

FAQ'S

WHAT IS HENNA?

Henna (or Mehndi) is an ancient art practiced during all sorts of celebrations in India, SE Asia, North Africa and the Middle-East. Henna is a small shrub called Lawsonia Inermis, the young leaves and twigs are ground into a fine powder. Then mixed with various ingredients and applied on the hands, feet and hair. The Henna stains the area giving anywhere from a reddish-orange color to a reddish-brown color, depending on the additives. The henna mixture can be applied in beautiful patterns via small plastic tubes or toothpicks. Today this form of art has evolved to a more contemporary style. Now it is applied throughout the body for any occasion.

WHAT'S THE DIFFERENCE BETWEEN HENNA AND MEHNDI?

They are actually the same thing, Mehndi is the art of applying Henna on the body. It is a beautiful form of temporary body decoration. Mehndi is a traditional form of decoration for both men and women, it is generally used for special occasions, particularly weddings. Today, it is used for any occasion and is applied throughout the body.

HOW LONG DOES IT STAY ON THE BODY?

After the henna is applied, it should be kept on for at least a couple of hours. Some people choose to keep it over night. The longer the henna remains on your skin, the longer the color will last. It helps to keep the henna a little moist with a mixture of lemon juice and sugar. The reddish color increases to a reddish-brown over a period of 48 hours after application, after this point the color remains steady for a few days then it begins to fade. The color of Henna fades gracefully over fifteen to twenty days, varying with the body heat of each individual. Also, henna stains the dead skin only, especially in callused areas, so you'll always find your best color on palms and soles. Each person's skin is different, from hormonal balance to pH to stress level to diet, so each person will also stain differently from place to place and day to day

WHERE CAN HENNA BE APPLIED?

Henna is used for decorations on the hands and the feet. It is also used to dye the hair. Henna is also heat sensitive, the warmer the skin, the longer-lasting the dye. The stain lasts longest and is darkest on the palms of the hands and the feet. The color is much lighter on the back of the hand. The bottom of the feet also takes Mehndi well. If applied on the hair it dyes it to a reddish-brown color, even on black hair it gives a shimmer in the sun almost like a burgundy highlight.

IS HENNA HARMFUL?

The pure form of Henna is not harmful for your skin, in fact it is healthy, it cools and protects your skin from sunburn. On hair, it gives strength and a polished shine. But don't be fooled, most of the products that you will find at stores probably have things mixed in them. Be careful what you put on your skin or hair, you could be allergic to the additives. Some of the oils could be too strong and should not be used for young children or pregnant women. Always check the ingredients and additives before using.

WHAT IS BLACK HENNA?

Don't be fooled when you hear or see Black Henna it isn't Henna! There are several things marketed as "Black Henna", and some things believed to be "Black Henna". Some are very dangerous. Some are harmless. The ones that are harmful can cause blistering, permanent damages and can lead to cancer. Please read and learn more about this at: www.thehennapage.com

WHAT ARE ESSENTIAL OILS?

Many Henna artists use various oils in their henna mixes. Oils are generally used either to enrich the smell or to enhance the color, making it darker. These oils are not like ordinary oils, such as cooking oil, olive oils or vegetable oils. These oils are highly concentrated and are usually derived from various plants and fruits. Essential oils consist of many organic materials such as alcohols, aldehydes, esters etc. therefore they can be harmful if not used carefully and in controlled amounts. To learn more about the uses and properties of these oils refer to: www.thehennapage.com



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