

The Art of Mehndi Through Mixed Media by :Zahra Farooq

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Mehndi Resource Handout

Caution: Allergies : Rare, Itching, shortness of breath, tightness of chest, G6PD Deficiency . Do not use on sensitive skin.

Disclaimer: *The decision to use Mehndi is at the responsibility of the attendees of the workshop. FAEA and the presenter are not responsible.*

Mehndi: hina, henna,

Origin

Countries/ Locations:

- Cosmetically use in Roman Empire
- Asian and Arabic countries

Other locations: Iberia/ Ancient Egypt (Convivencia). North Africa, Horn of Africa, Arabian Peninsula, Near East, South Asia, Libya, Morocco, Sudan.

Abundances in hot tropical climates: India, Pakistan, and Australia.

- Ancient form of body adornment
- Ancient India era.
- Dates back from 5,000 to 9,000 years ago
- It appears throughout history from the 3rd century as art throughout Asian and Arabic countries
- Henna was first used as a paste and used for its natural cool properties.
 - Acts like a sunblock
- Ancient artifacts include:
 - Ancient Egyptian: Pharaohs during their mummification process.
 - Cleopatra wore henna.
- Nomadic tribes used to dye their horses' mane
- Eastern Mediterranean: Jews, Muslims, Hindus, Christians, and Zoroastrians.
- Barakah- Blessings, luck, joy, and beauty
- Traditions- Legend of Baal and Anath
- Wall painting- Akrotiri; Thera eruption era of 1680 BE

- 1500- 500 BE. Statues of young women holding up their hands were found on the Mediterranean coastlines
- In the bible, it is known as camphire.

Medicinal:

- Herb/ healing qualities.
- Heals headaches, stomach pains, and skin diseases
- Ebers Papyrus : 16th century medical texts described henna..

Henna Plant

- Known from the Lawsonia Inermis plant
- AKA mignonette tree, henna tree
- 12- 15 Feet
- Known for centuries to dye hair, skin, and fingernails.
- Fabric dye for silk, wool, and leather.
- **Lawsonia** : Reddish- orange dye, binds keratin (protein) to stain the skin
- Found in tropical climates.

Recipes

- Mix the powder form of the plant with a various of techniques.
 - Water, lemon juice, eucalyptus oil
- Once its turned into a paste, it will look dark green or dark brown.

Color Intensity

- Cloves, tamarin, sugar/ lemon juice mix, tea

Hair Dye:

- Powder, coconut oil, lemon juice, tea, and leave mixture overnight. This helps break down any chemicals.

Application of Henna

- Traditionally henna is placed into cones for the applications
- The tips are cut off

For Darker color:

- Leave on a minimum of 4 hours
- Apply a mixture of lemon juice and sugar every 1 while the henna is still wet.
 - Use a light brush , cloth, or cotton swab.

Festivities/ Culture/ Designs/ Trends

Rajasthan, India – Year-round practice.

Water: Human emotion

Vines/Leaves: Devotion

Diamonds: Enlightenment

Square: Stability

1. **Sahasara:** This ancient symbol unites the soul with a divine sense of force.
1. **Peacock:** The proud peacock symbolizes beauty.
2. **Swans:** Symbolize success and beauty.
3. **Birds:** Birds serve as the messengers between heaven and earth.
4. **Dragonflies and butterflies:** Symbolize change and rebirth.
5. **Paisley designs:** Intricate and scrolling paisleys can represent fertility and luck.
6. **Flowers:** Flowers and petals symbolize pure happiness and joy.
1. **Vines and leaves:** Vines and leaf henna designs often represent devotion and vitality and are perfect for marriage celebrations.
2. **Eye:** Ancient eyes in Mehndi art often represent the reflection of the evil eye, turning any evil wishes back onto the gazer while offering a spiritual form of protection. Popular for weddings or any other of life's journeys, a Mehndi eye is a comforting companion.
3. **Snakes and lizards:** Reptiles are often considered the seekers of enlightenment in henna practices

Mehndi Artists

- Sometimes there are multiple artists working on the bridal patterns, depending how intricate they are.
- Free handed and intuitive designers
- Very open and relaxing experience for the artists.

Western and Today:

- It started to make an impact in the 90s. Through the art of using it as a temporary alternative. Also, fashion accessories.
- Self- expression
- A variety of colors from the traditional pale orange to black henna.

Notable celebrities:

Madonna, Gwen Stefani, Nell McAndrew, Liv Tyler, Prince, and Drew Barrymore.

Editorial:

Cosmopolitan, Wedding bells, Vanity Fair, Harper's Bazaar.

Other applications:

Bellies (during pregnancy), heads (chemotherapy), and camouflage scars.

Additional applications:

Today, artists may include rhinestones, glitter, metallic dust, white henna, and other colors.

Black Henna:

- Neutral henna, not made from the real plant.
- Derived from Indigo/ Cassia
- Unlisted dyes and chemicals, partly fermented
- Late 19 century
- Potent- poisonous
- Transdermal- P-Paraphenylenediamine (PPD)

STEAM: Balance, geometric shapes, arts, scientific reasoning: cooling properties to calm nerves

Art Movements: Ancient Art (India, Persian), Rococo, Baroque.

Resources

<https://www.stylecraze.com/articles/make-up/mehandi-designs/#gref>

<https://www.thespruce.com/bridal-henna-party-3489631>

<https://www.thespruce.com/bridal-henna-party-3489631>

<https://www.art-is-fun.com/henna-hand-designs/>

<https://artsandactivities.com/mehndi-hands/>

<http://www.hennapage.com/henna/schools/index.html>

<https://www.liveabout.com/henna-designs-3189663>

<https://silknstone.com/About-Henna.html>

<https://hennacity.com/blog/mehndi-art-the-ancient-history-of-henna/>

<https://www.culturalindia.net/weddings/wedding-rituals/mehndi-ceremony.html>

<https://www.hennaguru.com/recipe/>

<https://www.crayola.com/lesson-plans/mehndi-hands-lesson-plan/>

https://www.davisart.com/Promotions/SchoolArts/PDF/4_11-elementary-studio-art-lesson-plan-the-art-of-henna.pdf

<http://nikijacob.com/wp-content/uploads/2016/01/Mehndi-Tattoo-Hands.pdf>