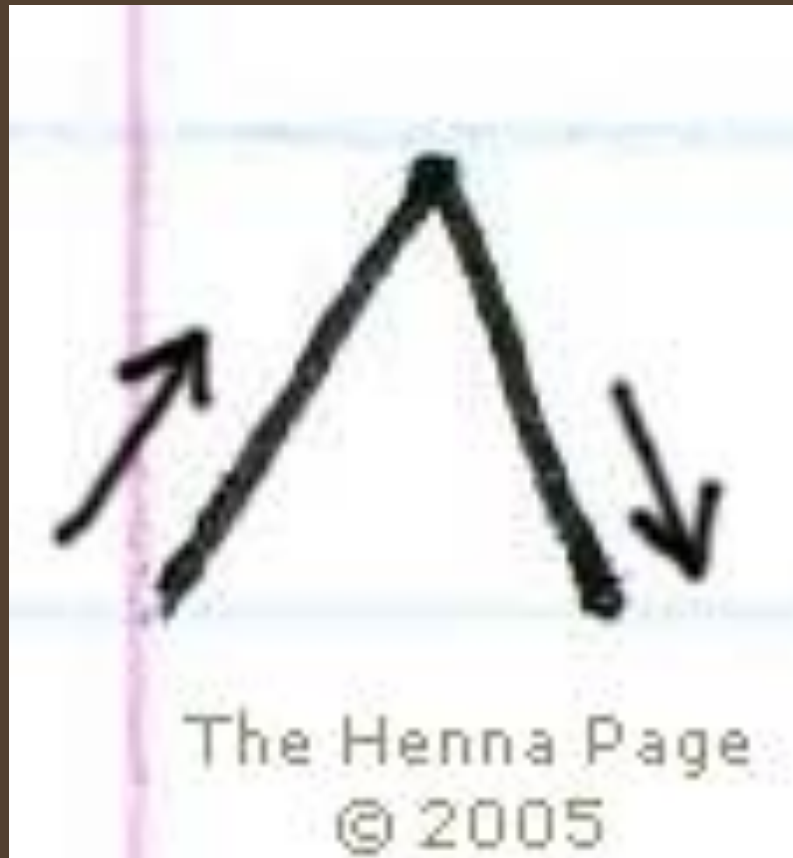
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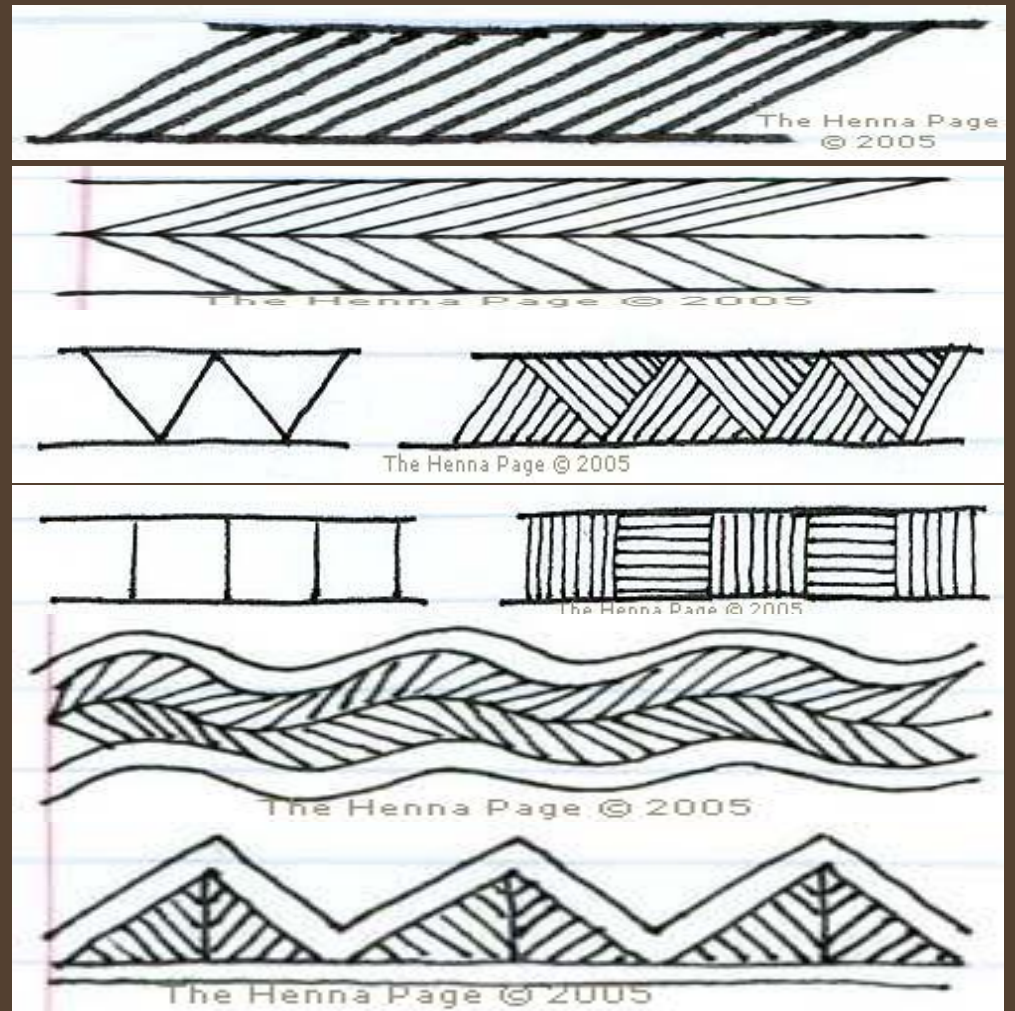
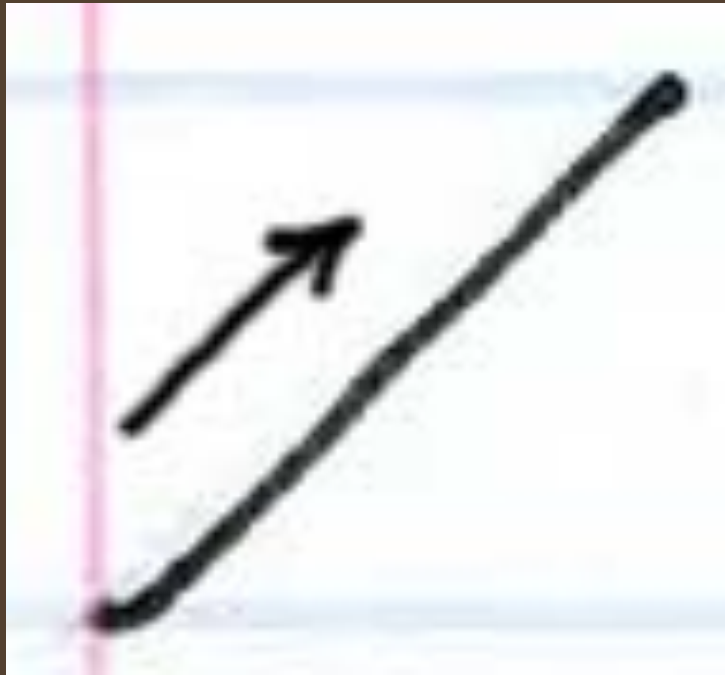
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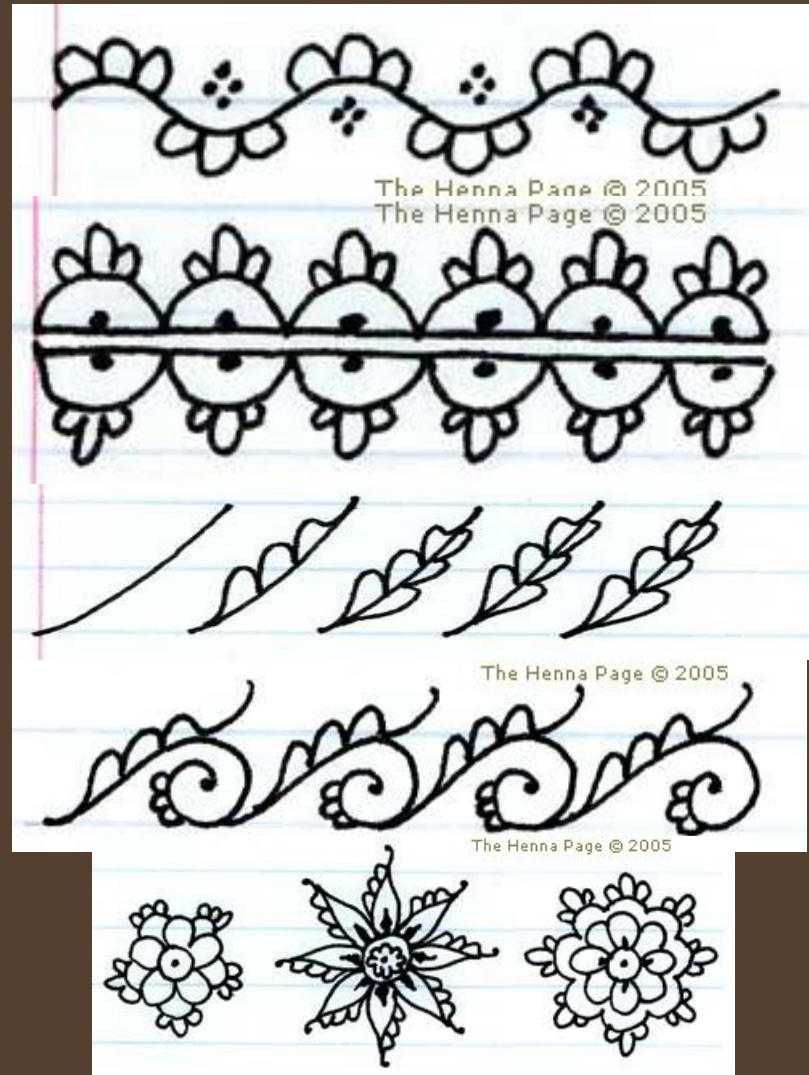
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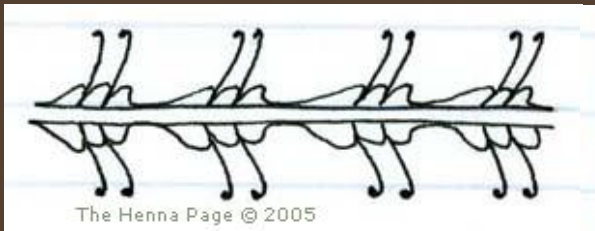
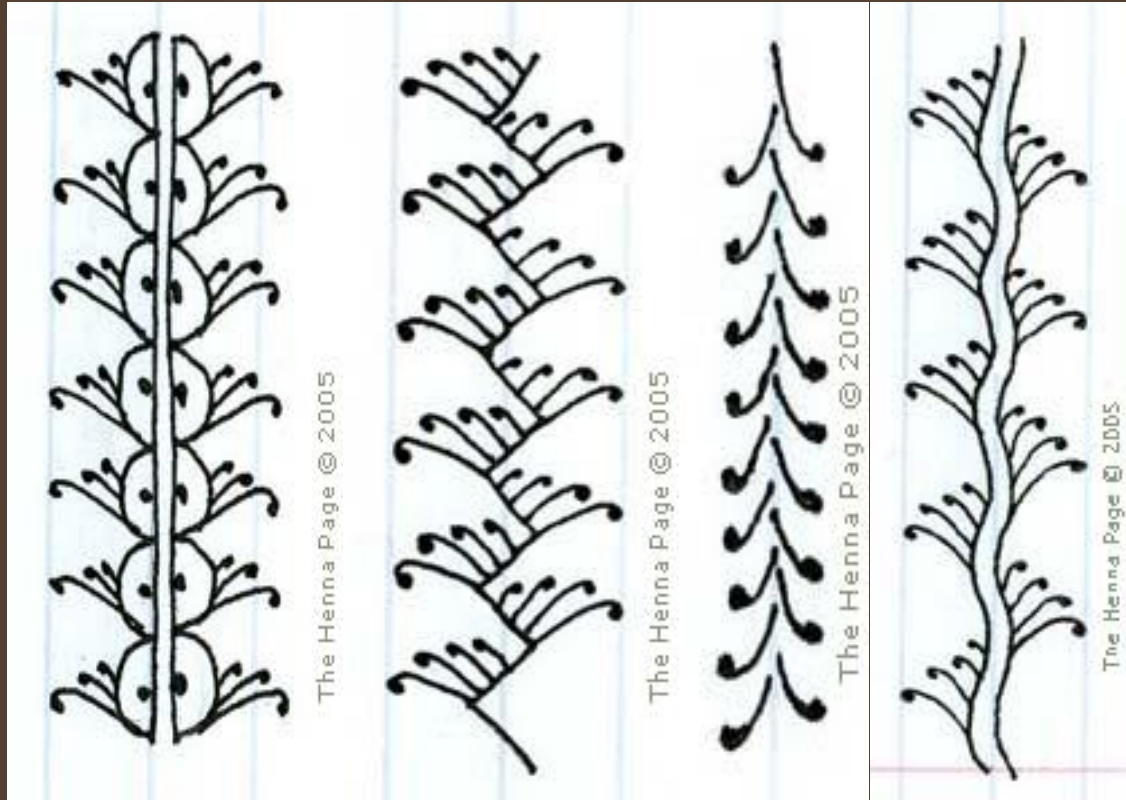
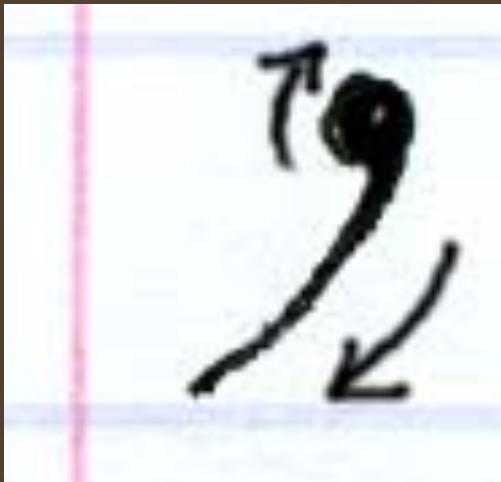
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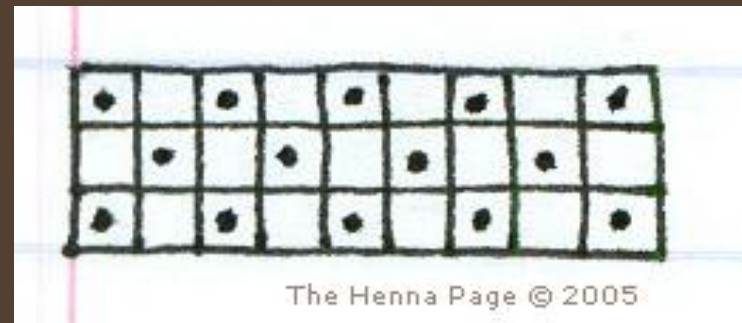
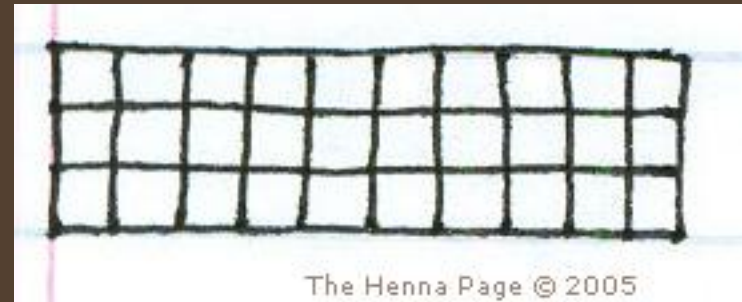
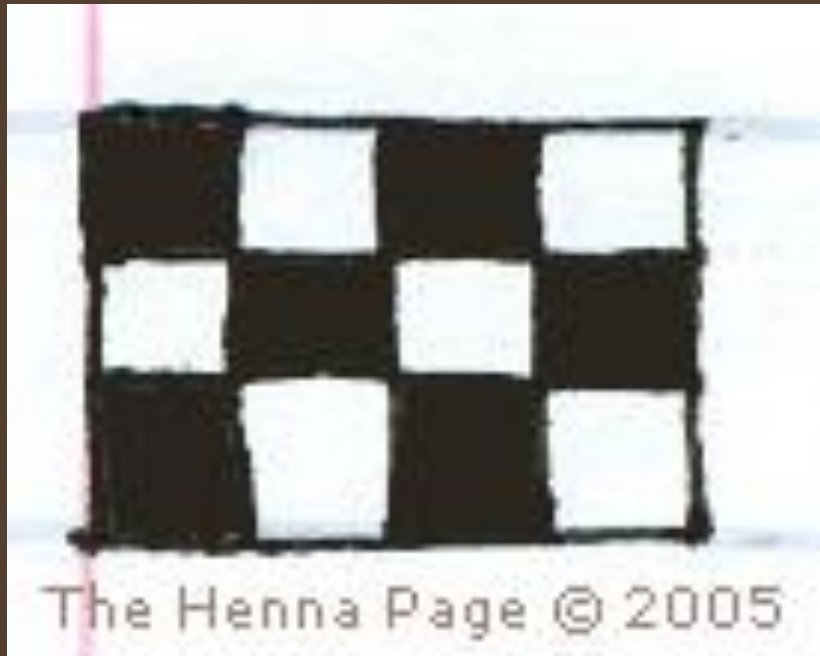
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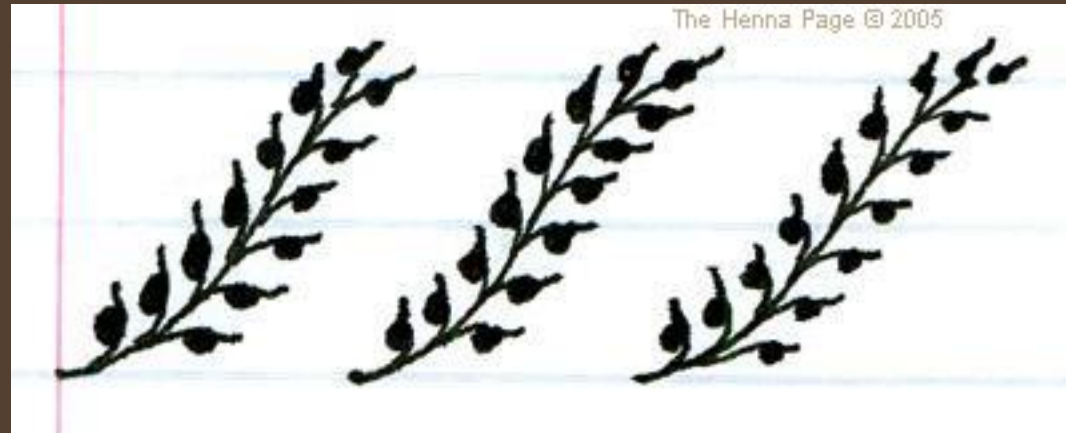
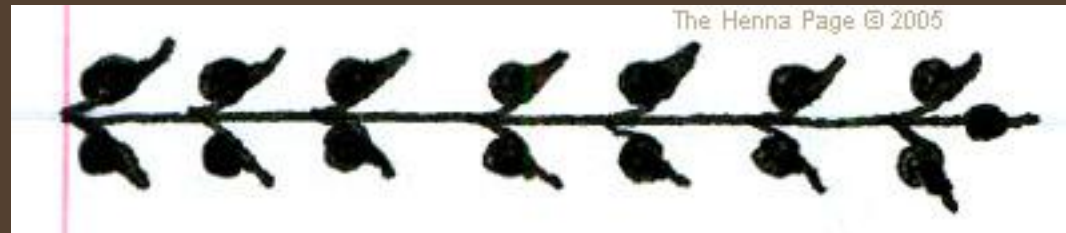
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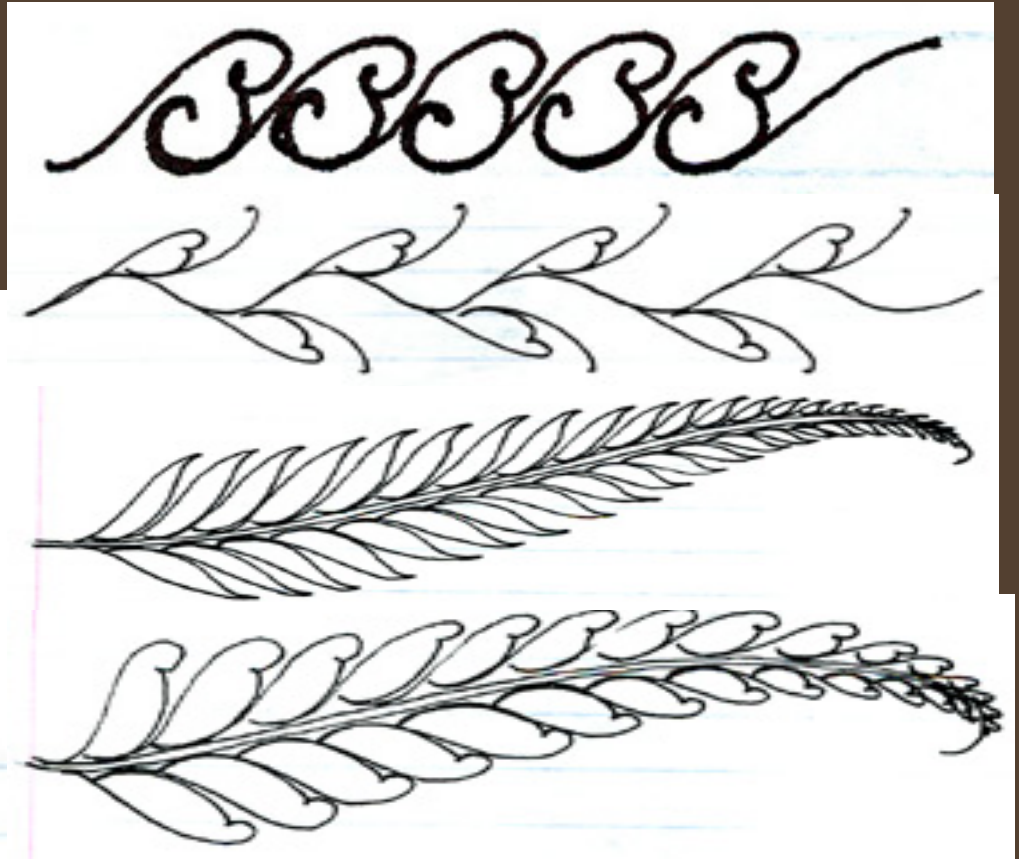
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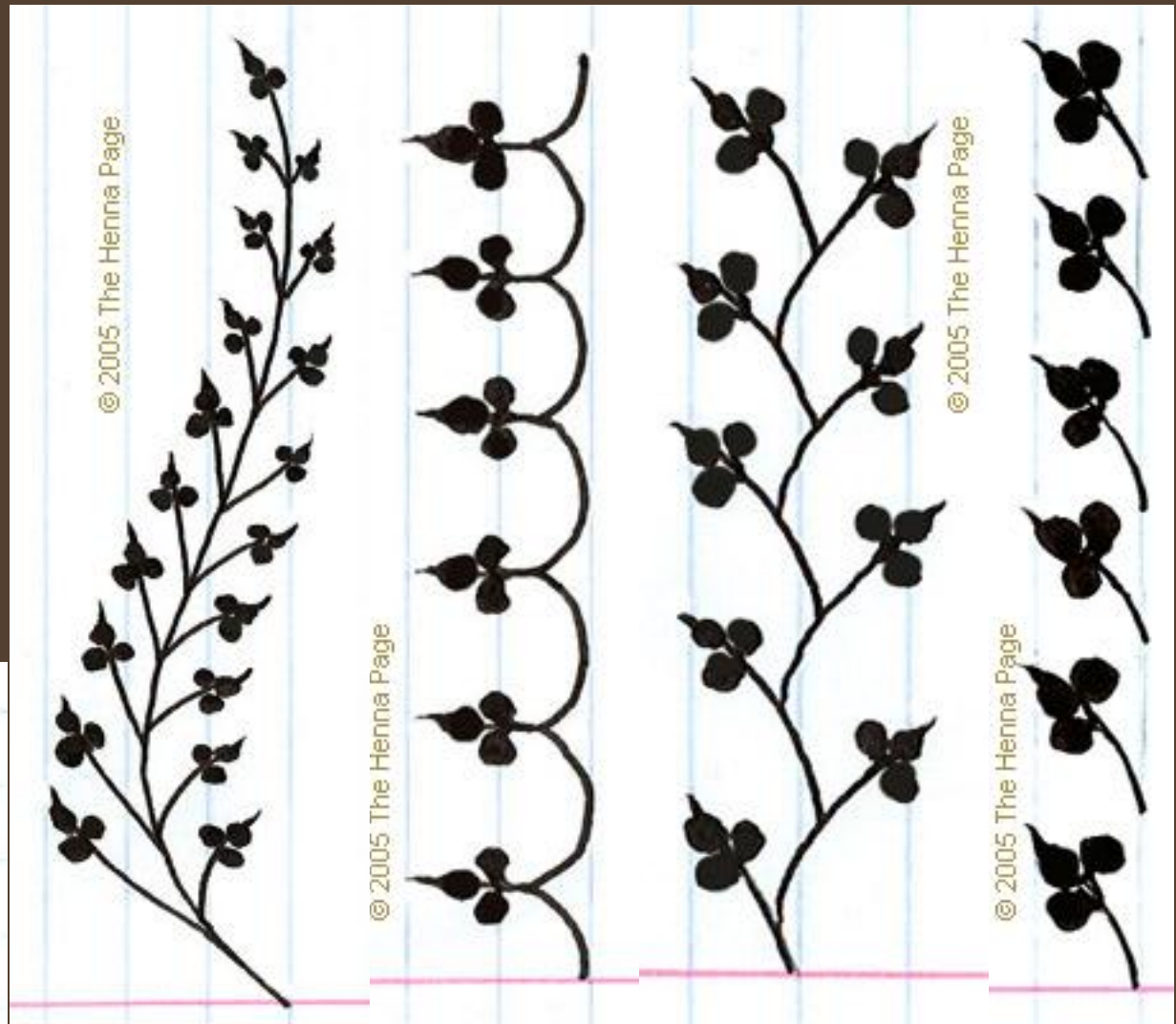
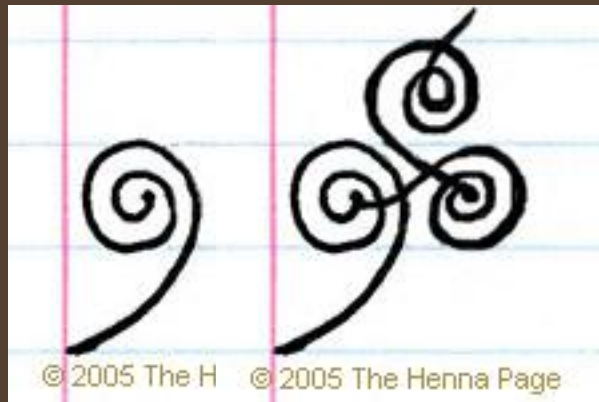
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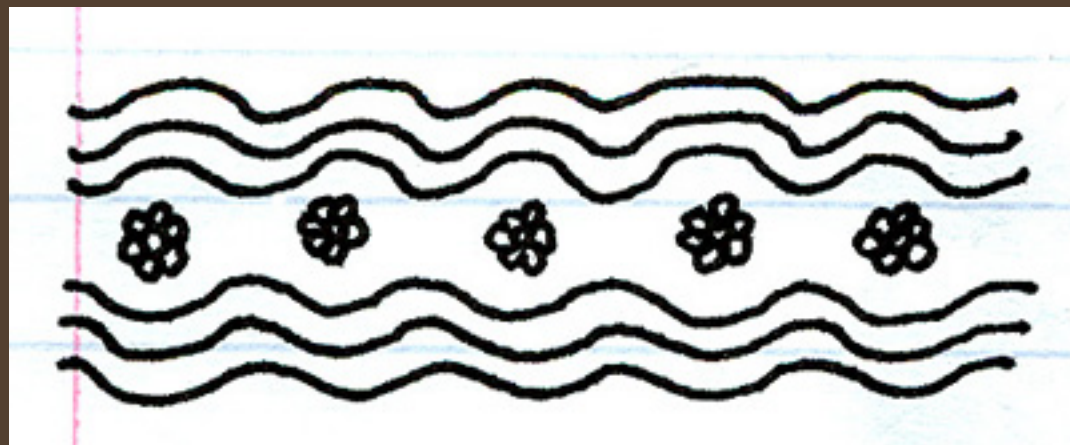
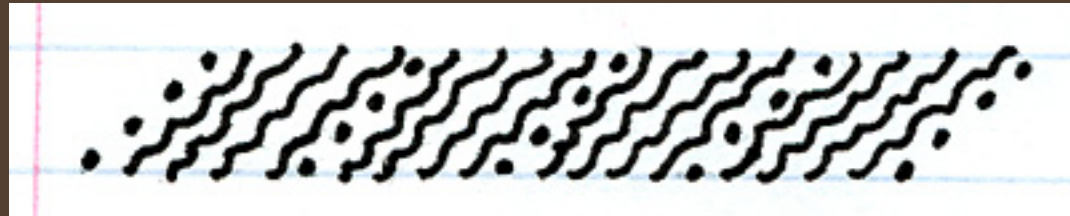
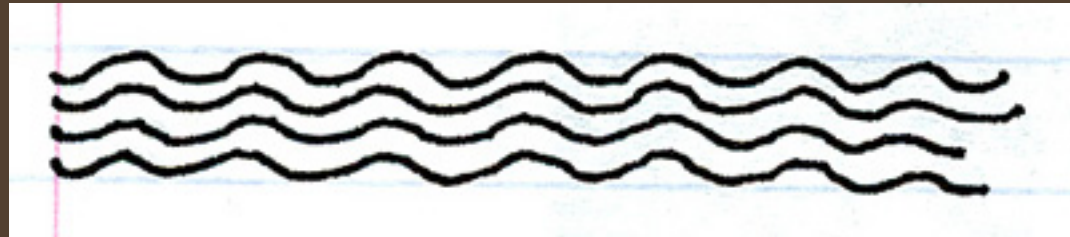
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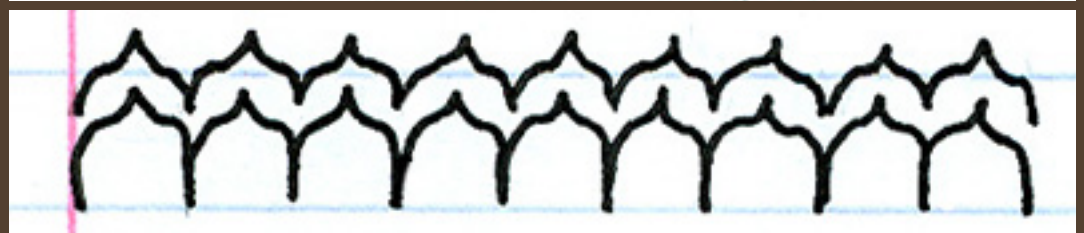
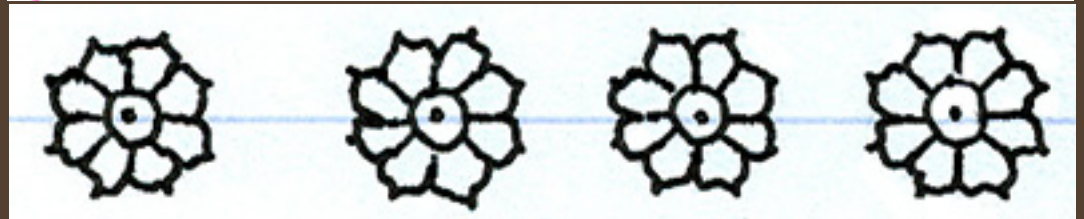
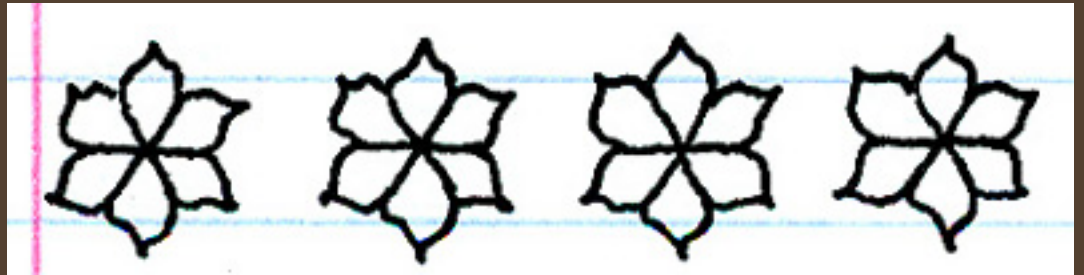
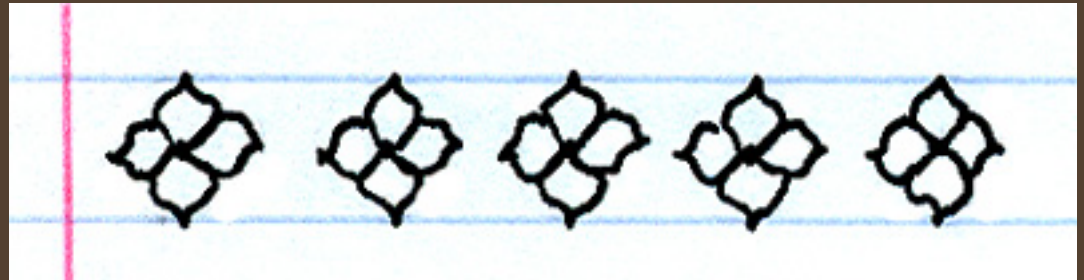
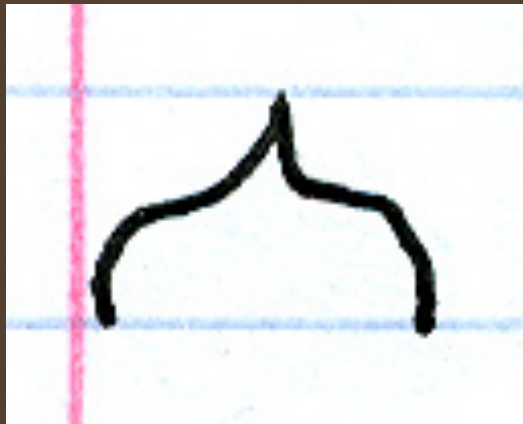
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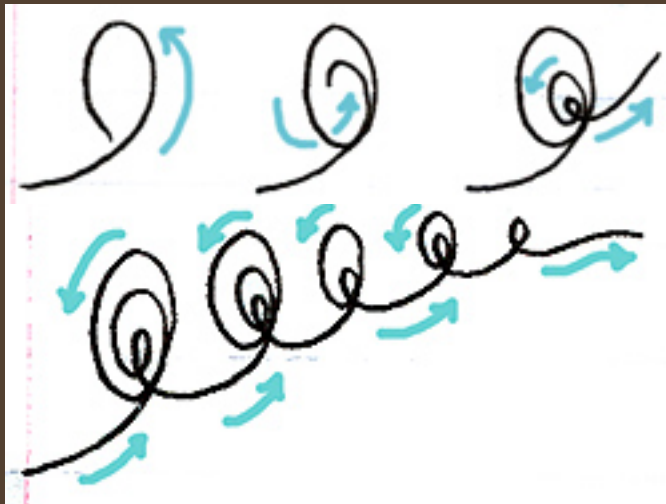
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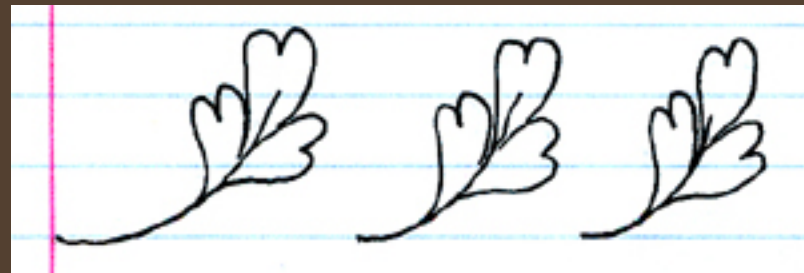
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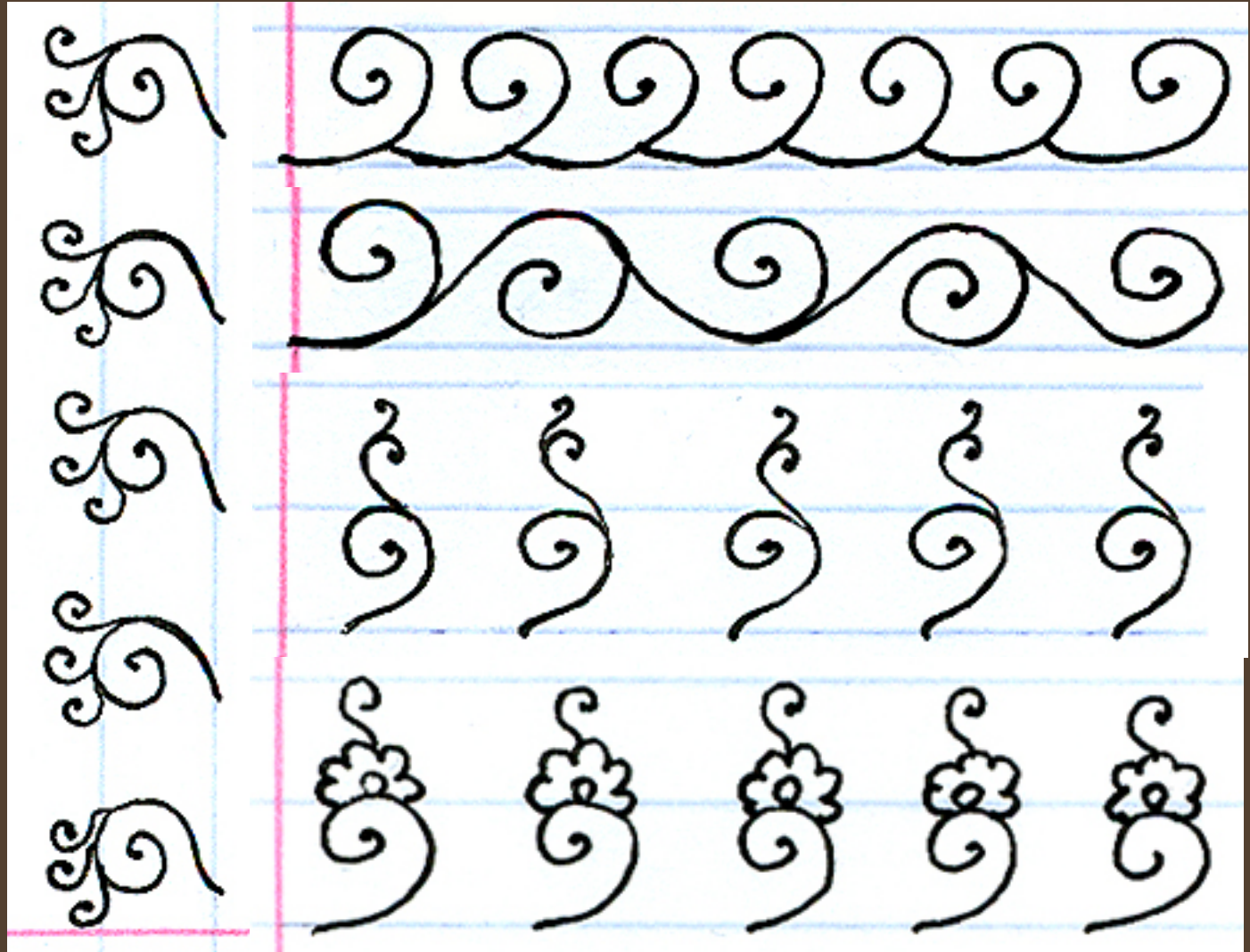
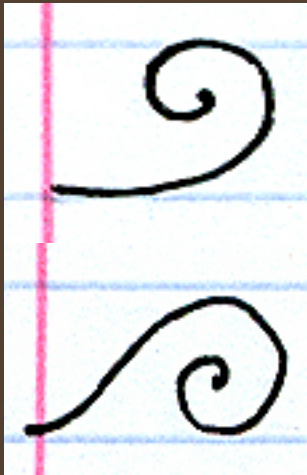
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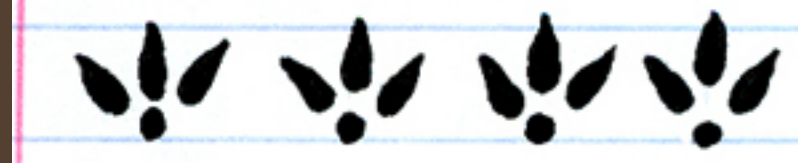
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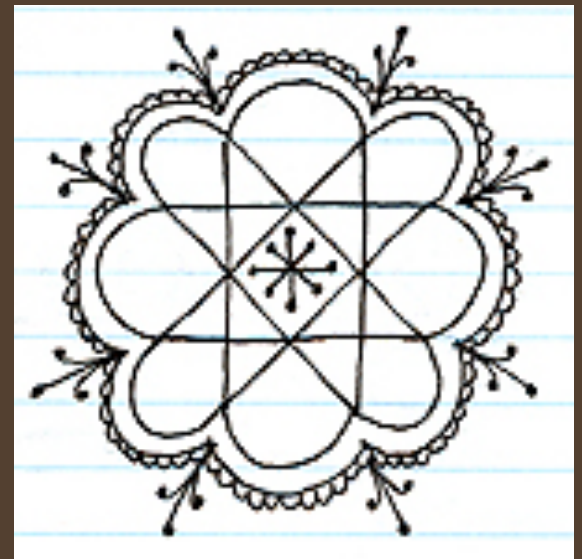
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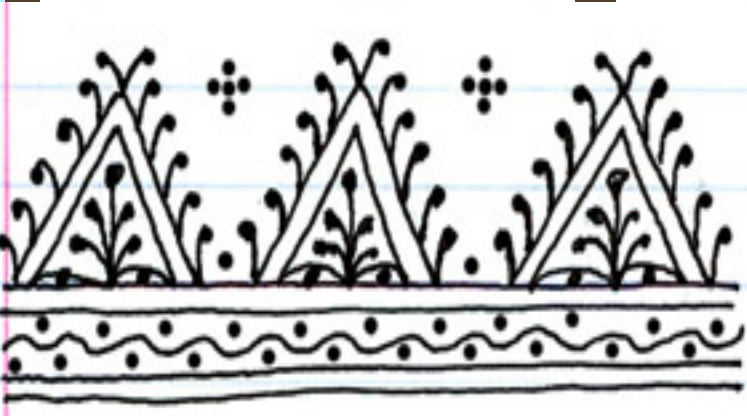
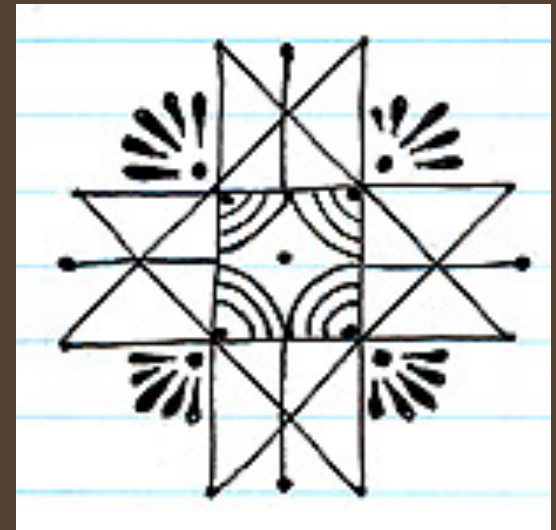
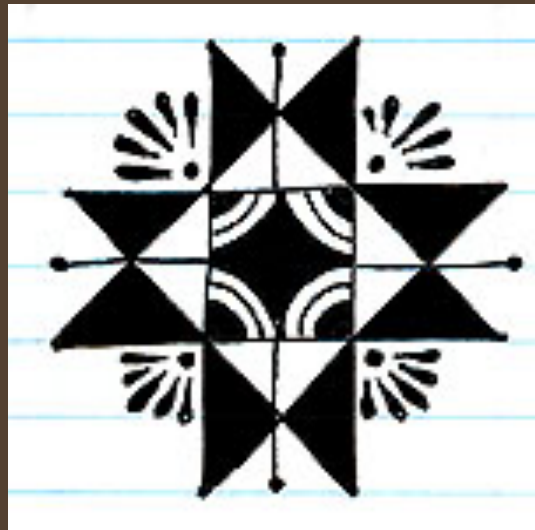
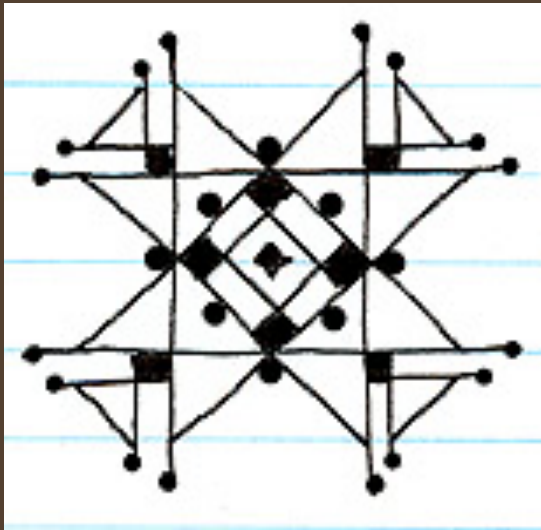
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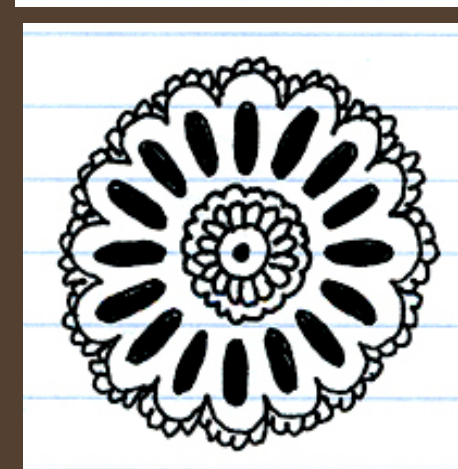
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