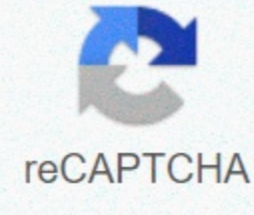




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Henna hand tattoo easy

Henna body art has been practiced for thousands of years, but the popularity of these temporary tattoos is only growing. These days, you even have your own henna tattoos at home when the mood strikes with a henna tattoo kit. But if you want the best results, you need to find the right kit for your needs. With such a wide range of henna tattoo kits on the market, though, finding the best option isn't always easy. You need to decide on the type, shadow, application method and other features to make sure you get the tattoos you want. Sorting through all the choices can certainly be frustrating. Here at BestReviews we strive to make shopping as pain-free as possible. We handle all the product research, so you have all the facts you need to choose the best products for your home. If you're in the market for a henna tattoo kit, continue reading our handy shopping guide. It has a lot of advice for choosing the best kit for your henna tattoo needs. What are henna tattoos? You don't know exactly what Henna is? Henna comes from a small flowering plant of the same name. While the blooms are often used for perfume, henna leaves are dried and crushed into a powder. That powder is then used as a dye for clothing and hair, but it can also be used to temporarily stain the skin. When you have a henna tattoo on your skin, it usually takes one to three weeks. Henna tattoos are often used in Indian culture as part of celebrations and ceremonies. Tattoos that are applied to the hands and feet for weddings and other festivities are known as mehndi. However, it is not just an Indian tradition to use henna tattoos - Arab and African cultures also use a form of henna body tattooing. Types of henna tattoo kits Starter kits If you're applying henna tattoos at home for the first time, a starter kit is usually your best bet. These kits tend to be smaller, so you get the hang of the process without investing too much money. Some starter henna tattoo kits even contain a mix of materials. That way, you'll try different application methods to see which type works best for your skill level. Pre-mixed kits Pre-mixed henna tattoo kits contain a henna paste that is ready for use so you don't have to mix yourself up to do so. The paste usually comes in applicator cones that make it easier to apply to the skin. Because these kits are quick and easy to use, they are an ideal option if you're applying henna tattoos to a large number of people for a wedding, party, or other event. Powder kits Powder henna tattoo kits come with powdered henna which should be mixed with lemon juice or essential to form a paste for the tattoos. Mixing and applying powdered henna is usually more difficult, so it's a better option if you have experience applying henna tattoos. However, powdered henna lasts longer than pre-mixed pastas and offers It can also be used with an applicator bottle, cone, or transfer paper. For your safety Wear protective gloves when applying henna tattoos to avoid accidentally staining your skin. STAFF BestReviews Kit type When you

choose between different types of henna tattoo kits, use your experience and skill level as a guide. Starter kits are of course ideal if you are new to doing home henna tattoos, because they take a lot of guesswork out of the process. Pre-mixed kits are a good option if you have some experience with home henna tattooing, but are not advanced enough to mix the henna itself. Powder kits are best if you are quite experienced with henna tattoos and are confident in your ability to mix the henna well yourself. Some henna tattoo kits contain a mix of pre-mixed paste and powder henna, so you choose between the two depending on each specific application. Shades Henna is naturally a reddish brown hue. If you want traditional looking henna tattoos, opt for this kind of all-natural kit. However, some henna tattoo kits use pasta with other dyes added to it to change the color of the henna. You will find kits with henna paste in shades such as black, brown, red, blue, white and pink. Applicators Some henna tattoo kits contain plastic squeezing bottles with different nozzles - you fill the bottle with the henna paste to apply to the skin. The nozzles come in different sizes, allowing you to choose smaller, finer nozzles for more detailed designs and larger, wider nozzles for areas where you want to apply more color. Other kits have pre-mixed paste in disposable cones or tubes, which also feature a tip that makes it easy to apply the henna directly to the skin. There are also a number of henna tattoo kits that feature henna pens, which allows you to draw directly on the skin. Tattoos made with the pins usually don't last as long on the skin as traditional henna tattoos, though. Stencils It can be very difficult to free up henna tattoo designs, especially if you apply the tattoos to yourself. Many kits contain stencils or templates, so you can create beautiful, intricate tattoos even if you're not an artist. For best results, look for a henna tattoo kit with glue stencils or templates. Because they stick to the skin, you don't have to worry about the stencils moving while you apply the henna and ruin the design. Extras Some henna tattoo kits contain additional accessories to make tattooing even easier. Kits containing powder henna often contain bottles of essential oil to mix with the powder and form the paste. Henna tattoo kits can also transfer paper, which allows you to apply custom designs to the skin as a guide for a henna tattoo Create. Some kits include nylon cloth so you can strain the henna paste before applying it to the skin. Did you know that? Warming up the henna paste when when when on your skin with a hair dryer can often help you to get a darker tattoo. STAFFBestReviewsHenna tattoo kits vary in price based on the type of kit and its contents. In general, though, you expect to pay between \$6 and \$75. Small starter henna tattoo kits that contain only henna pens or cones with pre-mixed henna paste usually cost between \$6 and \$15. Henna tattoo kits that contain pre-mixed henna paste in cones and include stencils typically range from \$15 to \$36. Henna tattoo kits that contain henna powder, mixing oil, applicator bottles with tips, applicator cones, stencils, and other accessories typically range from \$36 to \$75. Tips Before you start applying henna tattoos to the skin, make sure to wash and dry the skin to remove any residue that may affect the dye. Whether you're using an applicator bottle, cone or pen to apply the henna tattoo to the skin, it helps to practice on a piece of paper or cardboard to master the applicator before applying the henna to the skin. If you make mistakes when applying the henna paste, use a cotton swab to wipe away the dye as quickly as possible. Let the henna sit on the skin for at least two to three hours before covering it with a latex glove or plastic wrap. Keep the tattoo covered for six to 12 hours before using olive oil to gently peel off the excess henna. Henna tattoos tend to get darker over time, so if you apply them for a special event, it is best to apply the henna two to three days in advance. FAQs. Are henna tattoo kits safe? A. Henna tattoo kits are usually safe because henna dyes are all-natural. The dye doesn't really penetrate into the skin either, so you don't have to worry about entering the bloodstream. However, henna tattoos should not be applied to children - those with the rare glucose 6-phosphate dehydrogenase (G6PD) deficiency are especially at risk. You also have an allergic reaction to henna tattoo paste, so it is best to do a spot test on the inside of the wrist and wait 24 hours to see if you have a reaction before using the henna on a larger area. Q. How long do henna tattoos last? A. Henna tattoos usually last anywhere from one to three weeks. It usually depends on where the tattoo is applied. Because you wash your hands often, henna tattoos in that area can only last a week. Henna tattoos on the feet and other areas that are not wet as often can last two to three weeks. Q. How can I prevent a henna tattoo from fading? A. Avoid getting a henna tattoo wet for the first 12 hours after application. After that you normally shower, but don't scrub the area, exfoliate, or aggressive zep. It is also best to get out of pools, hot tubs, and other chlorinated water, because chlorine can cause the henna to fade. Take a quick look at Neha Assar's Instagram page and you might see some familiar faces. Faces. kit entrepreneur and reality show queen Kylie Jenner is seen showcasing some of Assar's artistry on her stomach, beauty YouTuber Jackie Aina sports Assar's designs on her hands, and actress Shay Mitchell subtly shows some work from Assar as well. But while Assar is considered an artist to the stars, she is not decorating these celebrity bodies with permanent ink; She puts a modern spin on an ancient tradition called henna. Also known as mehndi, henna refers to the tradition of body painting with a paste made from the powdered, dried leaves of the henna plant, aka Lawsonia inermis. Typically done on the hands and feet, Henna seems to have roots in different parts of the world, but is perhaps best known for its significance as a pre-wedding staple throughout India, where it is also an important part of many festivals and ceremonies. It's hard to tell exactly where henna came from, because people in Africa, Egypt, the Middle East and India used it more than 5,000 years ago, says Assar, who is the chief executive artist at Los Angeles-based Neha Assar Henna Artistry. Traditionally, wedding henna has always had the name of the important other written in it. It is believed to be carefully hidden from being searched for it on the wedding night. In the past, arranged marriages were very common, so this tradition was used as an icebreaker for the couple to get to know each other better. Henna designs are often complicated and symbolic, coming from a single point, or bindu that represents the Supreme Reality. Artists can paint a wide range of flowing designs coming from that point, including geometric shapes, mandalas, animals, plants and more. While historians may differ on details, they find common ground in the conclusion that henna use as ornamentation dates back to at least the Iron Age, says artist Mangala Bühler-Rose of New York City-based Mehndi NYC. Evidence supports this early cosmetic use in ancient Egypt, Mesopotamia and elsewhere. Ad The cost of getting a henna tattoo depends on many different factors, including where you live, the size and complexity of the design you want and who does the tattoo application. Some artists charge by the hour and some by design, but, on average, you get a henna tattoo for anywhere from \$20 to \$200. If you want to try a henna tattoo at home, there are kits available with everything you need for about \$10 to \$20 or more, again depending on the design and complexity. According to San Francisco-based artist Sabreena Haque of Ritual by Design, the material used in henna practice crucial part of the process. The leaves of the plant are dried and made into a fine powder, she says. You mix this powder with sugar, lemon juice and essential oils to make a paste. The plant grows best in desert areas such as the East, Africa and South Asia. It was first discovered in the tombs of ancient Egypt (3400 B.C.E.). South Asia really popularized with their extravagant wedding traditions. Now the art is practiced all over the world - each region has unique styles and traditions. Ad The ever-global popularity of henna has its advantages and disadvantages, according to experts. The biggest drawback is perhaps the proliferation of a chemical called parafenylenediamine (PPD), aka black henna. 'Black henna' contains harmful chemicals and dyes that can burn the skin and leave lasting damage, says Assar. People need to be aware of what they're asking for. When you ask to get your henna done, triple-check the fact that the henna is used is chemical-free. If one chooses a black or bluish color, Jagua Gel is available and has a nice stain. It's all natural and free of chemicals and dyes. Advertisement Another disadvantage of the globalization of henna, according to Haque, is the widespread appropriation and lack of respect for the sacred tradition. I think it's important for everyone who receives henna to be respectful and do some research on the traditions associated with art, Haque says. You'll start by looking for wedding traditions in the Middle East, North Africa, and South Asia. You also research religious holidays such as Eid, Diwali, Karva Chauth and Teej. Some keep this art very sacred and it is important to ask your artists the difficult questions so that when people ask you, 'what it means and where it comes from', you answer enthusiastically and confidently. While henna design is prevalent in South Asia, many communities - Eritrean, Somali, Roma, Moroccan and Iranian to name a few - share a huge rich history of henna design, Bühler-Rose says. It is important for customers to note that symbolism in many henna designs is sacred. Some communities even consider the substance itself sacred. Henna and symbols are used respectfully, sensitively and expertly. For example, placing an image of the deity Ganeśa on the feet would be considered disrespectful.' If art continues to spread around the world, it is essential to remain educated on its origins and traditions, says Haque. It is also important not to ridicule the art or use it as a costume. Nowadays, people from all backgrounds receive and apply the art. If you are someone who applies the art, please be mindful and not use cultural terms to promote your henna business. Don't call yourself a Guru or change your name just to get more customers. While the rising popularity of has resulted in some distortion and obfuscation of the original meaning, many artists are committed to keeping the tradition alive. I've been artistic all my life, says Assar. I often visited India as a child and and from architecture to textiles in fabric really inspired me to pursue Indian art in general. I'd done my henna on a certain opportunity and absolutely loved it. I started doing henna professionally in 1994. I was 14 years old and my very first client was a bride. The rest is history. For Bühler-Rose, henna is a way to preserve and perpetuate its history. The use of henna evokes memories of precious moments of childhood, in which henna was brewed and applied, she says. The symbolism and images associated with henna use parallels my own spiritual beliefs and religious practice. Thus, henna design is a harmonious experience for me, one in which I access and use various facets of my identity to be present with, and benefit, people. For Haque, mehndi is a very personal practice that she has been able to share with customers from all cultures. Growing up in a traditional Pakistani home, henna was applied for religious holidays, special events, weddings, and was also applied as a self-care ritual, she says. I remember going to Pakistan to stay with my cousins and we were going to make beautiful designs for each other. I loved the process. My aunts would tell me that it is a good practice of patience and grace, if you need to be aware if you let the henna dry and in the skin. As a young girl, I always wanted to be an artist, but my immigrant parents weren't always supportive. When it came to mehndi art, they allowed it because it kept me close to my culture and it made my family members happy when I applied it to them. After more than 10 years of being a henna artist, it has now become a way for me to show my culture and where I come from, to express myself artistically, a way for me to help people mark milestones and bring more intent into their lives. And while Haque encourages both henna artists and clients to respect the sanctity of tradition, she also believes that a modern and gracious interpretation of the practice is possible. I also believe in the evolution of art, she says. There will be new traditions that will develop over the years, but [it is important] to always honor its roots. Henna is a simple plant, it has become the basis for important milestones in the lives of people around the world and should be treated with reverence. Respect.

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