

The Story of Henna

Henna is the flowering shrubs (Lawsonia Inermis) that grow in the tropical or hot and arid climate. Henna is used as a [natural hair dye](#) which provides numerous benefits to the hair. It nourishes and conditions hair and also treats hair issues like dandruff, split ends, etc. [Henna powder](#) can be mixed with other [natural herbs](#) like indigo, amla, neem, reetha, etc. to get added benefits. Henna is not just used as a natural hair dye but also used to make body tattoos. The interesting part of Henna is that it has been there in the culture of India for the last 5000 years as part of the wedding and other rituals. Also, people have been practicing the art of Henna from the last centuries.

Here are some interesting facts about Henna that you must know! These henna facts will surely keep you hooked.

1) Henna should dye your hair reddish-brown.



Henna is a dye that is made from the Lawsonia inermis that is known as a Henna tree.

The pigments of Henna gives reddish-brown in the colour to the hair. Also, the shading outcomes from coloring with henna rely upon the first shade of the hair, just as the nature of the henna, and can run from orange to reddish-brown to burgundy. If a henna colours your hair black, then it is not pure henna, do not use that henna on your hair.

2) Natural henna should feel relaxed and cool.



Henna was considered as a coolant for many years. Women use Henna in the warmest period of the year as it gives a cool effect. Henna has a similar property

as a eucalyptus plant that cools down the body temperature. Even after we remove the henna from the body, it maintains the same body temperature. People used henna as a coolant for centuries by covering their hands and feet by henna to protect them from heat and feel cool. During hot scorching days of summer, desert people soak their bodies in Henna to get the air conditioning to feel.

3) Henna as a Sun Block.

The most interesting fact about Henna is that it is used as a natural sunblock. Henna increases the production of melanin in the body which acts as a natural sunblock.

In ancient times, the Egyptian use to put henna on their body which not only protects the body from the sun rays but also makes the skin smooth and fresh. The natural ingredient of Henna enriches the skin and protects it from Various bacterias.

4) Henna is used as skincare.

The basic ingredients of Henna are filled with natural minerals and protein which are used for the treatment of treating a few skin conditions, for example, impetigo, bacterial skin contamination. Henna is applied to the influenced territories. A study has likewise demonstrated clinical improvements in patients experiencing hand and foot sicknesses henna.

5) Henna is a part of religious practice.

Henna is being practiced as art in India for a very long time which as mehndi design. This art is quite valued for Muslim and Hindu culture. More often this art is considered as the first gift for a wife from his husband at the wedding. In India, it seems to be compulsory to put this art of design on hand as a part of their rituals and beliefs. The "Night Of Henna" is a family function before the wedding in which the bride and groom put henna on their hands and feet and others sing and dance.

6) Henna cures the fungal infection.

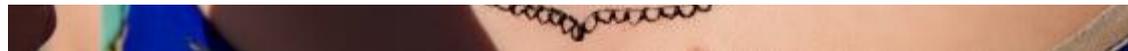


It is a fact that henna has been used as a medicinal plant for a very long time now. Henna is used for the treatment of many diseases like fever, rashes, ringworms, and the fungal infection on the skin and nail. Henna has anti-fungal properties that can be used as an effective measure to the treatment of the fungal infection.

7) Henna was considered as a sign of purification.

In ancient times, in some cultures, henna was considered as a sign of purification. Women used to bath, also apply henna to hands, feet, and hair. Henna stained the skin and hair dark blood-red, and remained visible for several weeks, showing that they had a purified body, worthy in the eyes of God and their husband, and repellant to malicious jinn.

8) Women used to wear henna to divert the 'Evil Eye' in the 18th Century.



People in many Countries believe that Henna protects from the evil spirit and putting henna ensures luck and women should adorn Henna to protect themselves from “ Wicked or Evil Eyes”.

9) Cyprinum, a perfume made from henna was the most favourite perfume of Cleopatra VII.

It was recorded that Cleopatra had all of her Nile barge sales soaked in henna perfume and wore it when she met Mark Antony.