

# GURINDER KAUR KAINTH

## Indian Mehndi Art

### Mehndi Body Art

Mehndi, an ancient Indian form of body art, involves creating decorative patterns on the skin using a paste made from dried, powdered henna leaves. These temporary tattoos are typically applied to the hands and feet during Indian weddings and festivals. Follow the steps below to create your own unique mehndi design.

### Patterns

Below are some Indian-style patterns. These patterns often incorporate shapes inspired by natural forms, such as plants and animals, and feature curved lines, dots and swirls.



### Health and Safety

Avoid drawing or painting on your hands, as some art materials can be harmful to your skin.



## Instructions

### STEP 1.)

Place your hand on a piece of paper and trace around it lightly and carefully with a pencil.

### STEP 2.)

Use your pencil to carefully add Indian-style patterns within the hand outline. Aim to create an original and captivating design.

### STEP 3.)

To make your design resemble henna, use a brown pen, pencil, or paint to fill in the patterns. Add more detail to enhance your design.

### STEP 4.)

Consider adding decoration and colour to the background using various art materials like paint or pastels. Indian art frequently features vibrant, warm colours such as red, orange, pink, and yellow.

## More Ideas



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **MY HENNA DESIGN**

