



## *What is it like to have a henna party?*



Henna is a relaxing and meditative art with healing properties that connects people through touch, which provides energetic balance. Scientifically, henna paste has been used for centuries in the arid regions of Southeast Asia and Northern Africa to cool the skin, provide sunscreen and heal fungal and bacterial infections. With creative application, henna has evolved into a celebratory blessing for marriages, pregnancy and birthdays. Floral applications may inspire romance, while geometric designs translate spiritual power and traditional Moroccan elements tell stories of regeneration of the earth and abundance. The aesthetic application to the skin lifts endorphins, confidence, increases self-esteem and promotes connections with others by the attraction to its beauty and distinction, which makes it a popular offering for parties and events.



Imported from the regions of Pakistan and Rajasthan, India, the powdered leaves of the henna plant (*Lawsonia inermis*) are mixed into a paste in small homemade batches with only lemon juice, sugar and essential oils. Prior to application, the paste is wrapped in plastic and kept in darkness for 24-36 hours at an average temperature of 72 degrees to release the red-orange dye from the Lawsone molecule that binds to the keratin in the skin.

Application consists of piping the paste onto the surface of the skin in elegant mehndi, henna designs. The paste is left to dry and crack for up to 8 hours, at which time it can be scraped off with a butter knife and the assistance of olive or coconut oil. Because the dye bonds to keratin in the top layer of skin it exfoliates over approximately 7-10 days. This process is slowed or accelerated by the amount of time the stained skin spends in the water, exposed to chemicals in lotions and scrubbing. To preserve your henna, avoid these applications and apply coconut, shea butter, cocoa butter or vegetable oil to moisturize and repel water prior to washing and bathing.





Initially, when the henna paste is removed, the stain will be a very light orange color that deepens to a warm cinnamon brown over the following three days. There is also a gradient effect of the henna stain on the body. The hands and feet produce a darker stain due to the thin dry skin that facilitates the body's heat release through the fingers and toes. Henna applied toward the wrist and arm will be lighter than the fingertips and will increase in lightness up the arm as the skin thickens and becomes oilier closer to the face. However, because the areas above the wrist are less subject

to scrubbing, lotions and water exposure, the stain may last as long as 3-4 weeks. This is true of the feet and legs as well.



Andi is available for private appointments, parties and events at your location of choice. We only ask that you provide adequate lighting, an outlet for a desk lamp or shade if outdoors. If available, a table and two chairs would be preferred. For your protection and ours, we wear a mask or face shield during the henna application.

For parties and events, we typically arrive 15-30 minutes before the start time to set up. It's preferred to start at the beginning of the party so that guests do not have to wait, and the artist has the time and flexibility to create a comfortable workspace to receive them. Once the party is

underway, guests may flow into the work area while socializing and engaging in festivities. Depending on the size of the design, henna application at parties, with some exceptions, takes on average 3-10 minutes.

Private appointments are suggested for more elaborate designs, such as a pregnancy blessing, and typically require advance design approval as well as 60-90 minutes for application. Private appointments are also available for smaller designs for 3-5 people.



Have some relaxing and lovely henna fun at your next party or event!

[BOOK NOW](#)



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