

Henna, also known as mehndi, is a traditional form of body art that involves applying a paste made from the leaves of the henna plant (*Lawsonia inermis*) to the skin.

- o North African Cultures: Henna is used in various celebrations and may have medicinal uses as well.

Body Art: Henna designs can vary from simple patterns to elaborate motifs featuring flowers, paisleys, and geometric shapes.

Temporary Tattoos: Unlike permanent tattoos, henna stains the skin temporarily, typically lasting from one to three weeks, depending on skin type and care.

Regional Variations: Different cultures have unique styles and traditions surrounding henna. Here's an overview of its significance, uses, and cultural aspects

- o Henna is often associated with joy, celebration, and good fortune. In many cultures, henna is applied during pre-wedding ceremonies, such as the Mehndi night, where intricate designs are created on the bride's hands and feet.

For example:

- o Indian Weddings: Intricate designs with personal meanings; often includes the groom's initials hidden in the patterns.
- o Middle Eastern Traditions: Bold, floral designs are common, often used in festive celebrations. It is commonly used in weddings and festivals