

# HENNA BODY ART PRACTITIONER



## Henna Body Art

The art of henna (called Mehndi in Hindi & Urdu) has been practised for over 5000 years in Pakistan, India, the Middle East and Africa. There has been documentation that it goes back much further and is over 9000 years old.

Henna has a natural cooling ability, so people have used henna on their hands and feet to aid the body in cooling down.

They would feel the cooling sensation throughout the body for as long as the henna stain remained. As the stain faded away it left patterns on the skin which led to the ideas of making patterns for decorative purposes. In ancient Egyptian times mummies were adorned with henna designs and it has also been documented that Cleopatra also used henna for decorative purposes too.

There are two types of henna commonly used for body decorations. These are brown henna and black henna. Brown henna is a natural product which is the only kind used in this training. It is safe on most people's skin. Black henna however is dangerous

# THE TRAINING CENTER OF WELLBEING

HENNA BODY ART  
PRACTITIONER







## CURRICULUM

History of henna  
The henna plant  
Traditions  
Is natural henna dangerous  
Which henna to buy  
Henna techniques - over 50 different techniques to learn and practice  
How to make a cellophane wrap cone  
Shading techniques  
Sealing your henna  
Contraindications  
Health and safety  
Codes of conduct  
Listening skills  
Business Management

## ABOUT THE COURSE

Prerequisite: None  
Duration of training: 2 Day  
Cost: £300  
Independent Learning Hours: 20  
Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

Today the art of henna is as popular as ever and has become a popular trend in the West. Many celebrities have been seen with henna tattoos from Madonna to Gwen Stefani. Many people have henna for reasons such as decoration or having bellies painted in pregnancy, or hands and feet for weddings.

## IS THIS COURSE FOR YOU?

This course is for the beginner or an artist who is practised and would like a formal qualification.

## WHATS INCLUDED?

Your training includes:  
Full printed manual, STUDENT KIT, classroom sessions, complementary medicine practitioner handbook, support with case studies and business skills e-book.

## CONTACT US

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