

# JOB ROLE – ASSISTANT BEAUTY THERAPIST

Sector – Beauty & Wellness  
(Qualification Pack Code: BWS/Q 0101)



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# **UNIT 2: MANICURE, PEDICURE AND MEHENDI**

## **Session 4: Henna or Mehendi**

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# Session Objectives

The students will be able to:

- Prepare mehendi cone for applying mehndi on hands and feet; and
- Make designs using mehndi.

# Introduction

Henna is a plant, whose leaves are ground and made into a fine powder or paste to dye the skin and hair. The paste made out of dried henna leaves is called 'mehendi'. Henna paste is used to make decorative pattern or designs on hands and feet.



# Mehendi Art on Hands and Legs

## Precautions

- Remember to check the expiry date of mehendi before applying, else it can react and lead to itchy and burning sensation.
- Never apply mehendi just after waxing because it leads to the opening of the skin pores

## Preparations

Mehendi application includes two important steps that must be followed by an artist: (i) mehendi mixture preparation and (ii) cone formation.

# Mehendi Art on Hands and Legs

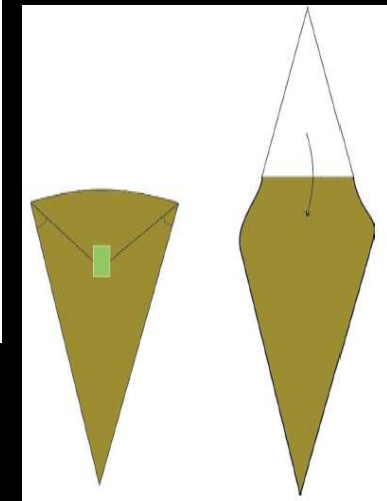
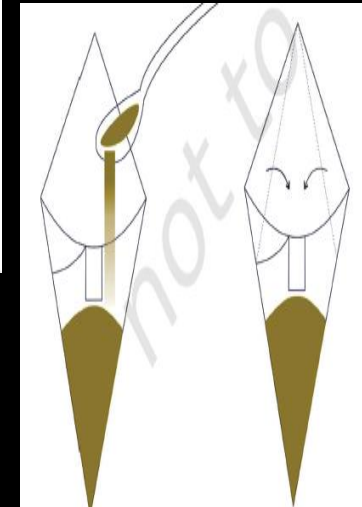
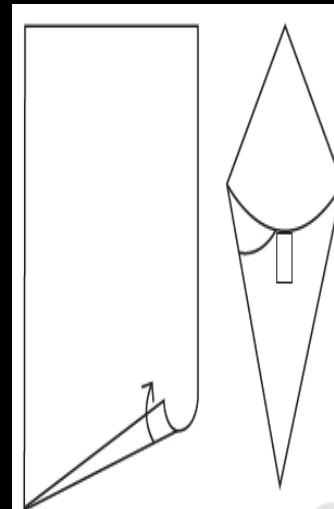
## Materials required

- Henna or mehendi powder
- Lemon juice (it helps in the deep penetration of colour into the skin, thereby, darkening the shade)
- Sugar (it makes mehendi stick to the skin for a longer time)
- Tissue paper
- Essential oils (lavender/ tea tree /eucalyptus)
- Water

# Mehendi Art on Hands and Legs

## Cone Formation

- Take a rectangular plastic sheet or cone paper
- Hold one corner and start rolling it, keeping it tight at the adjacent corner along the width.
- Tape the free edge of the sheet after it has been rolled in a cone.
- Put 2–3 spoons of henna paste into it to fill three fourth of the cone.
- Seal the open mouth of the cone by first folding the two corners of its mouth inwards.
- Now, fold the free corner at the top of the cone downwards and tape it in place to ensure that there is no leakage.





# Mehendi Art on Hands and Legs

## Method

- 1) Take a glass bowl and put **henna powder** and sugar in it.
- 2) Mix **lemon juice** and **essential oils** until you reach a thick consistency as of mashed potatoes.
- 3) Cover the bowl with a **plastic sheet** and press it down to touch the top of the henna.
- 4) Check for it every **4–6 hours**. Put a dot on your hand and wipe it **after 5 minutes**. If an orange stain is formed, it is good to go.
- 5) Put the paste in a cone and close its mouth with a **rubber band**.

# Sparkle Mehendi

This type of mehendi is available in a range of colours and designs. Sparkle mehendi is a blend of glitter tattoos and mehendi body art, which gives instant colour and sparkle of glitters to the skin.



# Wooden Block Mehendi

In this type of mehendi, a design is already carved on a small block of wood. Ink is applied on the designed surface and firmly pressed on the skin. They come in a variety of designs, like flower block, finger block, paisley, animal motifs, etc.



# Summary

In this session, you have learnt about the preparation of mehendi cone and simple mehendi designs.

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