

Leah Reddell  
[denverhenna.com](http://denverhenna.com)  
[facefiesta.com](http://facefiesta.com)

Instagram: @facefiesta  
Facebook: Face Fiesta and Denver Henna

## **FLOWERS, LEAVES, AND VINES :: CLASS OUTLINE**

### WHAT TO BRING TO CLASS:

- Henna Cone
- Blank Paper
- Pen or pencil
- Printed pages for class
- One paper towel or tissue

- 1) What is Henna: the History and Science — the Basics!
- 2) Safety and Henna  
Why using real, natural, handmade henna is so important
- 3) Tips on Drawing with a henna cone  
How to hold the cone, how to position yourself and the person (or surface) you're drawing on
- 4) Warming up: Some Basic Henna "Drills"  
Practice makes Progress!
- 5) Leaves and Vines
- 6) Flowers
- 7) Putting them all together!

©Leah Reddell / DENVER HENNA

Leah Reddell  
[denverhenna.com](http://denverhenna.com)  
[facefiesta.com](http://facefiesta.com)

Instagram: @facefiesta  
Facebook: Face Fiesta and Denver Henna

### Using Henna Cones

## **1) Keep henna cones stored in the freezer.**

Set out at room temp to defrost for use (they'll be ready to use within about 15 minutes).  
Refreeze after use. They can be defrosted and refrozen multiple times.

- 2) I roll my cones with the tips already open, so they are ready to use! No need to open them any bigger. If there's a clog in the tip at the beginning, just use your fingers to lightly pinch the tip and squeeze through the clog.
- 3) Release the tape at the end to tighten up the cone and re-tape.
- 4) Clean skin with alcohol before applying henna – this removes any lotions or oils and helps create a better stain.
- 5) Hands and feet will always stain darkest because your skin is thicker there.
- 6) After henna dries, spray or dab lightly with sugar water (1 T sugar plus about 1/4 c water in a little spray bottle) or Hair Spray Gel to help keep the paste on your skin. (Clairol works nicely.) Or, if you are sleeping with the paste on, use paper medical tape (MeFix or HypaFix) to hold it in place while you sleep. OR simply wrap toilet paper around it, secured with a little piece of tape, so the henna doesn't flake off in your bed.
- 7) To test to see if henna still has good staining power, put a dot on your palm, let it sit for 5 min. and then wipe it off. If it leaves behind an orange spot, it is still potent! Cones will keep well in the freezer for about 6 months.

Cone ingredients: henna powder, black tea or water, sugar, essential oils (usually Lavender — on your freezer bag, "EO" indicates the type of Essential Oils in your cone)

### **Henna Care:**

Leave henna on the skin as long as possible, at least 2-4 hours, if possible (6-8 hrs is even better!)

When ready to remove paste, scrape it off rather than washing it off — olive oil or coconut oil work great to slough it off! Moisturize immediately!

Avoid water on the area for as long as possible after paste removal.

Stain will be orange at first, but will darken over the next 48-72 hours.

Stain will fade over the next 1-2 weeks.

Avoid chlorine and keep area moisturized to prolong stain.

[Real henna is never black: anyone claiming to use "Black Henna" is likely using commercial hair dye in their henna paste. This concoction contains a chemical called Para-Phenyldiamine (PPD) which is carcinogenic and illegal to apply to the skin.]

©Leah Reddell / DENVER HENNA

Leah Reddell  
[denverhenna.com](http://denverhenna.com)  
[facefiesta.com](http://facefiesta.com)

Instagram: @facefiesta  
Facebook: Face Fiesta and Denver Henna

### ***HENNA RESOURCES:***

[sarahenna.com](http://sarahenna.com) and [hennamuse.com](http://hennamuse.com) are my favorite sources for henna powder and essential oils!

[hennacaravan.com](http://hennacaravan.com) -- GREAT site for materials!

[amerikanbodyart.com](http://amerikanbodyart.com) —great site for materials and glitter!

### ***HENNA EDUCATION:***

[hennacon.com](http://hennacon.com) — THE North American Henna Conference in California in every October!

[hennabysienna.com](http://hennabysienna.com) — EXTENSIVE Henna History info and blog by scholar and artist Noam Sienna

[hennamuse.com](http://hennamuse.com) — Jen Schaefer's blog with tons of the SCIENCE of how henna works

### ***HENNA ARTISTS:***

@bluelotushenna

@prairie\_henna\_julie

[blurberrybuzz.com](http://blurberrybuzz.com)

@artwithandell

[sarahenna.com](http://sarahenna.com)

handoffatima.nl

[mehndidesigner.com](http://mehndidesigner.com)

@r7maa94

[hennacrone.com](http://hennacrone.com)

kenzi.com

[hennathreads.com](http://hennathreads.com)

catherinelentdesign.com

[hennabeing.com](http://hennabeing.com)

@mehndicultrofficial (Nimisha Parekh)

**MORE Henna Classes:** [www.fabatv.com](http://www.fabatv.com) (An amazing resource!)  
On Facebook: Henna Hub group

# ★ THINGS to PRACTICE

...elements of henna designs

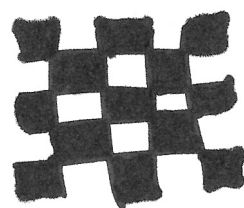
## ① LINES

long & straight

parallel

TRY short lines: |||| //||| ≡

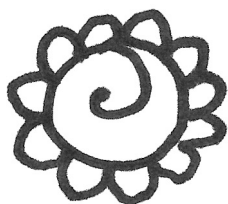
TRY making a checkerboard:



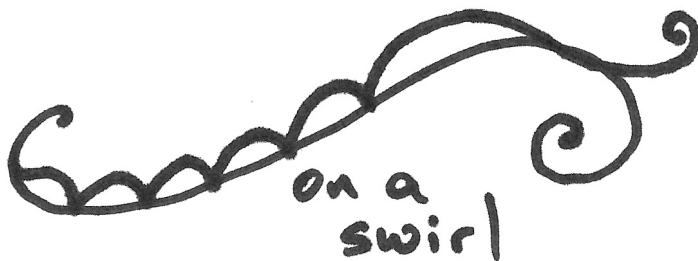
## ② BUMPS



on a line

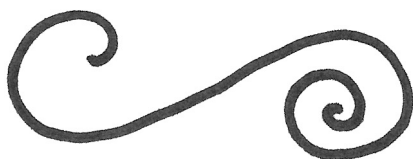


on a circle



on a swirl

## ③ SWIRLS



## ④ DOTS



free floating



on a line

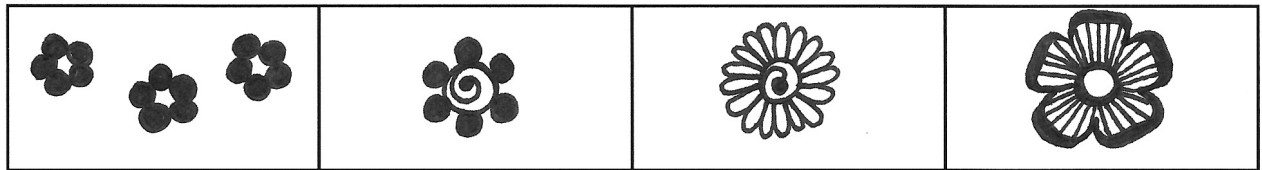


inside bumps!

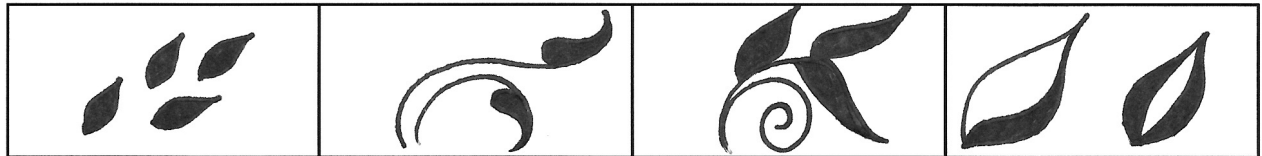


## Gulf Design Basics ("Khaleeji" Style)

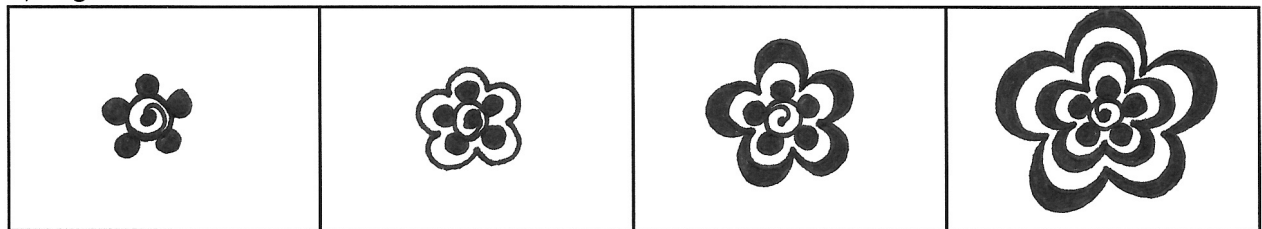
### 1) Little Flowers



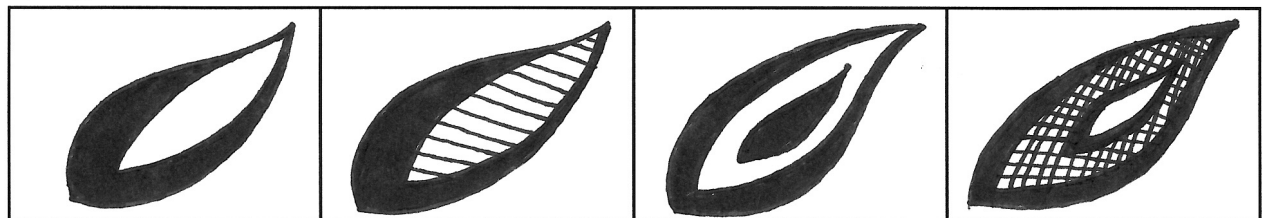
### 2) Leafy Bits



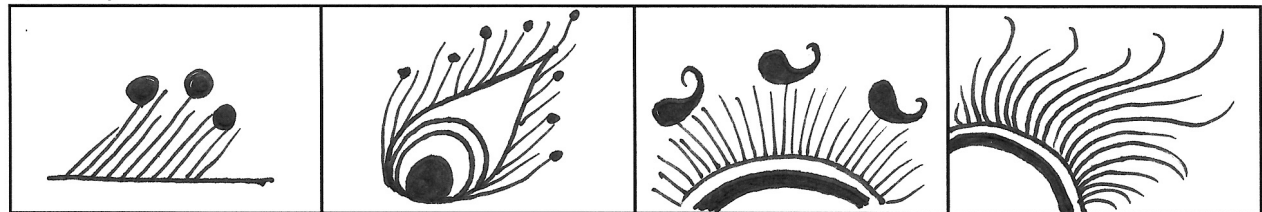
### 3) Big Flowers



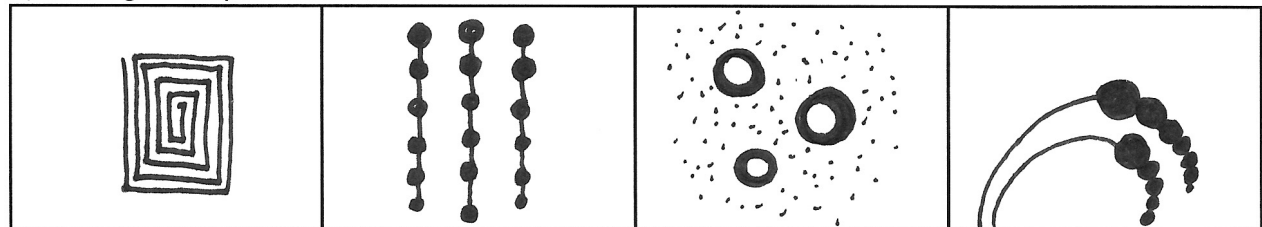
### 4) Big Leaves



### 5) Fluffy Bits



### 6) Strange Shapes





Gulf Rose



Freestyle  
Flower



Hibiscus



Sunflower



Lotus