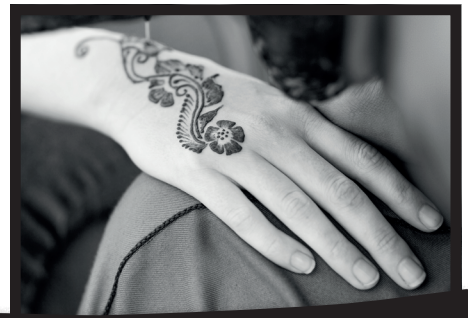
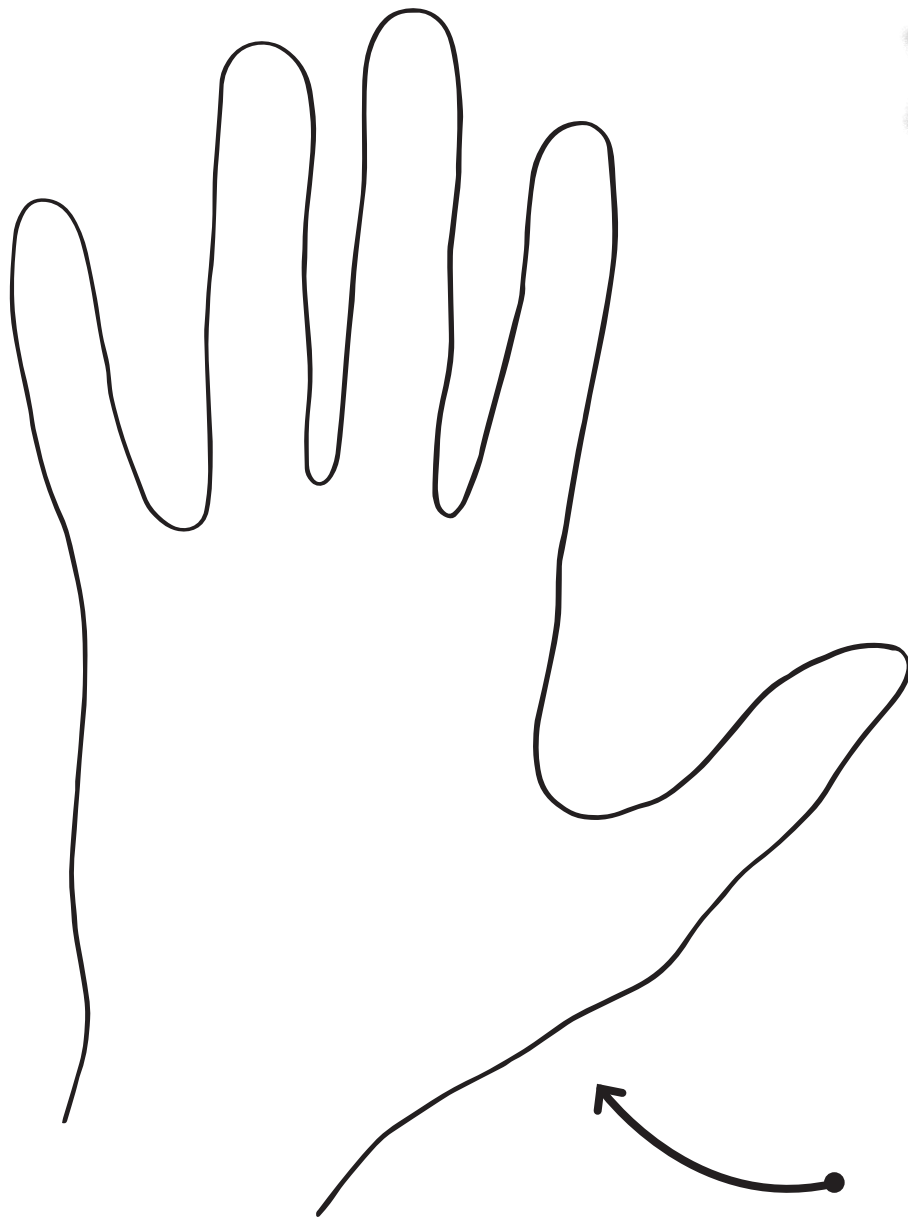


Henna Hands



WHAT IS HENNA?

For over 4000 years, women have been using henna to make temporary tattoo designs on their hands and feet. Dried leaves from the henna plant are mashed into a paste with hot water or even tea! This mix will stain skin for a few weeks. Henna stains are orange when the paste is first removed, but darken over the following three days to a deep reddish brown until they eventually fade away completely. Before any celebration in North Africa, women gather together to paint intricate designs on each other.

North African patterns are usually very geometric. Lines are very thin and delicate, but are close together. Symbols are often grouped in special numbers, because Muslims believe that some numbers are special. Triangles, dots, diamonds, and squares are all typical henna designs. Why not have a go at designing one that reminds us that God doesn't forget us?

"I will not forget you! See, I have engraved you on the palms of my hands."
(Isaiah 49:15-16)