



# Mehndi: The Timeless Art of Henna Painting

*Loretta Roome*

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## **Mehndi: The Timeless Art of Henna Painting** Loretta Roome

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.

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