

Earth Gift

Herb for Beauty: HENNA

“I believe it is my inner self that shows through my choice of appearance. And sometimes I want looks no one else has and must be noticed. To be out of the ordinary. Body-paint is a great choice. It looks natural and exotic. It tells me – and the world: I’m proud to be a woman, what’s more, a beautiful one!”

THE FACTS: The henna plant (*Lawsonia Inermis*) is a small shrub. Its application is a 6000 year old tradition of Egypt. Records say it was used as herb (disinfecting, cooling, antibacterial, fungicide) and only later found to leave a delicate tint. Hence it has been an ancient Indian cosmetic for thousands of years.

THE ART: Dried, ground leaves are made into green-brown paste, then applied onto the skin – in oriental cultures as part of a ceremony. The paint leaves an ochre-orange colour, which turns into brown within a day or two. It is on the surface of the skin, thus not permanent though takes several weeks to fade. It is like a changeable “tattoo”.

(As the pigments tint through the protein content, be brave to experiment with painting anything organic not only skin!)



Looking back in the past we find that the patterns painted on skin have significant, spiritual meanings. Think of ancient cultural, tribal, shamanic practices. And remember, these things still work today:

Meditative Ritual of Body Decoration

Painter and receiver tune into each other and focus inward on their intent. The motif revealed in their active meditation and painted as a personal ritual brings the patterns from the depth of the soul onto the surface (in all the senses of the meaning) and helps to realise dreams through wearing the power of awareness.

(Decorative and ritual paintings by Timi Horváth: corranleannan@gmail.com)