



HENNA HANDS

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DID YOU KNOW?

The henna plant is one of the oldest cosmetics ever used



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Activity Card

HENNA HANDS

USE THE ACTIVITY SHEET TO PRACTICE YOUR HENNA PATTERNS ON PAPER BEFORE MIXING THE PAINT AND DOING ON YOUR HANDS.

HISTORY OF HENNA

The use of Henna for body art is several centuries old. The people of ancient Egypt and India used this form of temporary tattoo for religious ceremonies, wedding festivals and simple body adornment. Henna is a plant which grows in the tropical climates of Africa, northern Australia, and southern Asia.



STEPS FOR MAKING HENNA PAINT

1. Tip Henna powder out of the piping bag into a small bowl or container
2. Mix with 1 teaspoon of lemon juice, 1 teaspoon sugar and 1 teaspoon boiling water and stir well until very smooth
3. Spoon the mixture back into the piping bag and seal, allow to sit overnight
4. Snip a tiny corner off the bag with scissors – take care not to cut too big or the henna mix will come out too quickly
5. Start piping patterns on your hand
6. Leave until dry and crusty, ideally until it cracks and falls/peels off (minimum of 2 hours).

! CARE

Natural henna rarely causes any adverse reactions. If you are concerned do a small patch test first. To make henna last longer, don't expose to chlorine, avoid water on hand for as long as possible.



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