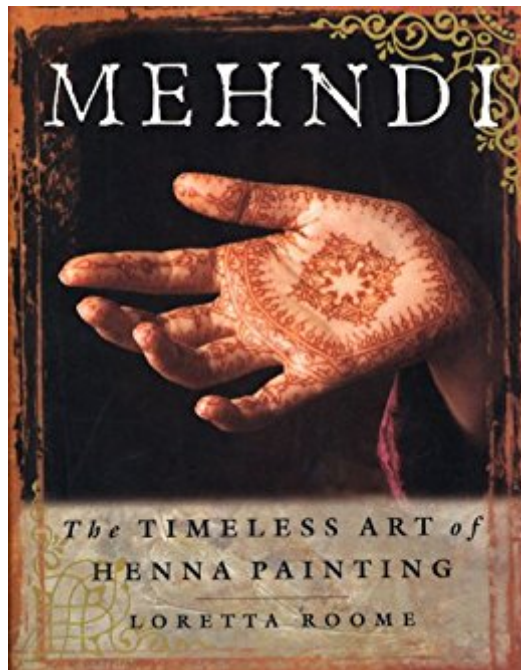




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Mehndi: The Timeless Art Of Henna Painting



Synopsis

Mehndi, the ancient art of painting on the skin with henna, beautifies the body, rejuvenates the spirit, and celebrates the joys of creativity and self-expression. More than just a temporary tattoo, mehndi offers us a way to participate in a centuries-old tradition still practiced in India, Africa, and the Middle East. In this stunning and authoritative book, Loretta Roome traces the origins and meanings of traditional designs, demonstrates how to create them on the skin, and reveals the recipes, tools, and techniques needed to paint designs that range from simple to complex. The result of years of research and the author's experience as one of the nation's foremost mehndi artists, Roome's book offers practical information, creative inspiration, and many suggestions for enhancing the playful, intimate, sensual, erotic, and spiritual aspects of the ancient and amazing art of mehndi.

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Customer Reviews

I absolutely love this book! I was searching for henna recipes and couldn't find much information on the subject. I wanted to use henna not for decorative body art, but rather as a temporary eyebrow tattoo. I have mine tattooed on but the color has faded significantly over the years. I wanted to try henna as a temporary option until I could have them touched up by the tattoo artist. As Loretta

states in the book, Henna is steeped in tradition and because it's a fairly intimate affair for the brides in cultures where it is used as elaborate wedding adornment (she recommends fasting because you'll need help with EVERYTHING), there isn't much information available online. I found this to be the best resource and while she doesn't quite give you a "recipe" to use, she explains how you can alter the color of the henna based off of the items you use to make it. The henna for eyebrows turned out to be a wonderful solution for me. Granted, it definitely takes more time than just using a pencil during the day, but it doesn't rub off or fade during the day. Important things to remember:- Henna is good for 2-4 days- Henna needs "dye release time" which seems to be about six hours for my "recipe" I am a Caucasian woman with porcelain skin. I purchase Henna from the SF Herb Company (you can buy 1 pound for \$3.90) and sift it in a Tupperware jar with a knee high panty hose inside. A kitchen sifter is simply too small to catch the twigs that will inevitably clog your bottle. My liquid mixture is with black tea, cloves, cardamom, lemon juice, sugar, and water. I allow the mixture to steep overnight so it is cool and concentrated. The stain turns into a nice light brown stain (after 24 hours, of course) but beware that it will be orange for a while. I apply the henna to my eyebrows before bed so no one sees me and the color has time to set. <http://www.sfherb.com/store/botanical-herbs-bulk,category.asp> Highly recommend this book for tips, suggestions, and the history of henna throughout the centuries and cultures!

A joyful and inspiring book. I am interested in design and patterns but love the idea introduced here of combining these with meaningful social interaction. It is a book filled with warmth and love. If you never tried Mahindi it will make no difference to the enjoyment of this beautifully written book. Highly recommended.

If you are interested in Mehndi styles and traditions, as well as the meaning behind the designs, this is the book for you! It very clearly explains and illustrates how to create the designs you want, and what materials to use in order to do so. They have included much fascinating history behind the tradition, and I was enchanted with this book from start to finish. I will certainly refer back to it many times for design ideas, and in creating artwork both beautiful and ornate.

I have been teaching the art of Mehndi for years and this is the best book for if you are getting started. It has background information on what designs mean, the basic history, beautiful designs - some that are dazzling colored designs in the middle of the book, and it is well put together. Great for anyone who will be teaching, just getting started, or simply interested in the subject. If you're

looking for a book about henna/mehndi. THIS is the book.

This is a great book for those who want to know where Henna comes from and the history behind it. There are a few designs illustrated in the book, but this is not a design reference. This book was totally worth the price (which was much cheaper than it should be).

Amazing book for someone who has dived into this art.

Very informative and super helpful! Love the history and detail of henna through different cultures

"Mehndi: The Timeless Art of Henna Painting" is a balance between sumptuous picture book and inspirational, well-informed text. I find Roome's book to be one that I frequently pick up for inspiration, ideas or quiet reflection. "Mehndi: The Timeless Art of Henna Painting" is a worth while book to purchase whether or not you want a mehndi tattoo because of the beauty, magic and mystery contained within its pages.

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