

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.

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