

Dubai Community Theatre  
& Arts Centreمركز دبي الاجتماعي  
ومركز الفنون

## The Art of Using Henna (for Teens)



<b>Course Title:</b>	The Art of Using Henna		<b>Age Group:</b>	Age 13+
<b>Tutor:</b>			<b>Tutor's Phone No.</b>	04 341 4777
<b>Cost: 600 AED</b>	<b>Start time:</b>	<b>End time:</b>	<b>No. Weeks:</b>	<b>Hours:</b>
<b>Saturdays</b>	2:00 PM	5:00 PM	4	3
<b>Wednesdays</b>	6:30 PM	9:30 PM	4	3
<b>Materials Required:</b>	Listed overleaf. Note that 5 AED will be payable per session direct to the Tutor for Henna.			

**Type of course:** On-going (enrolment at any time depending on vacancies)

Note that students will work in pairs to practice henna art on each other, so invite your friends!

# The Art of Using Henna (for Teens)

## **Description:**

Henna has a variety of names given by each and every culture that use the art of henna. Indians name it 'mehndi' as well as henna. Arabs name it 'hinna'. Designs vary from culture to culture - from birds and plants, to vines and flowers, to paisleys, hearts and peacocks, the designs are unlimited.

The dyeing property of henna is due to tannins, a natural chemical that produces a red stain. The stain of henna is usually influenced by body temperature and may vary from orange to the darkest red. The longer that henna is left before removal of the dry paste, the darker the colour becomes and the longer the design will last.

If you wish to learn this beautiful art form and decorate your hands or feet for a special occasion, then join this course to learn the basic techniques including:

- how to create the designs from basic patterns and shapes
- combining basic shapes
- complex shapes
- filling shapes with recurring designs

For more advanced students you will be shown other techniques such as:

- Wash out Designing: combining the use of turmeric powder with henna to create unique designs
- 2 – Layered Artwork: using a layer of colour to make more interesting and 3d designs
- Dazzling with Glitter: glamourising your henna design with glitter and crystals

## **Safety Considerations:**

- ❖ Note that all students will be asked to sign a form stating that they have no allergies to any of the ingredients used in the class
- ❖ Note that only natural henna is used. This is a natural product and is not harmful to the skin in any way

## **Materials to get you started:**

- A4 Drawing pad
- Drawing pencil (HB)

**Students will need to purchase one tube of Henna each week direct from the tutor at a cost of 5 AED.**

Once you become more familiar with the art of henna, you will be shown how to make up your own henna and purchase your own supplies for more complex work.