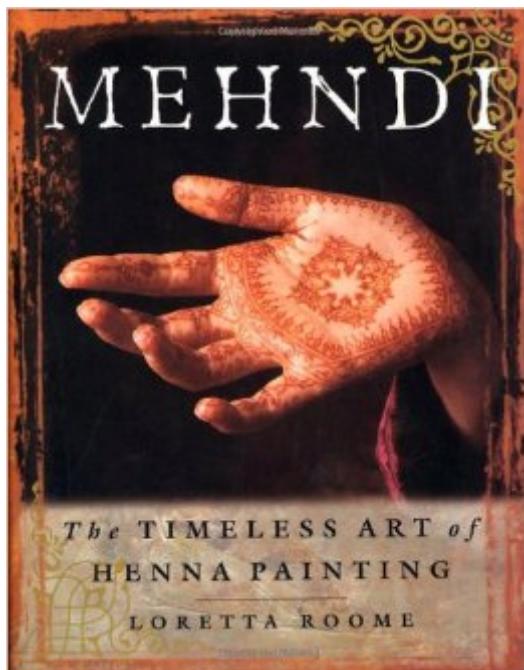


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# Mehndi : The Timeless Art Of Henna Painting



## **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.

## **Book Information**

Paperback: 162 pages

Publisher: St. Martin's Griffin; 1st St. Martin's Griffin ed edition (June 15, 1998)

Language: English

ISBN-10: 0312187432

ISBN-13: 978-0312187439

Product Dimensions: 7 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.6 out of 5 stars See all reviews (49 customer reviews)

Best Sellers Rank: #424,630 in Books (See Top 100 in Books) #110 in Books > Arts & Photography > Other Media > Body Art & Tattoo #186 in Books > Reference > Encyclopedias & Subject Guides > Mythology & Folklore #212 in Books > Literature & Fiction > Mythology & Folk Tales > Mythology

## **Customer Reviews**

Mehndi is the art of making intricate semi-permanent designs with henna paste on hands and feet. This art is practised mostly on Hindu and Muslim brides, and sometimes traditionally-minded married women of these faiths: while many of the designs are taken from religious or magickal sources, mehndi decorations are now chiefly considered symbols of married happiness, wealth and leisure. You see, henna is a remarkably ineffective coloring agent, and takes a long time to set, taking anything from four to twelve hours of complete immobility of the extremities involved...even when set, the designs are fragile, and fade easily with soap and/or hot water and/or being touched -- as with bound feet or long nails, a woman displaying extensive mehndi on hands and feet is

broadcasting loud and clear that she's not doing housework, or much work of any other kind, either. I give this debunking in order to counteract what I consider to be the book's biggest weakness: Ms. Roome's tendency towards scented-candle prose. There are some really good designs here, and some downright practical tips; there are dozens of pictures of attractive people (or their hands and feet), modeling various designs and a cursory explanation of the meanings of some traditional motifs. However, the reader has to wade through pages and pages of New-Agey fluff to get to the real gist of the matter: how to make the paste (vague), how to apply the paste (excellent), and how to make traditional designs without prior experience in art or Islamic culture (very good).

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