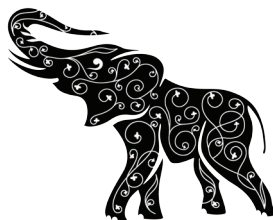


How to Learn and Master Henna

Begin with the Basics!

Henna is widely loved as a fun, freeform creative process that allows you- the artist- to create beautiful ephemeral body art on the fly. Every design you create is unique, because every design is hand-drawn. If you've just picked up your first henna kit, or if you've been dabbling for years, this work packet is a perfect starting point to hone your skills so you can begin to create bigger, more complex, and more beautiful works of henna art.

Learning these fundamentals is just like learning the alphabet when you were young. It will take a little time and a lot of repetition to get every shape just right. Practice each element over and over until you have it just right. When you perfect your basics, larger patterns will flow easily and look effortlessly stylish.



Henna Caravan

How do I use this worksheet?

Print out a few copies. You will want one to practice with marker, and another to practice with henna. We recommend laminating one set or using acetate page protectors for use with a dry-erase marker or henna cone. This way you can practice right on the page. Spend more time than you think on each page. It's fine to wipe off and start over again 3, 5, 9, or 20 times. The better your basics are, the easier large designs like full hands or elaborate body pieces will be.

One:

Trace the basic design in the box on the left of page 1 with a felt tip marker. This will establish a kinetic memory in your brain so your hand "remembers" what it feels like to create the right shape.

Two:

Try to repeat the shape, filling up the white space to the right of the example. Trace back over the original example every few attempts to reiterate good habits. Basics are all about muscle memory!

Three:

Repeat steps One and Two for each design on page 1, first with marker, then with henna. Try tracing directly over your best attempts, experimenting with pressure and flow to get used to the henna.

Four:

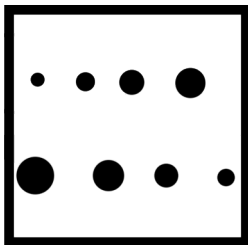
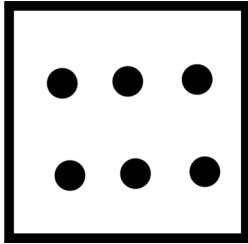
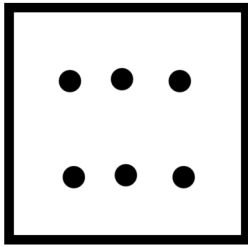
Repeat this process for each page, but give yourself a day of rest in between. If you try to do the whole worksheet in one sitting, you may become overwhelmed or rush through the process. Feel free to spend an hour or two with each design sheet, and come back to page 1 as often as you wish.

Five:

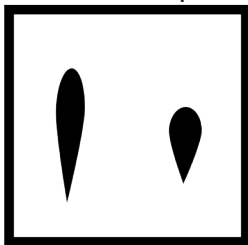
The last page is a collection of designs created using variations of basic elements. Study how the basics fit together to create flowers, fish, or dragons! Trace these patterns and practice them in henna. When you're comfortable with putting elements together, try creating your own designs!

Remember, perfect practice makes perfect! But henna isn't always about perfection. Don't be afraid to mess up, try again, and get better. The goal of this exercise is to make these foundational shapes so natural to your hand that you never even have to think about them. Instead, you can focus on creating interesting uses of negative space, designs that complement the area of anatomy you're working on, and fast Artist's Choice designs on the fly. Enjoy your henna journey!

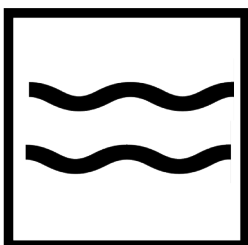
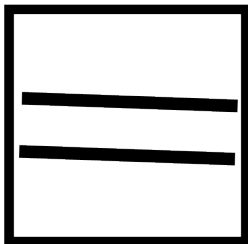
Dots



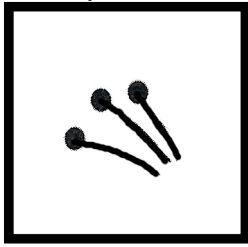
Tear Drops



Lines



Sprouts



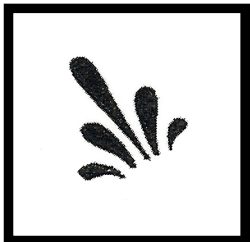
Leaves



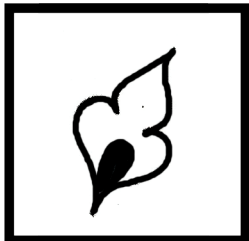
Swirls



Tear Drops and Fans



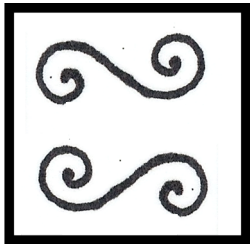
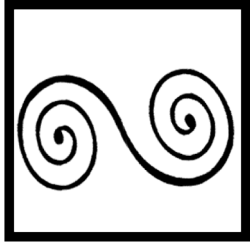
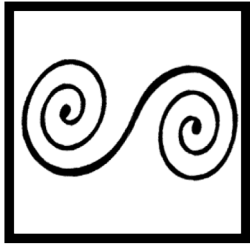
Leaves



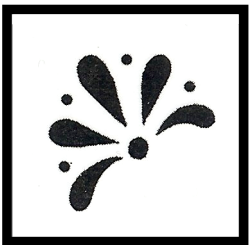
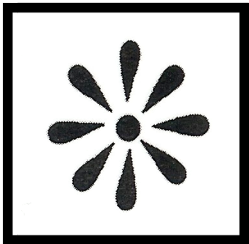
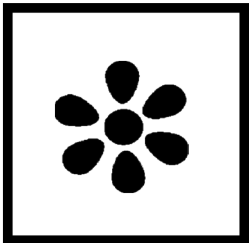
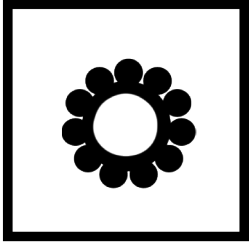
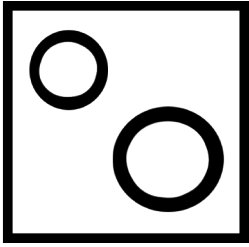
Vines



Swirls



Flowers



Petals and Humps

