



***Thanks for being interested in learning about henna!***

This eBook contains some basic henna information and some pages of henna design that you can use as inspiration. These pages are also great to use as coloring pages.

Designs range from easy beginner designs to advanced designs, so you can grow your henna skills over time.

You can learn more about henna at [HennaHelp.com](http://HennaHelp.com). The "New to Henna" page will walk you through the basics, but you can also contact me with questions. Don't miss the link to my YouTube channel and the FREE downloads page.

Thanks again!

*Jody*



JodyBeachcombers

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## What is Henna?

The leaves of the henna bush, *lawsonia inermis*, that are ground into a powder for a variety of uses.

## Henna Uses

- Regulate Body Temperature
- Antifungal and Antiseptic
- Good Vibes (Celebrations)
- Beautify: Dye Hair and Nails
- Beautify: Decorate Skin

## How Does Henna Work?

- Henna has tannins (the lawsone in *lawsonia inermis*) that saturate the upper layers of the skin (keratin) to leave a stain.
- Henna is a permanent stain. The henna does not fade away, the skin cells exfoliate off, thus fading the henna.
- Once the wet henna is removed, the stain continues to darken over the next 24-72 hours. This is the henna oxidizing in the skin and is called curing.

## Henna Travels

Much of our early evidences of henna use is for the hair and/or nails. There is evidence of henna being used by many different religions and cultures for both celebratory reasons and for everyday cosmetic use.

|                                                |                                                    |
|------------------------------------------------|----------------------------------------------------|
| 6000 BCE—3000 BCE - Earliest Evidence of Henna | - Turkey, Crete, Jericho (Israel/Palestine)        |
| 3000BCE—1400 BCE - Jordan Valley Expansion     | - Jordan Valley, Persia, Lebanon, Syria, Egypt     |
| 1400 BCE—500 BCE - Mediterranean Expansion     | - Greece, Italy, Spain, North Africa               |
| 500 BCE—700CE - Eastern Expansion              | - Arabia, India, and further into the Roman Empire |
| 1920 CE—Today - Modern Expansion               | - Expansion into the Americas                      |



### Indian Style

- Dainty close fills
- Clear borders
- Heavy coverage
- Dainty lines
- Repeating elements
- Curvy
- Peacocks
- Brides
- Judicious use of negative space



### Arabic Style

- Free flowing (few borders)
- More negative space
- Bigger motifs
- Vines
- Flowers
- Bold lines
- Heavy shading
- Space between bits
- No animals



### Moroccan Style

- Geometric
- La chen (the chain)
- Delicate full coverage
- Double lines
- Basic layouts w/ fills

## Henna Safety

Anytime you get henna from ANYONE, your henna artist should always tell you what is in their henna, the henna should never be black, and the color should need some time to develop from orange to red/brown.

- **Allergic Reactions:** Allergies to natural henna are very rare.  
Most reactions to henna, are not a reaction to the henna itself, but to an ingredient in the henna mixture.  
**Have a complete list of your henna ingredients ready and review with every client.**
- **Hyperbilirubinemia and G6PD:** Disorders that can make henna dangerous for children and possibly adults. In cultures where henna is done often, children are screened at birth for these disorders and told not to have henna applied, but here in the US, we are not.

These disorders can cause **severe** anemic reactions in children exposed to henna, though they are not normally a big deal for adults exposed to small amounts of henna. The younger the child, the more severe the reaction. Adults with G6PD also should avoid henna. Other items people with these disorders are often sensitive to are **aspirin, fava beans, and/or mothballs.**

NEVER do henna on infants. Most reputable henna artists avoid doing henna on kids under 6.

- **Unsafe Additives:** There are many things that can be added to henna that are dangerous. These are used to change the color, get quicker results, or make it last longer. These additives can be EXTREMELY dangerous and are why it is so important that you know what is in your henna.

The most common dangerous additive is paraphenyldiamine, used to make "black henna."  
Other dangerous chemicals include benzene, gasoline, kerosene, and ammonia.

### More About PPD (Paraphenyldiamine)

- Common additive for hair dyes.
- Approved in the USA for use on hair if less than 6% but banned in the many European countries for use in hair dye.
- When used as "henna," PPD ratios are typically 30-70%.

Once sensitized you will become cross-sensitive to other PPD-like additives that include...

Black clothing dye (imagine not being able to wear black for the rest of your life!), black rubber, pen ink, certain food colorings and preservatives, certain prescription and over-the counter medications, sunscreen (PABA)

## SAFETY FIRST!

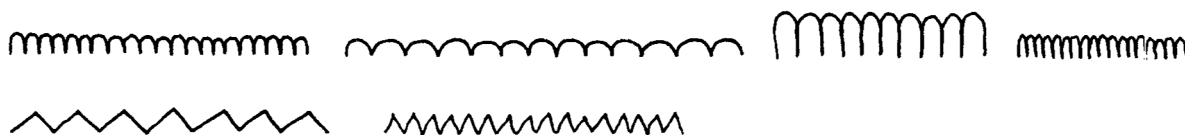
- Avoid any "black henna" that lasts more than a day or two or is jet black.
- Avoid henna that smells like chemicals and/or without ingredients.
- Avoid henna with any unsafe chemicals added.
- NEVER henna infants or children with hyperbilerubinemia.
- Only henna children over 6 years old.
- Avoid doing henna on adults with G6PD.

**Visit [www.HennaHelp.com](http://www.HennaHelp.com) for more safety information.**

# Basic Henna Elements

## Bumps

One of the most important basics. They are said to bring prosperity and to help you weather lifes' ups and downs.



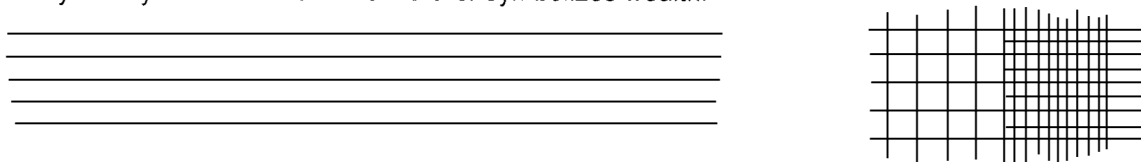
## Sprouts/Leaves

Growth, rebirth, youth, and fertility. Great for anyone trying to make a change in their life.



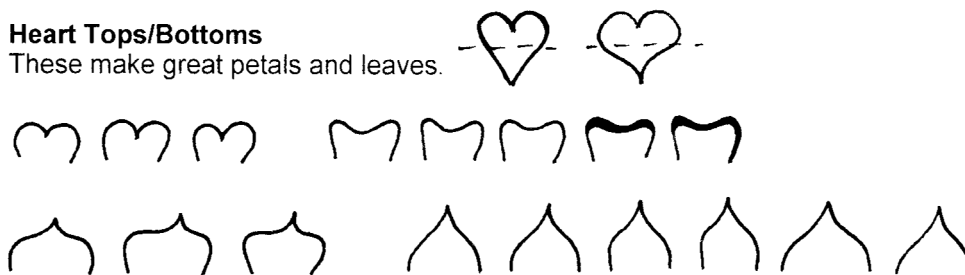
## Lines

Lines are used to create borders and negative space, as well as being used as fillers. Wavy line symbolize water which further symbolizes wealth.



## Heart Tops/Bottoms

These make great petals and leaves.



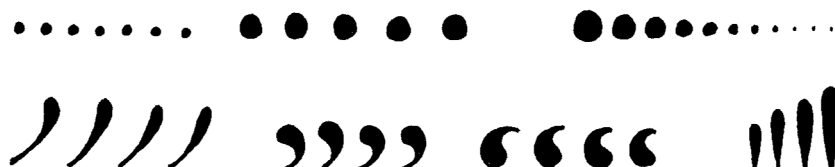
## Spirals

Symbolizing feminine empowerment, this is a strong energy that can help with confidence.



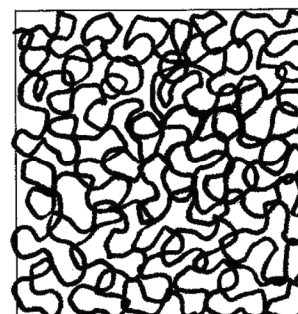
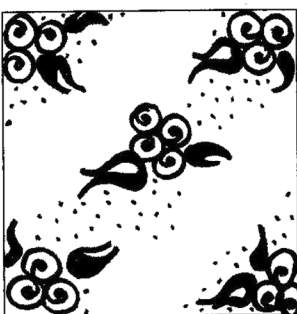
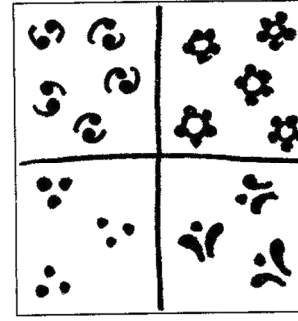
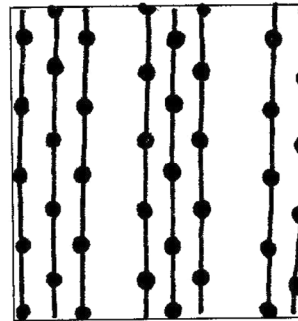
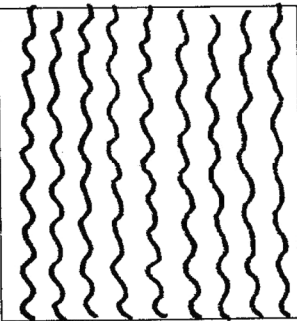
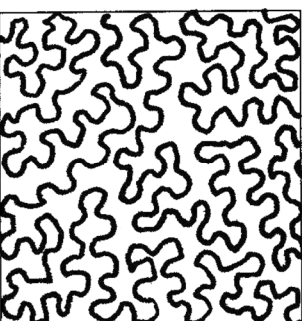
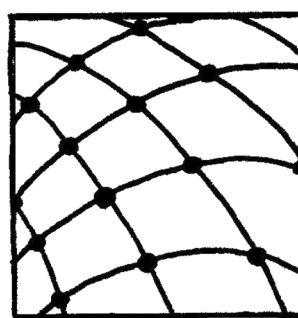
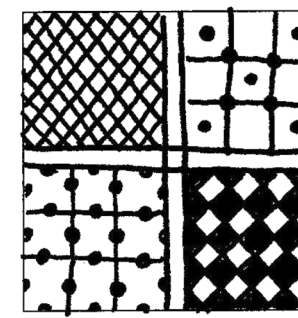
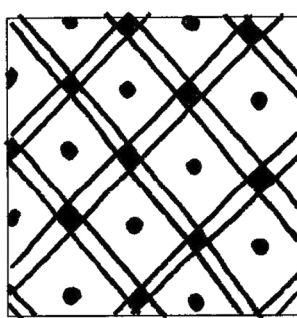
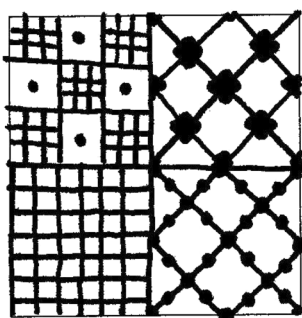
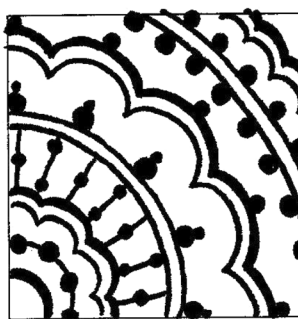
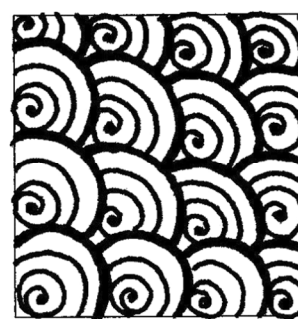
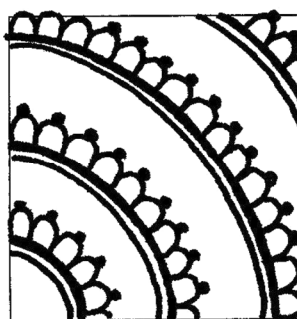
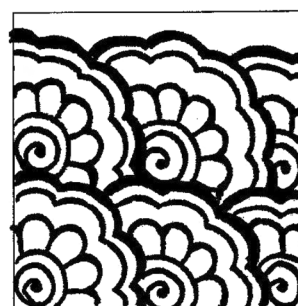
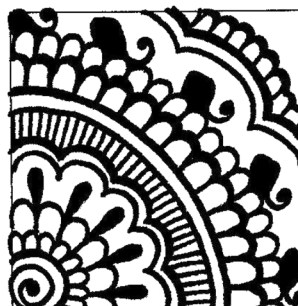
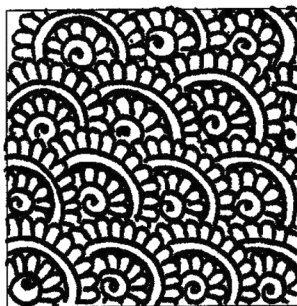
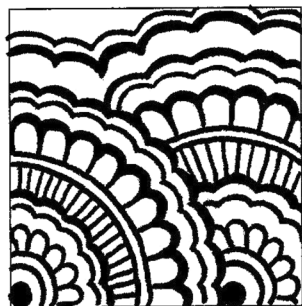
## Dots/Pods (Seeds)

Much like a tiny seed has the potential to grown into a giant Redwood, pods tap into a fresh new potential energy.

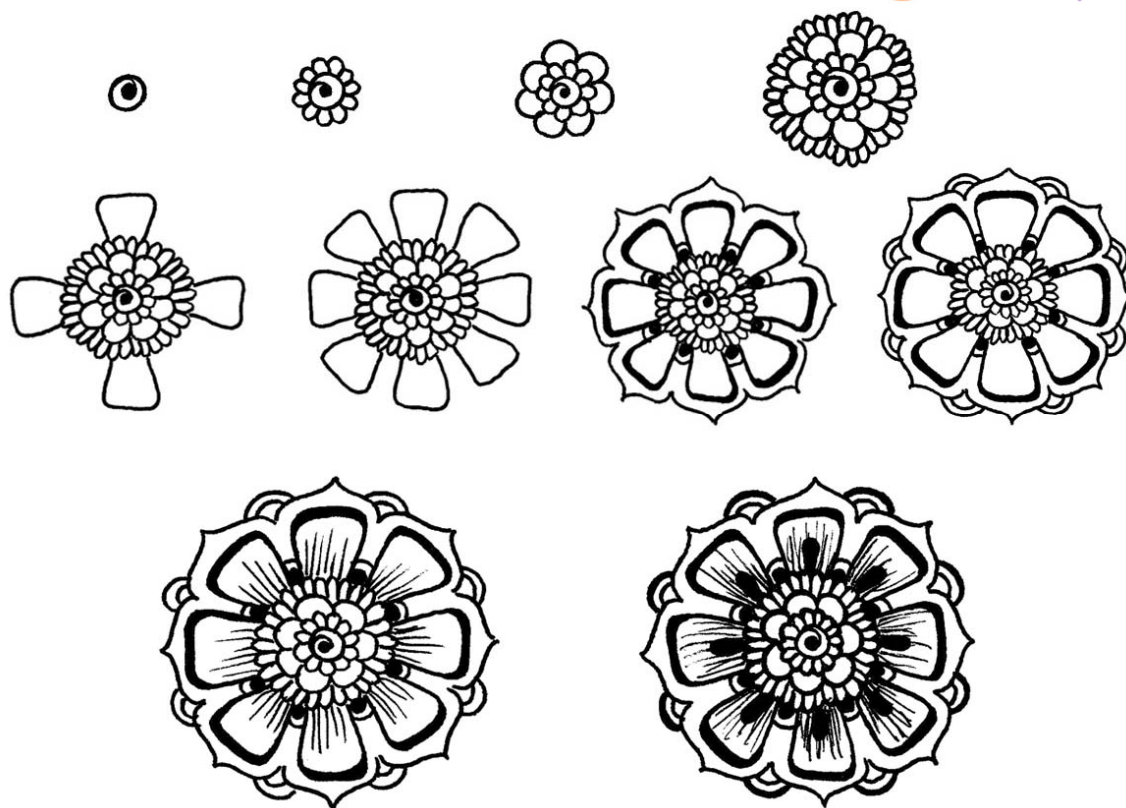




# Henna Fillers



## Mandala



## Flower/Paisley Combo

