

Henna Body Art Instructions and Stencils

While henna tattoo kits are available online or in beauty and health food stores, with a bit of effort you can create your own henna paste for your mehndi designs. Use these stencils and the recipe below to help create your henna body adornment.

HENNA RECIPE

Adapted from *Mehndi: The Art of Henna Body Painting* by Carine Fabius

Ingredients:

- 3 teaspoons powdered and sifted henna
- 1 teaspoon eucalyptus oil
- 2 tablespoons black tea
- 1 cup water

- Silver or metal mixing spoon
- Plastic bowl and lid
- Plastic wrap

Instructions:

1. Boil water and add black tea, Leave to infuse for at least two to three hours (overnight is better).
2. When the tea is finished steeping, pour it through a strainer to keep leaves and sediment out of the henna mixture.
3. Pour the henna powder into a plastic bowl and add the oil to the powder. Do not mix.
4. Add three tablespoons of the tea to the powder one at a time and stir.
5. Press the mixture into the sides of the bowl to smooth it out.
6. Cover the bowl with plastic wrap and seal with a lid. Place away from light and leave for 12 hours.
7. Use a spoon to smooth any remaining lumps.
8. The henna paste should be about the consistency of toothpaste. If it is too runny, add more henna powder, if it is too thick, add water or tea a few drops at a time and mix.
9. The henna is now ready to use and can be stored for two to three days.

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HENNA APPLICATION

Many artists apply designs with homemade henna cones. Plastic applicator squeeze bottles fitted with a metal tip are also common and often easier to use. These bottles, used in silk-screening, can be found at most art supply stores.

Ingredients:

- Henna paste and applicator
- Eucalyptus oil
- Cotton balls
- Paper towels
- Cotton swabs
- Toothpicks
- Straight pins
- Vegetable oil
- Mixture of lemon juice and sugar (1/2 lemon to 1 teaspoon sugar)

Instructions:

1. Shave hair from area to be painted.
2. Wash and dry the area thoroughly.
3. Gently massage a drop of oil into the area.
4. Apply the henna design.
5. Use cotton and toothpicks to smooth lines and fix mistakes. Pins can be used to clear applicator tips.
6. Let henna dry for 10 to 15 minutes.
7. Using a cotton ball, moisten the design with lemon and sugar mixture after it dries. Continue moistening as it dries for 12 to 20 hours. The longer the paste stays on the skin, the better the henna will penetrate.
8. Remove the henna paste with a cotton ball dipped in vegetable oil.
9. Avoid wetting the design for as long as possible, at least four hours and up to one day.



Stencils from the Earth Henna body painting kit



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