

# The Henna Page "HowTo"

## Patterns Volume 1



Copyright 2005 Catherine Cartwright-Jones  
Cover Graphic by Alex Morgan

Published by Henna Page Publications, a division of TapDancing Lizard  
4237 Klein Ave.  
Stow, Ohio 44224 USA

All rights reserved.

Printed in the United States of America

No part of this book may be used or reproduced in any manner without written permission except in the case of brief quotations embodied in critical articles or reviews, and within the terms of use as described on page 3. Henna artists may freely use these patterns as inspiration for their own hand-drawn henna work.

Library of Congress Cataloging-in-Publication Data

Catherine Cartwright-Jones  
The Henna Page "HowTo" Patterns Volume 1

Henna Art: patterns

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**



# The Henna Page “HowTo” Patterns Volume 1

Terms of use: you must agree to these terms to download, print, and use this book.

All rights reserved.

## Terms of use for personal use:

You may not sell, offer for sale, exchange or otherwise transfer this publication without the express written permission of the publisher.

You may make one (1) printed copy of this publication for your personal use in the creation of hand rendered ephemeral body decoration. You may not sell, lend, give away or otherwise transfer this copy to any other person for any reason without the express written permission of the publisher.

You may make one (1) electronic copy of this publication for archival purposes. Except for the one (1) permitted print copies and the one (1) archival copy, you may not make any other copy of this publication in whole or in part in any form without the express written permission of the publisher.

## Terms of use for instructional and educational purposes:

You may reprint this book as instructional material to teach a class on henna or related arts. You may reprint this book as instructional material for a private or public school. You may reprint this book for inclusion in a public library

You may not sell reprints of this book for profit. You may not sell or give away reprints of this book other than as an instructional material included in a teaching program. You may not remove copyright statements from any part of this book. You may not change this book in any way.

If you wish to use The Henna Page “HowTo” books as a textbook for teaching purposes in your classroom, school or public library, please notify Catherine Cartwright-Jones. Send your notification of educational use of “The Henna Page “HowTo” series on school or library letterhead to:

Catherine Cartwright-Jones,  
TapDancing Lizard Publishing  
4237 Klein Ave.  
Stow, Ohio, 44224



Always use safe, natural red-brown henna in your henna work. Never use any “black henna” product containing para-phenylenediamine to stain skin. Para-phenylenediamine may cause severe injuries to both artist and client.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**



The Henna Page “HowTo”  
Patterns Volume 1  
Teach Yourself to Henna: Elements of Henna Patterns

This series of free ebooks from The Henna Page will have pattern exercises designed to help beginners become proficient henna artists, and to help experienced henna artists increase speed and accuracy.

Once, when you were very young, you had difficulty writing. You practiced on lined paper until you could write easily, legibly, and quickly. Henna patterns can be created of simple elements just as words are created of letters. If you learn the elements, you can put them together to make complex patterns. Practice these exercises with lined paper and a pen until you can draw the figures quickly and smoothly, just as you practiced elementary school penmanship exercises. Then practice them with a henna cone. In time, you'll be able to build up complex henna patterns quickly and easily

Indian Bridal henna work is most easily done with well-sifted, strained henna, a mylar cone, and paste mixed with dextrose. For instructions on mixing the perfect henna paste, read The Henna Page “HowTo” Mixes book, another free ebook from [www.hennapage.com](http://www.hennapage.com)!



TapDancing Lizard™ LLC © 2005

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**



## Table of Contents:

Page 7:



### 1: The Fooffy:

This loopyloop is similar to the cursive letter "f".

Page 10:



### 2: The Hump:

This hump is the most frequently used element in contemporary Indian bridal henna. Learn to love your Hump, and practice humping for speed and accuracy!

Page 13:



### 3: The WibbleLeaf

This leaf is created with a wobble and a flick. Henna that is naturally stringy or which has had dextrose added makes these WibbleLeaves go smooth and fast. Wibble up, Wibble down, Wibble around a spiral

Page 18:



### 4: The ZiggyZoggy

The ZiggyZoggy is most easily done with naturally stringy henna, or henna with added dextrose. If you have stringy paste, you only need to touch down at the apex and nadir of each angle and drape between. North African patterns use lots of ZiggyZoggies! In India, repeating ZiggyZoggies symbolize the rainy season, water, fertility, and abundance. Learn your ZiggyZoggy!

Page 22:



### 5: The Fishbone

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

The Fishbone is most easily done with naturally stringy henna, or henna with added dextrose, so you can drape fine and straight fishbones . Fishbones are great "filler" patterns between longer lines.

**Page 25:**



#### **6: The Mummy**

The Mummy, the letter M, is versatile and beautiful! Have fun with your Mummy!

**Page 30:**



#### **7: The Sprout**

The Sprout looks like a sprouting seed or a comma with a long tail. Sprouts are a tasty addition to henna patterns!

**Page 36:**



#### **8) The Game**

The Game is a depiction of a game board, symbol of merriment, leisure time, and games of strategy and chance. This pattern has been a favorite in Indian henna for over 100 years, and continues to be popular in contemporary bridal henna

**Page 40:**



#### **9) The ?S?S?**

This pattern is variously interpreted as a vine, meander, pothook, or a scorpion. As a scorpion, it may have either passionate or deadly associations ... or both!

**Page 45:**



#### **10) The Bud**

This tiny leaf or flower bud appears in henna designs all over the world as a metaphor for youth, fertility and new life

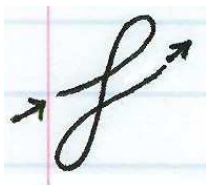
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna

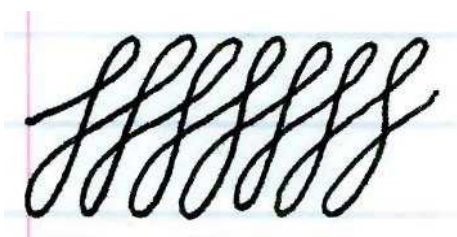


order henna supplies from [Mehandi.com](http://Mehandi.com)

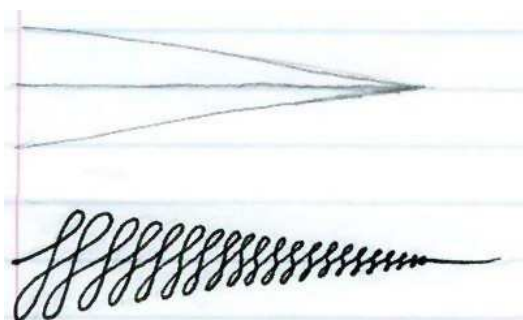
## The Fooffy



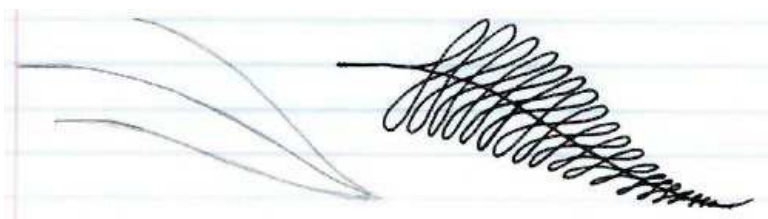
1) The Fooffy is similar to the cursive letter F.



2) Make repeating Fooffies, and make them as even and perfect as you can.



3) Make diminishing Fooffies:



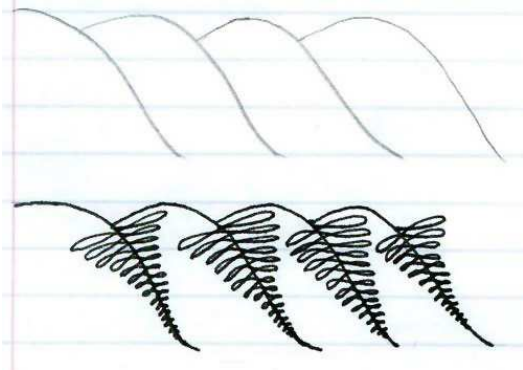
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

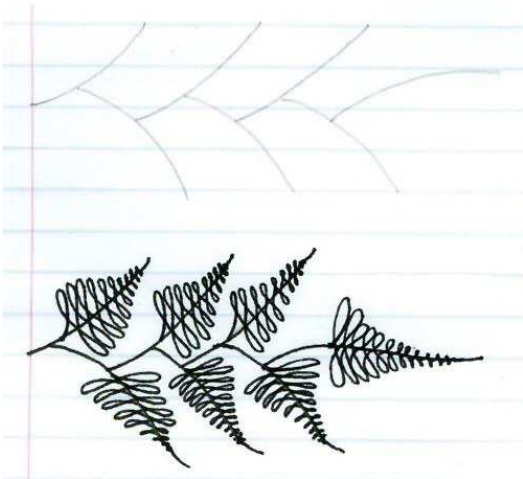


order henna supplies from [Mehandi.com](http://Mehandi.com)

**4) Draw a drooping line, and drape a diminishing Fooffy down it.**



**5) Make a series of drooping lines, and drape diminishing Fooffies down them.**  
Practice for speed and accuracy.



**6) Make alternating flinging lines. Fling flying Fooffies along the lines.**  
Practice until you can make them very quickly!

**Ready to do some whole patterns?**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Practice making Fooffies until you can do these hands in one minute flat!



## The Hump

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

The hump is the most frequently used element in Indian Bridal henna patterns. Practice perfect humps, multihumps, parallelhumps, humptybumps, daisyhumps, poseyhumps, filler humps and borderhumps. Happy Humping!



### 1) The Hump



### 2) Practice making rows of humps.

Try to make multihumps perfectly even and very fast.



### 3) Make parallel rows of humps.

Parallelohumps are bracelet basics.



### 4) Do a double row of humps to make humptibumps.

Humptibumps are great for edging larger patterns.



### 5) Pile up rows of humps like bubble froth for bubblehumps.

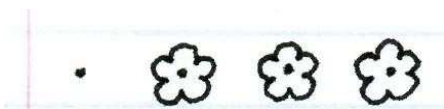
Bubblehumps are great for filling up blank spaces. It takes practice to get these perfectly even. Try filling whole lines of notebook paper with fast, even bubblehumps.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



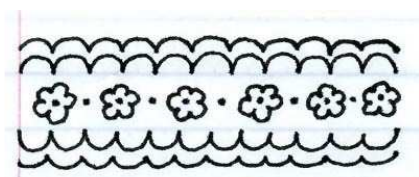
**6) Wind humps around a dot to make daisyhumps.**

Practice daisyhumps until you can make a row of them quickly, with all the petals even.

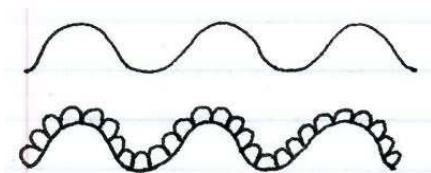


**7) Wind humps around a circle to make poseyhumps.**

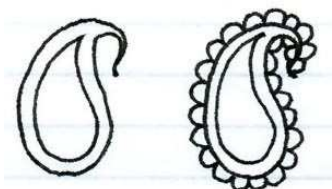
Again, practice poseyhumps until you can make them perfectly even every time.



**8) Try combining daisyhumps with parallelohumps.**



**9) Practice humping along the edge of a wavy line with perfectly even humps.**



**10) Humping on the edge of a figure is a great cover-up for a less-than-perfect borderline.**

**Ready to do some whole humping patterns?**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## Hump-O-Rama!



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

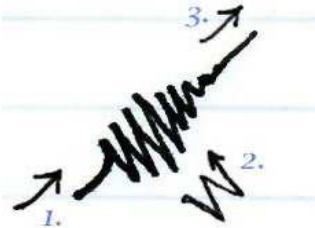


order henna supplies from [Mehandi.com](http://Mehandi.com)

## The WibbleLeaf



1) This is the WibbleLeaf.

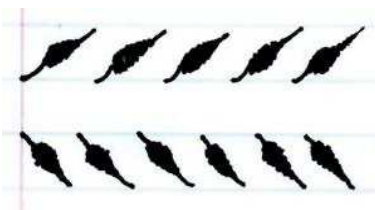


2) You make the WibbleLeaf by **wiggling (wibbling) the tip of the henna cone back and forth and then pulling it away quickly, leaving a little tail.**

If you have stringy henna paste, or add monosaccharides to your henna mix, you will be able to pull little tails off your WibbleLeaves. More information on monosaccharides and henna is available at [www.hennapage.com](http://www.hennapage.com) and in The Henna Page “HowTo” Mixes free ebook.



3) Make parallel slanting lines, and see if you can make WibbleLeaves with perfect wibbles and little tails.



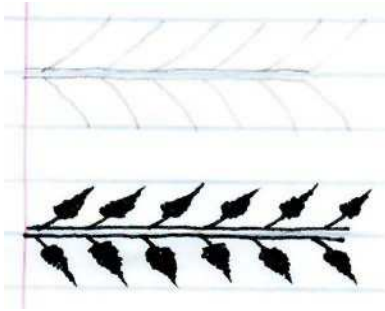
4) Practice upward and downward WibbleLeaves over and over until they all have perfect fat wibbles, and neat little tails.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

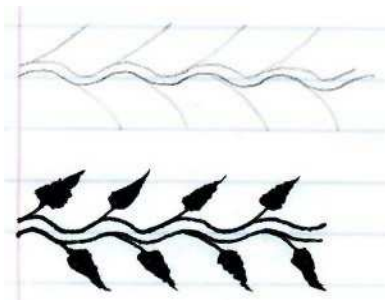


order henna supplies from Mehandi.com

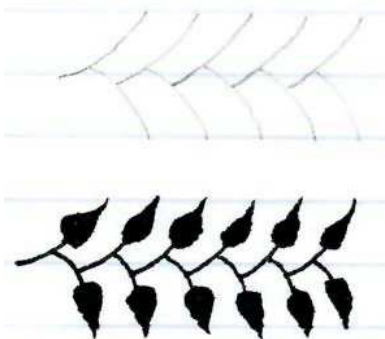


**5) Make pairs of WobbleLeaves from a straight stem.**

Practice wobbling for speed and accuracy.



**6) Alternate WobbleLeaves from a winding stem. Make them fit neatly on the curves.**



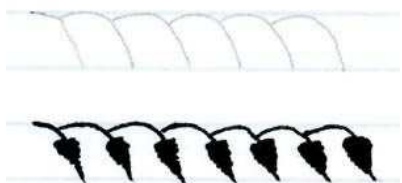
**7) Fling WobbleLeaves. Practice for speed and accuracy.**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



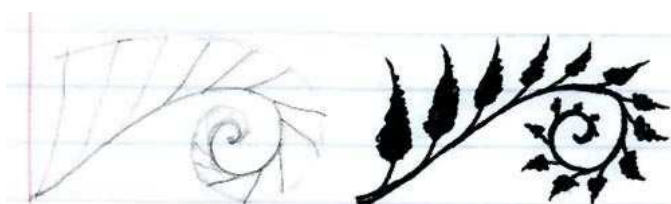
order henna supplies from Mehandi.com



**8) Drape WobbleLeaves.**

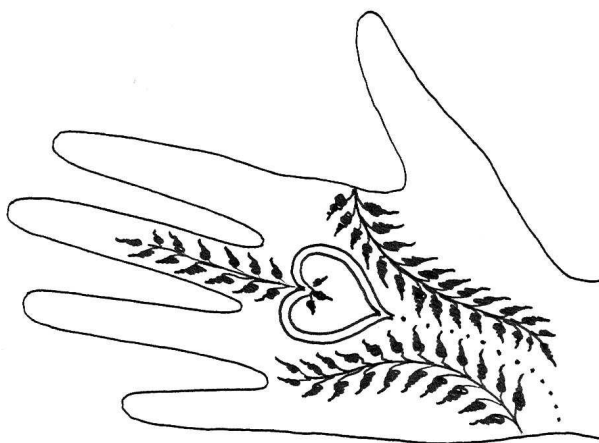


**9) Increase and decrease WobbleLeaves.**



**10) Decrease wobbles around a spiral for ferny WobbleLeaves.**

**Put your heart into your Wobbleleaves!**



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

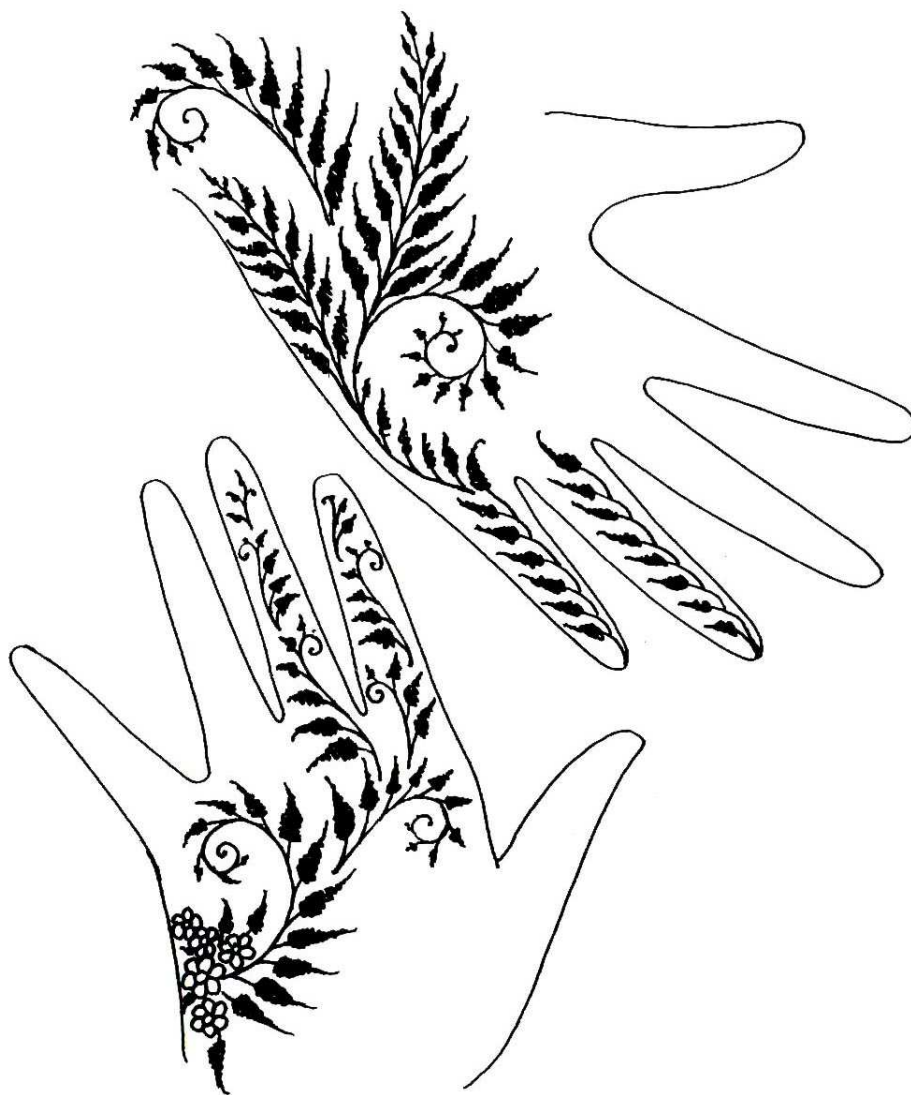
**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## The WibbleLeaf

Practice your wibbles until you can knock out either of these hands in 1 minute flat!



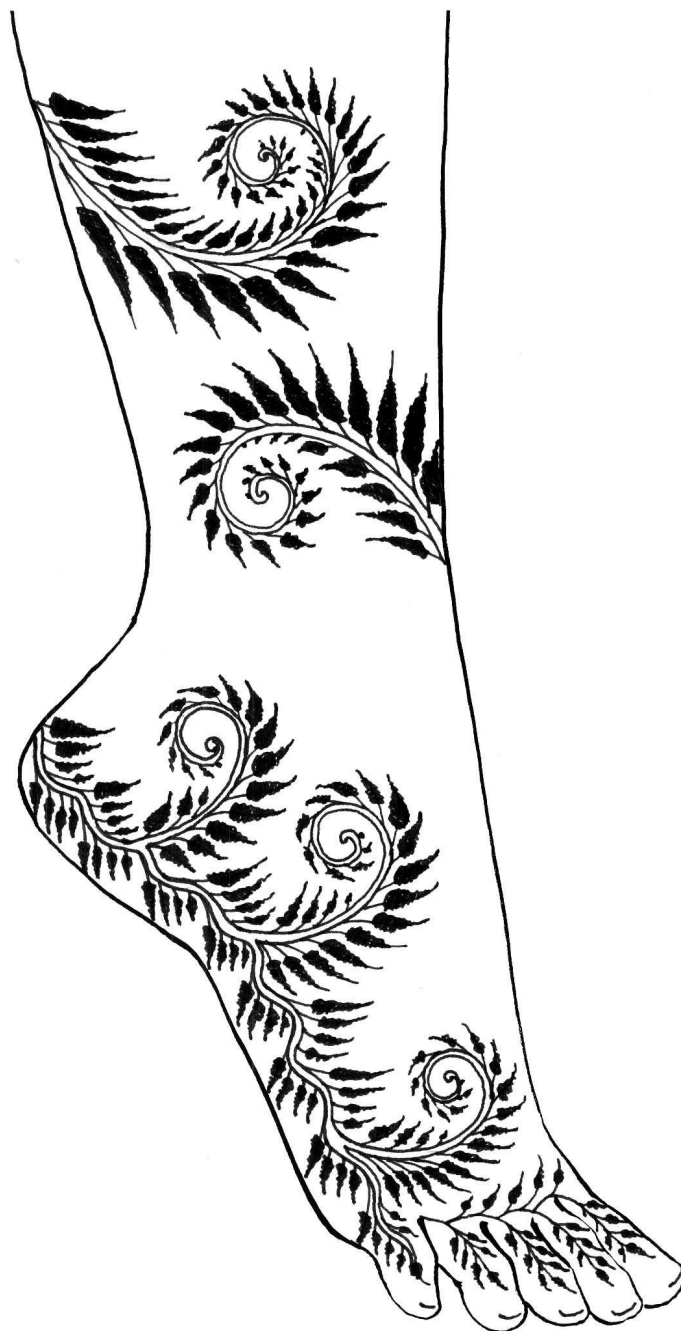
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)





Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna

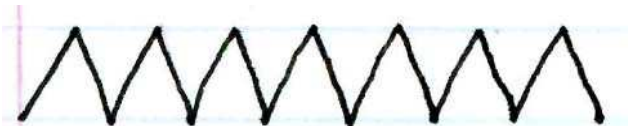


order henna supplies from [Mehandi.com](http://Mehandi.com)

## The ZiggyZoggy

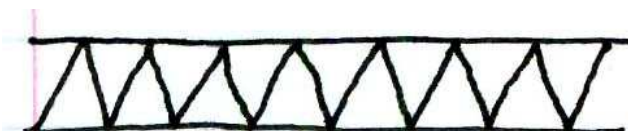


### 1) This is the ZiggyZoggy



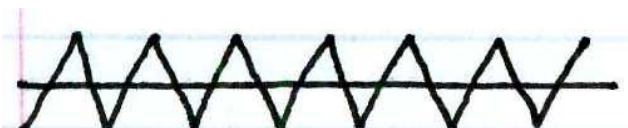
### 2) This is a repeating ZiggyZoggy.

Make a nice, even ziggyzoggy on lined paper. When you do a ziggyzoggy with naturally stringy or dextrose henna, you can touch down the cone at the top and bottom of each ziggy, and drape the zoggy between the points.



### 3) This is a repeating ZiggyZoggy between two lines.

When you're working with henna, make the two straight lines first. When they have dried slightly, henna the ZiggyZoggy. It's easy to touch the henna to a partly dried line, then zoggy it to the next line. Don't try to ZiggyZoggy between two wet henna lines, or you'll MessyMooshy your ZiggyZoggy.



### 4) This is a Repeating ZiggyZoggy across a line.

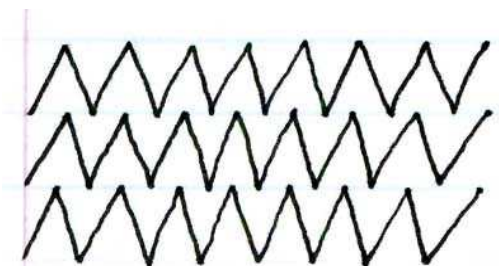
When you're working with henna, make the t straight line first. When it has dried slightly, henna the ZiggyZoggy. Don't try to ZiggyZoggy over the wet henna line, or you'll MessyMooshy your KrissyKrossy ZiggyZoggy. This pattern is the basis of many North African henna patterns.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

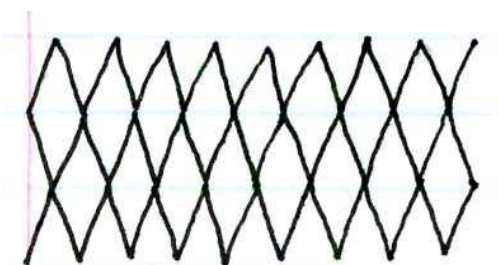


order henna supplies from Mehandi.com



**5) Try making a ParalelloZiggyZoggy.**

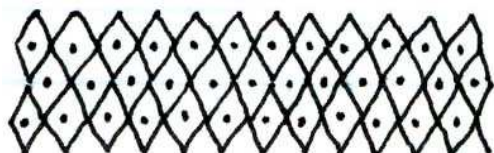
Practice for speed and accuracy. In Indian henna work, this is a "*lahariya*" pattern, and is a symbol of ripping water, the rainy season, fertility and abundance.



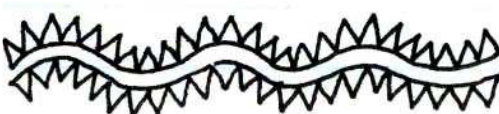
**6) Make a Fishnet ZiggyZoggy**

Lay in your ZiggyZoggy point to point to make a net pattern. This is the basis of GREAT filler henna work.

Practice your ZiggyZoggies! Mess around with your ZiggyZoggies! Fill up a whole sheet of notebook paper!



**Dot that Fishnet ZiggyZoggy!**



**Wave that ZiggyZoggy!**

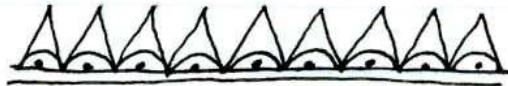
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna





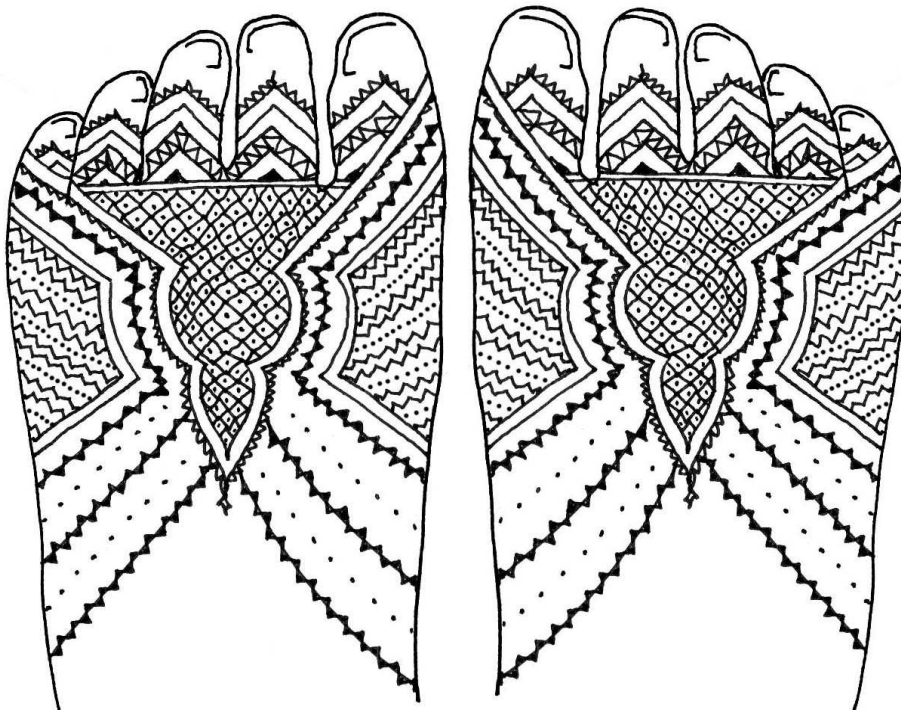
**Fill that ZiggyZoggy!**



**Combine the ZiggyZoggy with humps and smaller ZiggyZoggies!**

Want some ZiggyZoggy Patterns?

**ZiggyZoggy Feet! Can You Dance the ZiggyZoggy?**

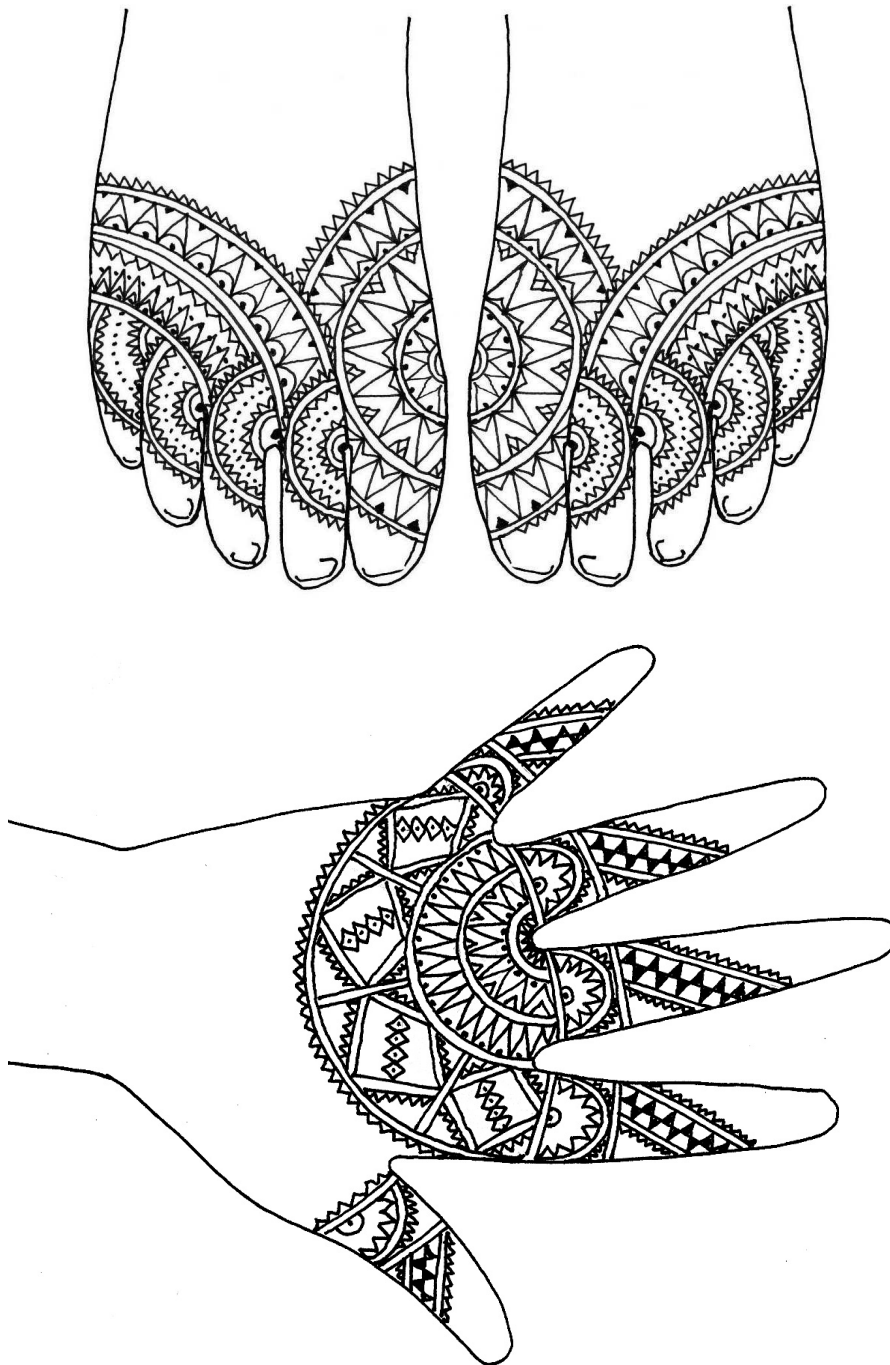


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## Fishbones



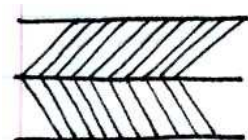
### 1) This is a Fishbone.

Touch down the point of your henna cone to begin, and drape a line ... then touch down the cone to end the fishbone. You can make fine, sleek, straight fishbones by draping naturally stringy henna or henna paste with added dextrose.



### 2) Fishbones are space fillers.

Draw your long henna lines first, and let them dry a little. Drape your fishbones between the partly dried henna lines. That will make it easier to have a clean start and stop to your fishbones. If you try to draw fishbones between wet henna lines, you'll get blips and smears. Make fishbones evenly and quickly, with light, fast, draping strokes.



### 3) Make Fishbones from a centerline.

Make them as neat and even as you possibly can. Make them fine and tight.



### 4) Braid Fishbones in a ZiggyZoggy.

Draw your boundary lines and ZiggyZoggy first and let it dry a bit. Then braid Fishbones.



### 5) Weave Fishbones.

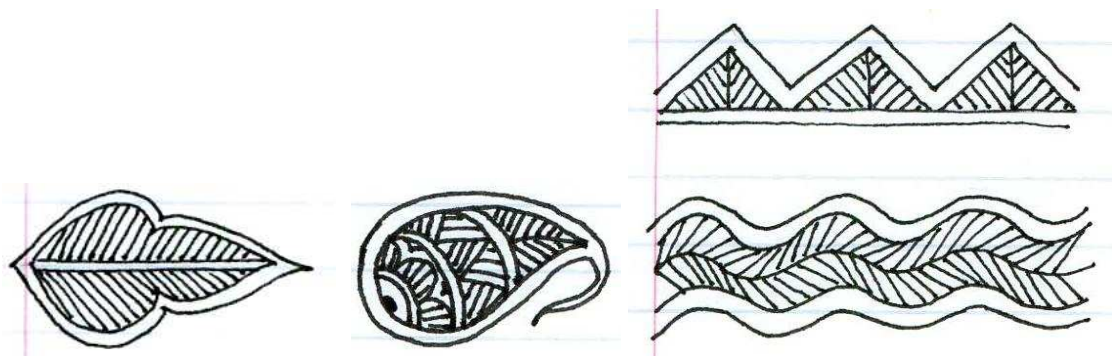
Draw your boundary lines, and divide squares within the boundaries. Weave Fishbones into these squares.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

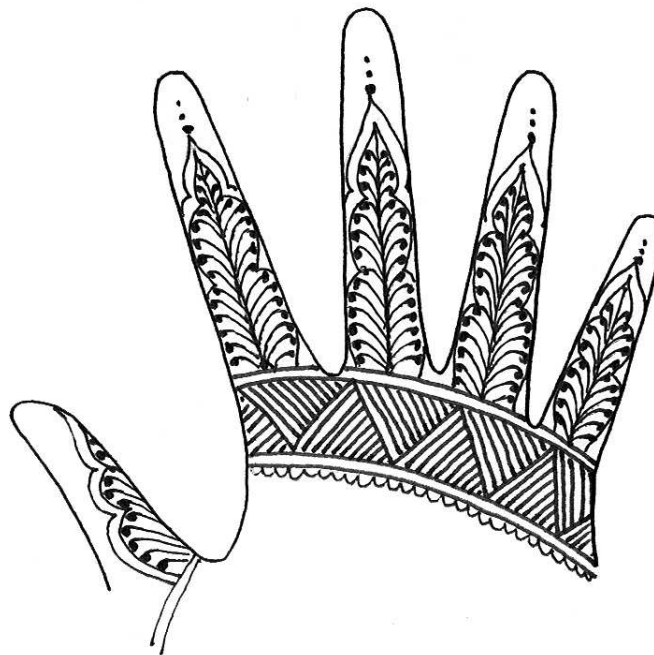


order henna supplies from Mehandi.com



**6) Practice filling different shapes with Fishbones.**

Draw the outlines first and let the henna dry slightly, then put in the fishbones. Tiny, neat Fishbones look best. Practice makes perfect!



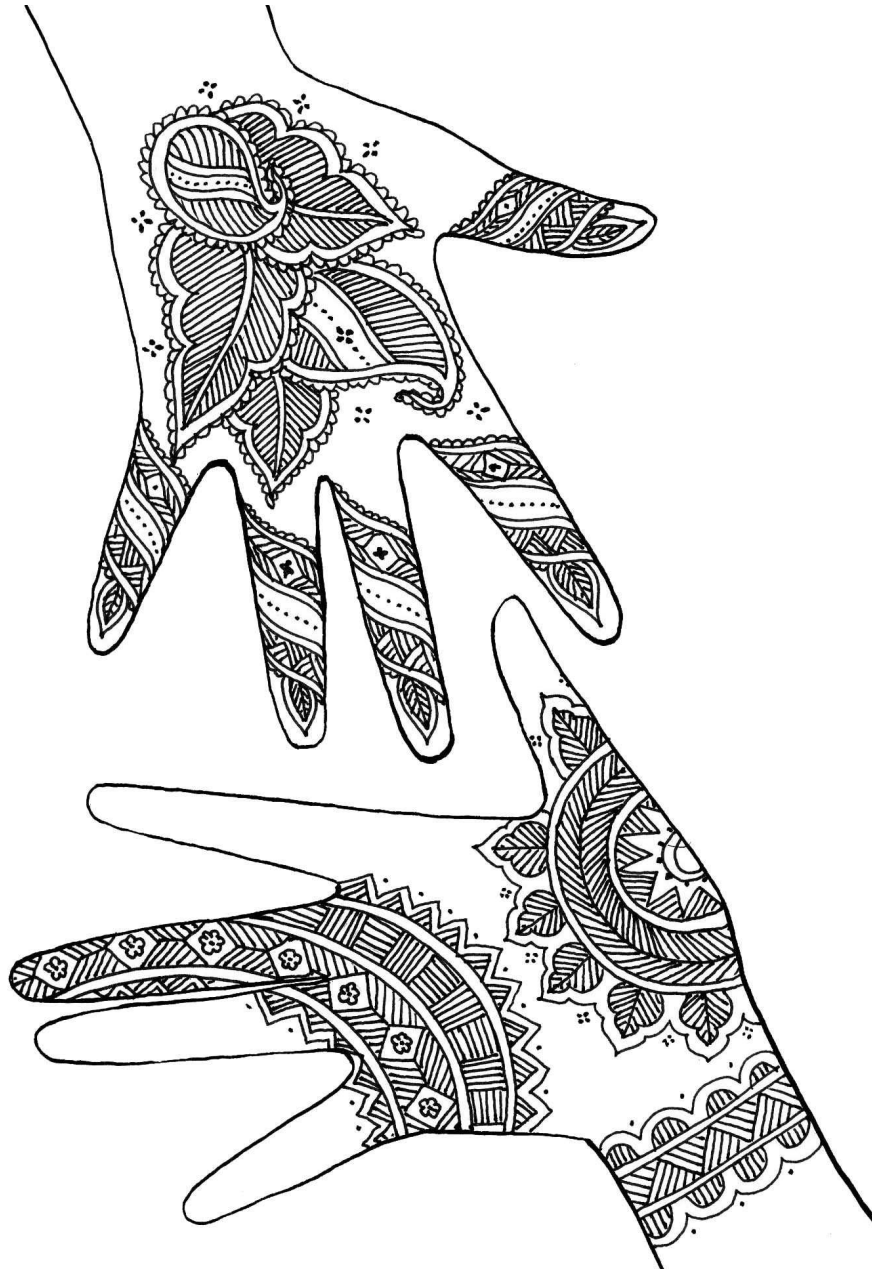
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## Fishbone Hands Can You Handle Fishbones?



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



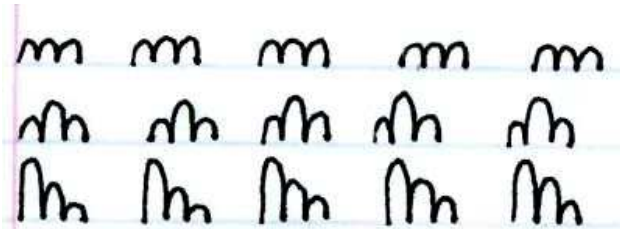
order henna supplies from [Mehandi.com](http://Mehandi.com)



## Mummy



1) **This is the Mummy. The Mummy is the letter M or three humps in a row.**  
Do you love your Mummy? There's so many ways to love your Mummy!

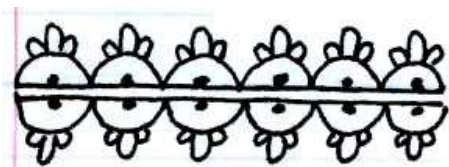


2) **Practice your Mummies straight up.**

Vary your Mummies with even humps, a big hump in the middle, and diminishing humps.



3) **Put Mummies on a wavy line.**



4) **Put Mummies on bumps.**

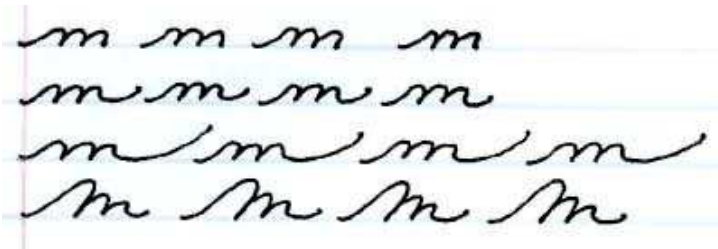
**NOW! You're Ready for "The Curse of the Mummy!"**  
**Well... cursive Mummies, anyway...**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna

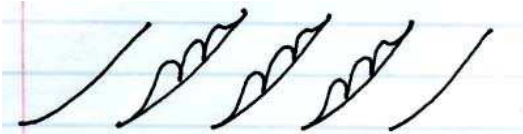


order henna supplies from [Mehandi.com](http://Mehandi.com)



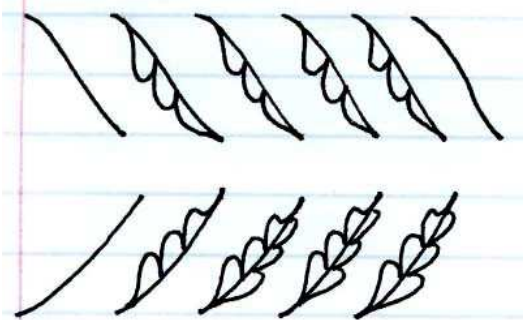
**5) Practice "The Curse of the Mummy": cursive handwriting mummies.**

Make Mummies with no tails, short tails, and long tails. Make Mummies with diminishing humps.



**6) Put "The Curse of the Mummy" onto a line to make a graceful half leaf.**

Practice this until you can do it smoothly every time.



**7) Practice downward lines, and double Mummifications.**



**8) Mummify Swirls**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

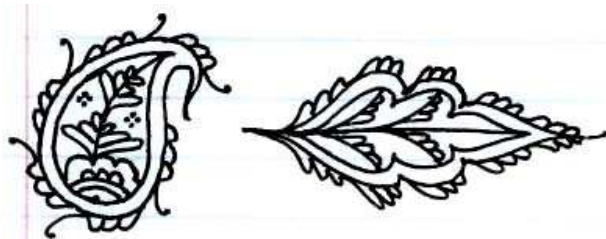
Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com

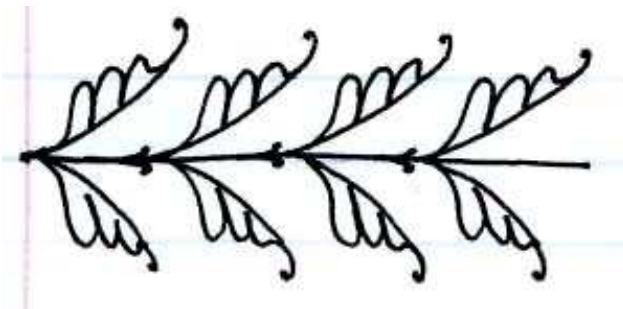
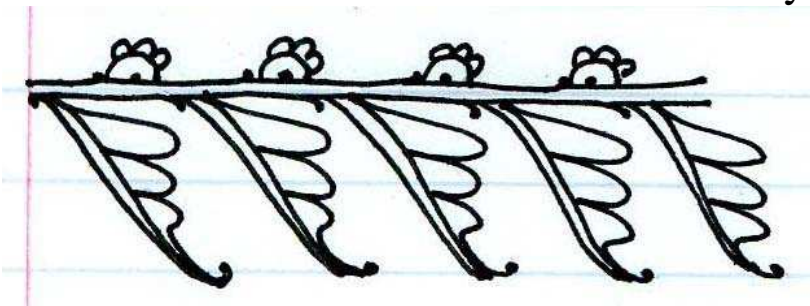


### 9) Mummify Flowers



### 10) Mummify Paisley and a Leaf.

## Mummy Patterns The Return of the Mummy!

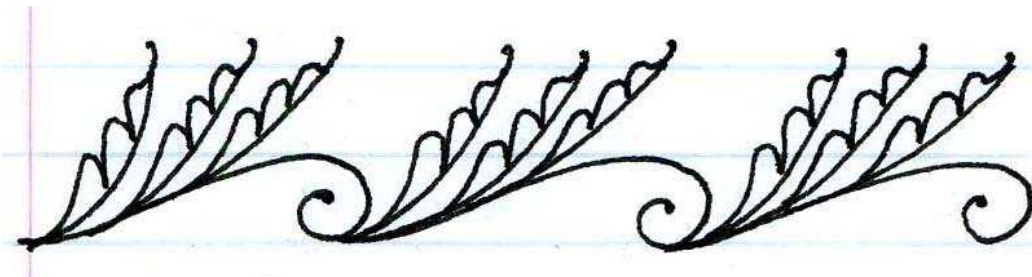
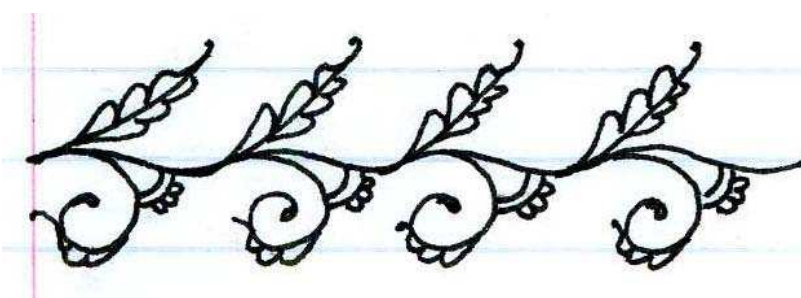
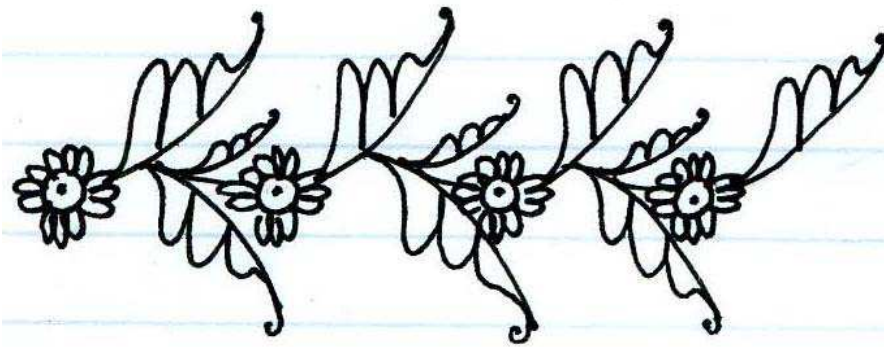


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com

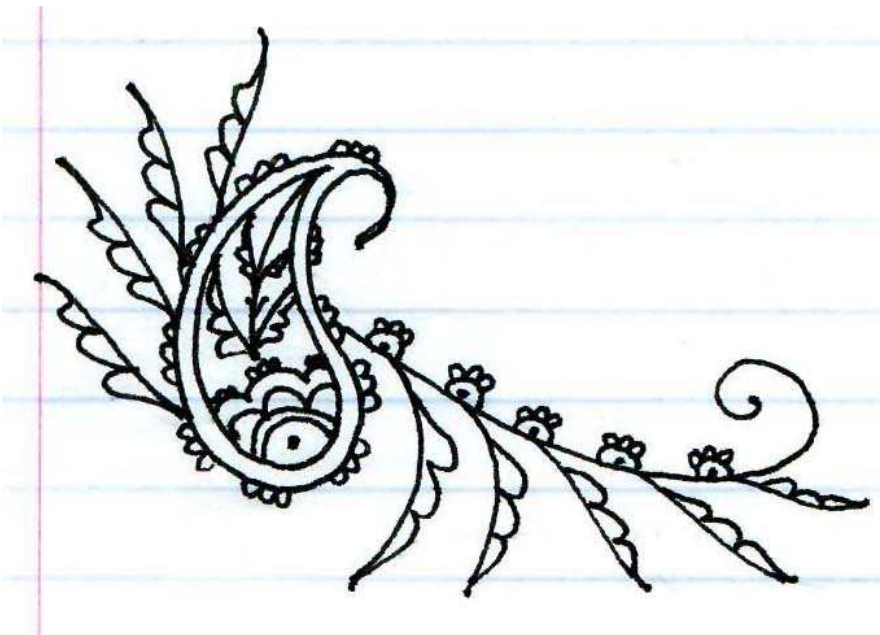
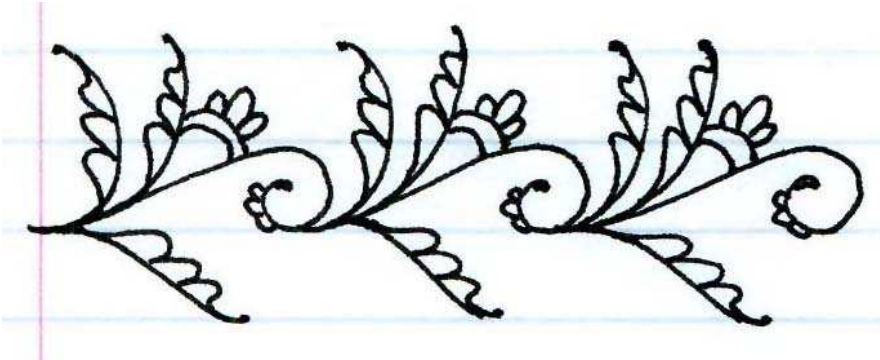


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## The Sprout



1) This is the Sprout.



2) Make a Sprout by swirling a bead of henna, then continuing the swirl out in a long comma.

Sprouts can be clockwise or counterclockwise.



3) Practice your Sprouts!

Practice forward Sprouts, backwards Sprouts, out Sprouts, in Sprouts, alternating Sprouts, mirrored sprouts ... until you can do them smoothly and evenly every time! This looks like it should be easy, but it really does take concentration!

**It takes work to become a SproutMaster!**

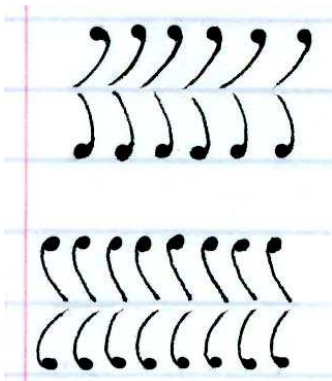


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

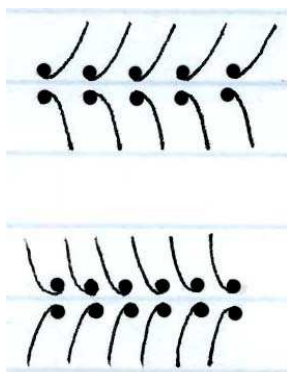
Mehandi.com featuring Ancient Sunrise® laboratory certified henna



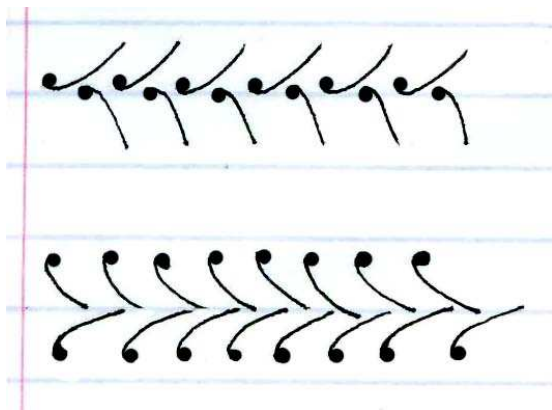
order henna supplies from Mehandi.com



Mirror your inward Sprouts. Make them as even parallel and even as you can.



Mirror your outward Sprouts. Make them as parallel and even as you can. Try to increase your speed.



Alternate Sprouts!

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)





Diminish and Increase Sprouts!



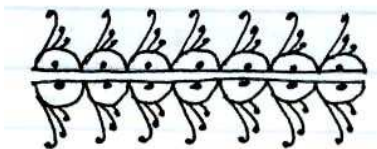
Alternate short and long sprouts. Now, try Sprouting some patterns.



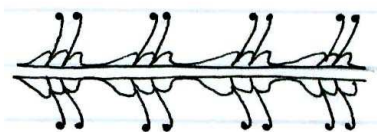
4) Sprout from a ZiggyZoggy.



5) Sprout from a wavy vine.



6) Sprout from bumps.



7) Sprout from Mummies

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



8) Sprout from curls.



9) Sprout from a wavy line, then put an R over the Sprout to make a leaf.



10) Sprout inside and outside an irregular figure.

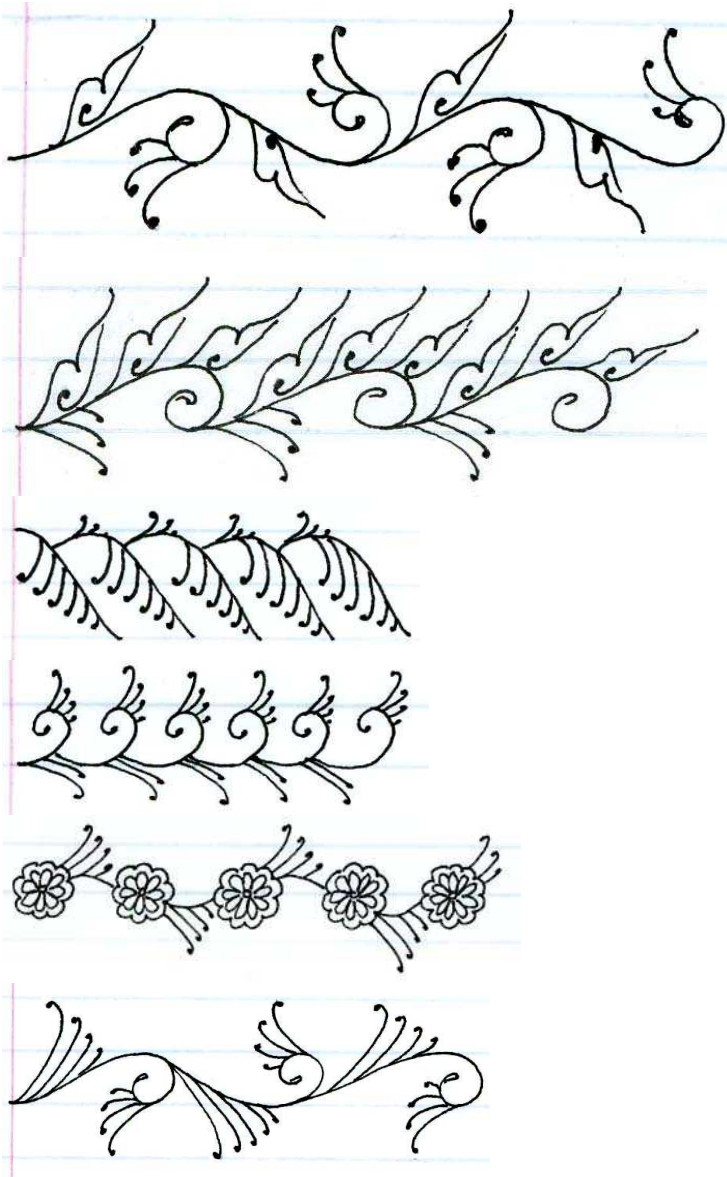
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com

## Sprout Salad

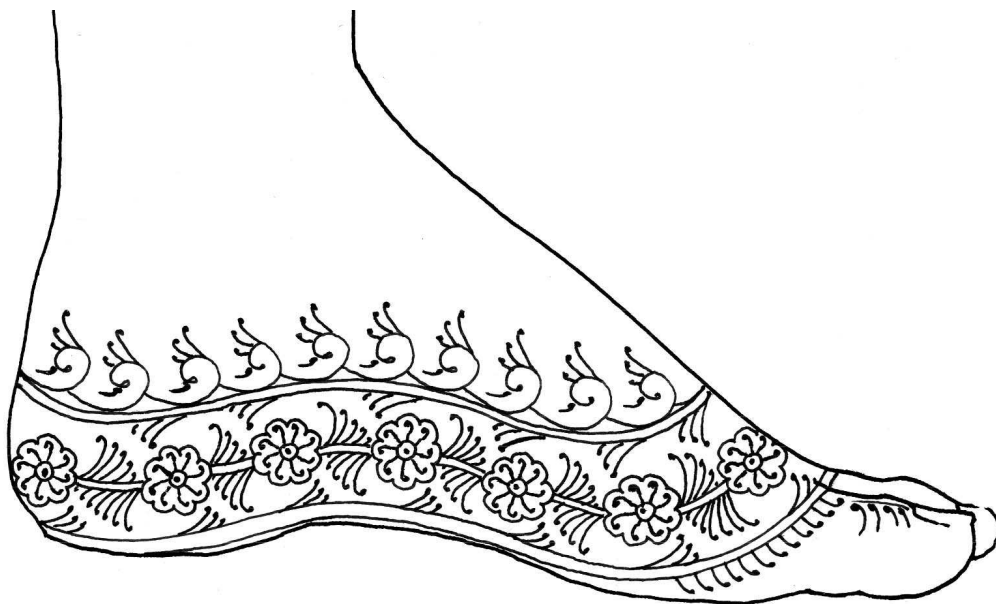
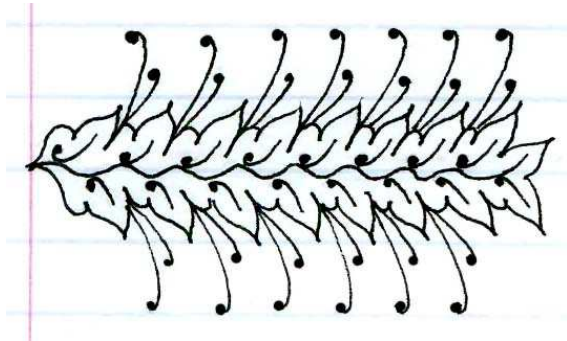
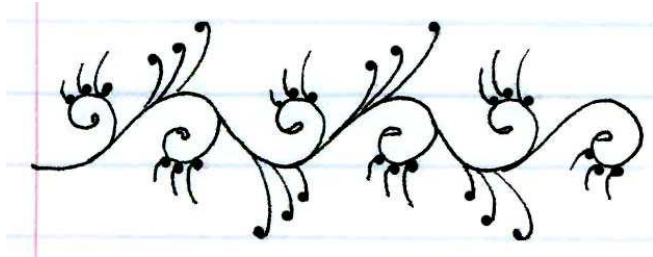


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com

## The Game

*"The Game is The Game"*  
*Brother Mouzone: "The Wire"*



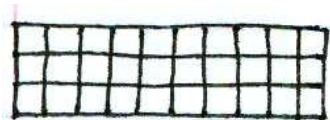
### 1) This is the Game.

In India, board games of chance and strategy have always been popular, especially as a pastime of the upper classes. In the epic Mahabarata, Shakuni invited Yudhishthara to a game of dice, wherein the Pandavas lost their kingdom to the Kauravas. This simple representation of a game board is a traditional Indian henna pattern dating at least to the late 19th century, and continues to be included in contemporary patterns. Artists may include this pattern as a metaphor for the "game of chance" that is a marriage, or as an expression of games as an enjoyable holiday activity.



### 2) Start the Game by draping parallel lines, and allow them to dry slightly.

Naturally stringy paste, or paste mixed with dextrose will make these lines much easier!



### 3) Drape crossing lines. If the first lines are too wet, the squares may smear.



### 4) Fill the squares.

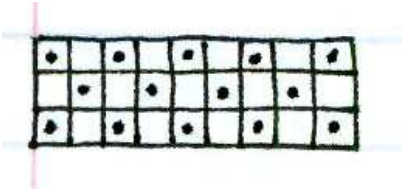
It's much easier to get a clean fill when the lines are nearly dry.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

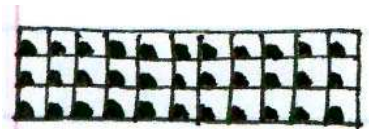
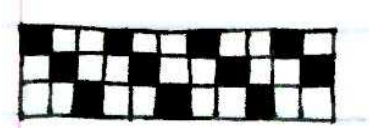
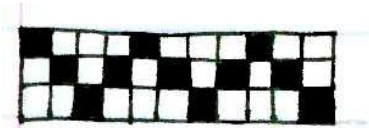
Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



**5) Try different Games!**



**6) Do you need to stop and fan yourself?**



**7) Put your heart into the game!**

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## The Game

*"The Game is The Game"*

*Brother Mouzone: "The Wire"*



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

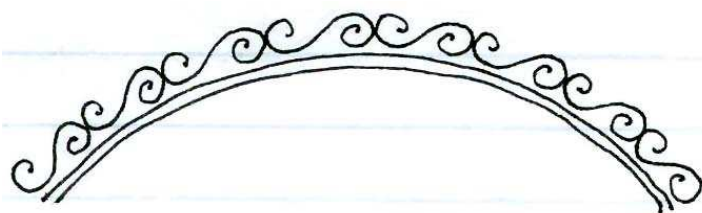






**4) Make S?'s facing each other.**

Practice pairs of those and try to get them absolutely even.



**5) Make SSSS's over an arch or around an irregular shape.**



**6) Add Scorpion Stings**

**Combine S's with Humps, Wibbles, Sprouts, Games, ZiggyZoggies, Foofies and Mummies for infinite variations. These patterns go quickly up a finger, around a wrist or an ankle. Practice them until they only take a minute or two!**

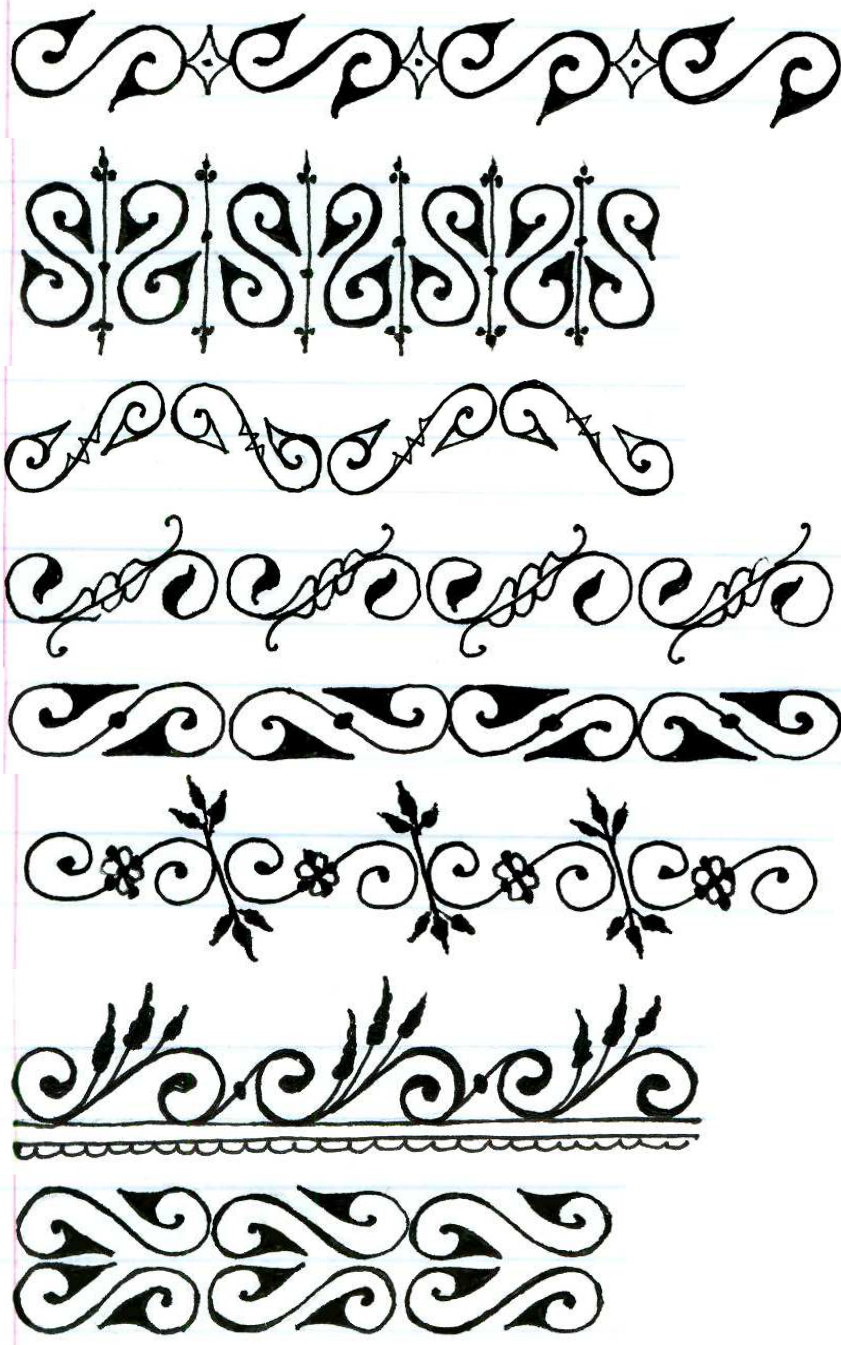


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna

order henna supplies from Mehandi.com



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com

# The Bud



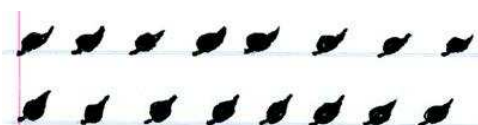
## 1) These are Buds.

The Bud is a very small leaf. The Bud is one of the most common elements in henna patterning, India and elsewhere. Leaves and flowers bud at the end of a drought, at the onset of life-giving rain. The bud is used as a metaphor for new love and new life, fertility and joy. A bud is a thing of joy!



## 2) To make the Bud, roll the henna around in a tight little dot, then pull a tail out of the whirl.

You can pull the tail out from the center of the whirl, or out to the side. A bit of the henna is dragged out of the whirl, so it makes a nice smooth Bud shape.

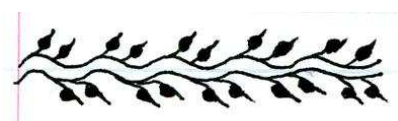


## 3) Practice your Buds.

Whirl and roll the little spirals tight and neat, and try to make consistent little buds. Perfectly rolled Buds are a thing of beauty!



## 4) Pair up your Buds along a line.



## 5) Make a wavy vine of Buds.

A budding vine is often a metaphor for a growing family. Many a young man has become enraptured with a lady who had a handful of Buds, and soon after found they had a growing family.

Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
 HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)

Mehandi.com featuring Ancient Sunrise® laboratory certified henna



order henna supplies from Mehandi.com



**6) Make fine stems of Buds!**

Practice rolling Buds for speed, consistency and accuracy.



**7) Bud some flowers!**



**8) Bud a paisley.**

**Ready to score some Buds?**

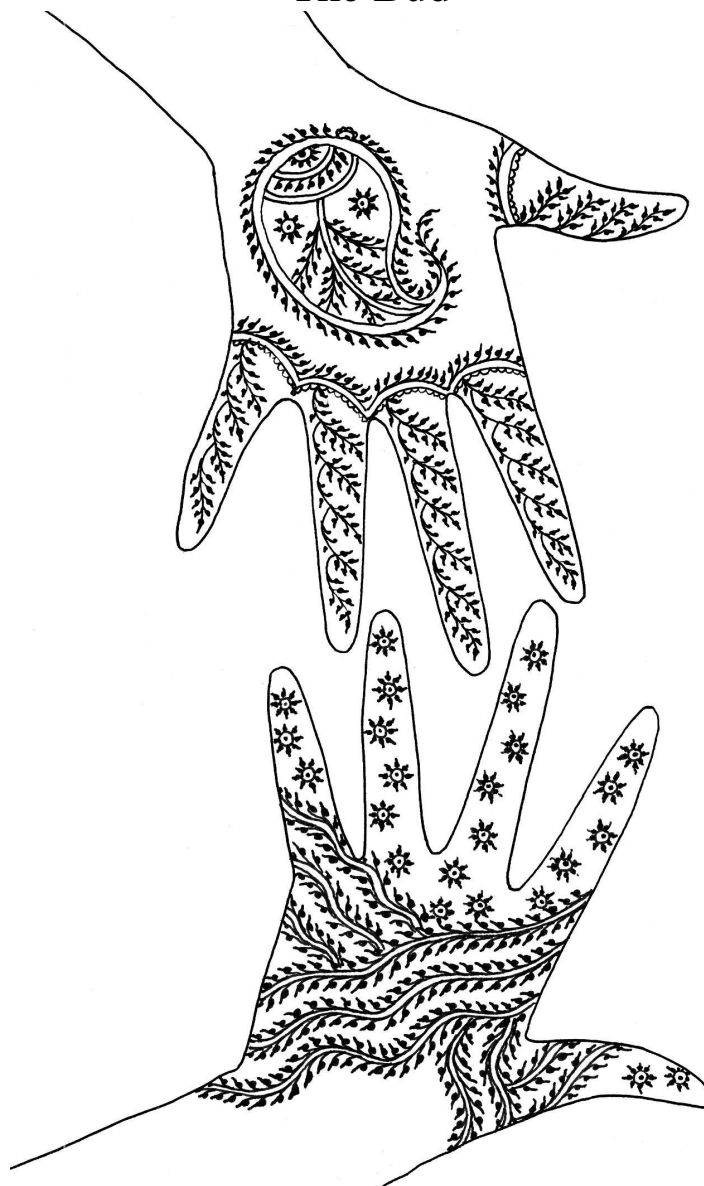
Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
 Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)

## The Bud

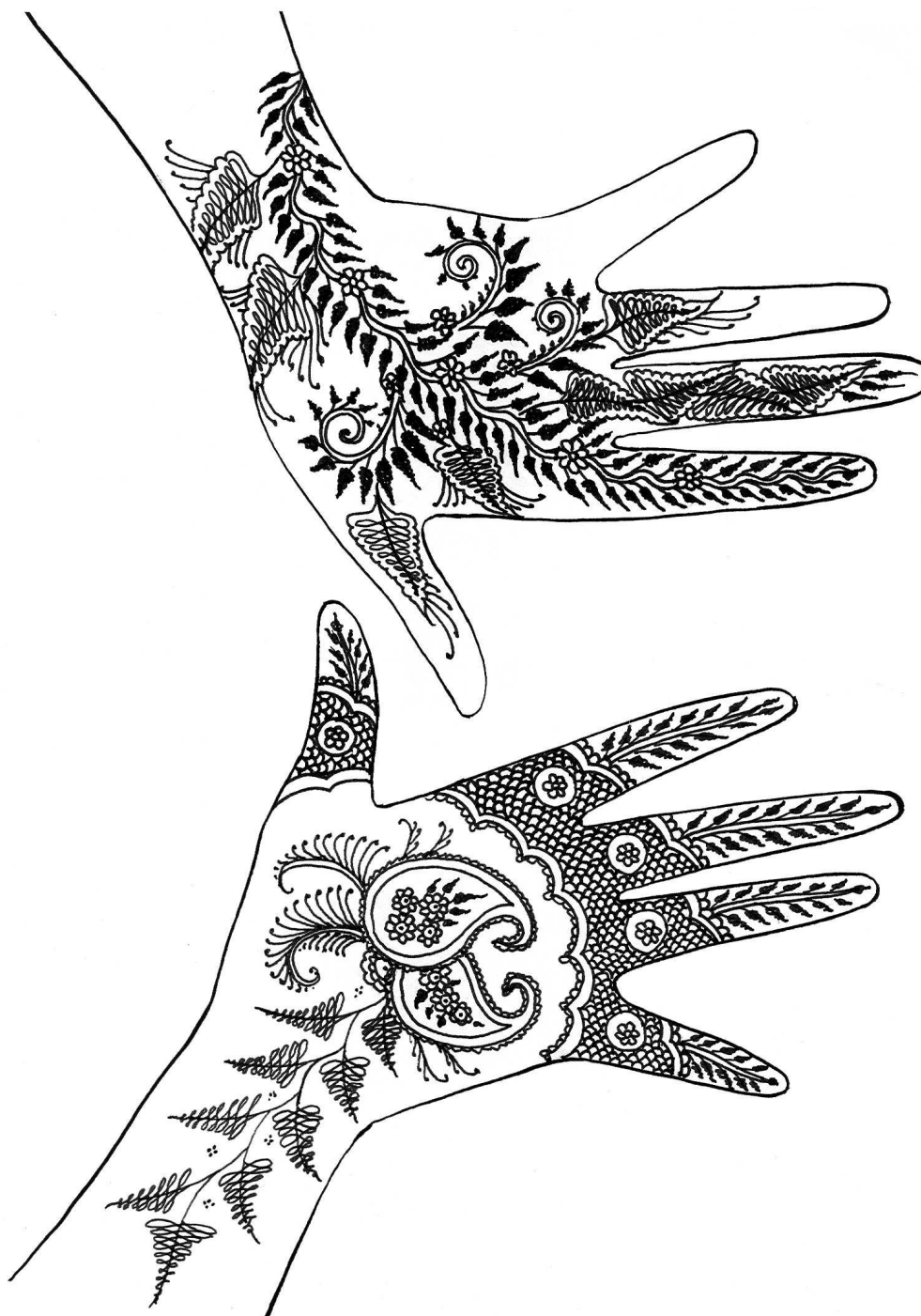


Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)



Copyright © 2005 Catherine Cartwright-Jones Tapdancing Lizard LLC All rights reserved  
Learn about henna from [hennapage.com](http://hennapage.com) This book is provided free to you by [www.mehandi.com](http://www.mehandi.com) and [www.tapdancinglizard.com](http://www.tapdancinglizard.com)  
**HENNA ORDER DESK AND HELP DESK: CALL 330-673-0600 or email [info@mehandi.com](mailto:info@mehandi.com)**

**Mehandi.com** featuring Ancient Sunrise® laboratory certified henna



order henna supplies from [Mehandi.com](http://Mehandi.com)