

BECOMING MOONLIGHT® "HowTo"



MoonFlower Dreams

Catherine Cartwright-Jones PhD
Rebecca Chou
Alexander Limbach

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Cover Graphic by Alex Morgan

Text and line art by Catherine Cartwright-Jones PhD

Body Art by Alexander Limbach and Rebecca Chou

Photography by Roy Jones

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“Moonflower Dreams:” a book of patterns for Becoming Moonlight® ‘White Henna’

‘White henna’ is a white medical skin adhesive paste which can be applied with a cone. This paste will remain sticky until the surface is sealed with glitter or gilding powder. When it is sealed, the ‘white henna’ will be waterproof and last several days on the skin, up to ten days with good care. When you dust glitter or gilding powder over the surface of ‘white henna’ you can create any color you desire. Makeup artists use medical skin adhesive to apply cosmetic appliances (such as elf ears) to skin; physicians use medical skin adhesive to secure medical appliances to skin. Becoming Moonlight® Gilding Paste (often called ‘white henna’) is a medical skin adhesive that has been specifically adapted for use by henna artists; the original ideas and development work for ‘white henna’ were done by Olena Wilshanetsky and Catherine Cartwright-Jones PhD in 2005 and 2012 with a group of artists working on the HennaPage Calendar.

‘White henna’ is NOT colorless henna, skin bleach, henna or any product for hair called ‘white henna’. Is “white henna” better than real henna? No, it's just a different media which has been adapted to the needs of henna artists. We asked the chemist who invented Pros-Aide Liquid Adhesive and Pros-Aide Cream Adhesive to develop a variant especially for artists. Artists needed the paste to be thicker, less transparent when dry, and to stay raised on the skin.

Becoming Moonlight® ‘white henna’ and Pros Aide® skin adhesives contain water, acrylic emulsion, glyceryl, guar gum, sorbitol, titanium dioxide, and a trace (less than 1%) of benzyl alcohol. These medical adhesives are considered safe for use by dermatologists, and are used in medical practice. If a person has an allergy to adhesives, test a small patch on the skin before working over a large area.

What materials do you need to do ‘white henna’?

Begin with a ‘white henna’ Becoming Moonlight® Body Gilding Kit, or purchase the materials separately. You will need:

- Becoming Moonlight® ‘white henna’¹ or other medical adhesive,
- Becoming Moonlight® Gilding Powder and/or Becoming Moonlight® glitter² or other cosmetic grade mica powder or cosmetic grade glitter
- Alcohol swabs to clean the cone tip,
- Brushes to spread your gilding powder (cosmetic mica powder) or glitter and a very large ‘blusher brush’ to brush away excess³
- A single edge razor blade or nail clippers to clip the tip off of the ‘white henna’ cone

¹ Becoming Moonlight® gilding paste from www.mehandi.com

² Becoming Moonlight® Gilding Powder or Becoming Moonlight® Glitter from www.mehandi.com

³ Becoming Moonlight® brushes from www.mehandi.com

- A white aquarellable pencil if you want to sketch out the pattern before you start to draw⁴
- Flatback rhinestones if you like extra sparkle, and a birthday candle to pick up the rhinestone and set it on a spot of adhesive



Becoming Moonlight® materials for creating ‘white henna’.

Why use ‘white henna’?

Henna is not the perfect body art medium for every situation; Becoming Moonlight® body art materials were developed to extend body art where henna falls short. Henna is best for hands, feet, lower arms and legs. The best areas for Becoming Moonlight® are generally the reverse of henna: shoulders, chests, legs and arms. Becoming Moonlight® can be integrated beautifully with henna. Becoming Moonlight® is a coordinated group of waterproof, durable, skin-safe body art media developed for henna artists working with hennapage.com. These materials and techniques allow artists to extend body art with white, silver, gold, and endless colors.

⁴ White Aquarellable pencil from www.mehandi.com

If 'white henna' is not natural, is it safe?

The adhesive that is used as Becoming Moonlight® 'white henna' was originally developed for physicians to attach life-saving medical prosthetics to a person's skin. This adhesive is also used by professional makeup artists to attach prosthetics for special effects. Allergic reactions are rare, but possible. If you are allergic to Band-Aids®, do not use medical adhesive based 'white henna.'

Never use white acrylic paint as 'white henna.' White acrylic paint is not formulated to be safe for use on skin and many people are allergic to it. Never use 'Wite-out' correction fluid as 'white henna.' 'Wite-Out', 'Liquid Paper', and other correction fluids contain organic solvents that are dangerous to use on skin.

Where does 'white henna' work best?

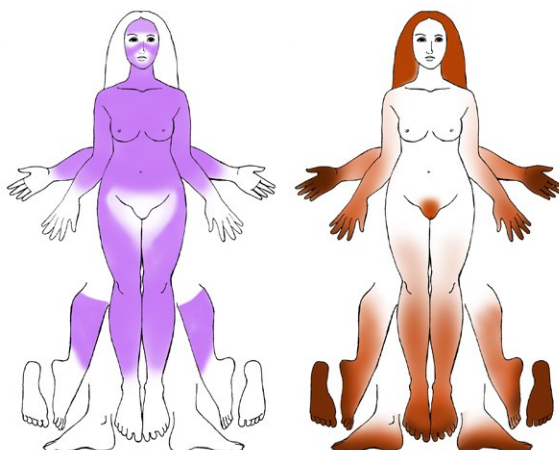


Figure at left: the violet areas are the best location for 'white henna.'

Figure at right: the brown areas are the best locations for traditional henna.

Plan your 'white henna' to take advantage of the violet areas in the drawing at the left. Avoid hairy, sweaty, or oily areas. Avoid places which are rubbed by use or by clothing. 'White henna' works in many of the areas of thin skin where traditional henna is not particularly successful.

You can use 'white henna' on the face, though not on areas which move and crinkle, such as eyelids. Removing 'white henna' will feel like pulling off a bandaid, so if you have very sensitive skin, you might choose not to. Becoming Moonlight® gilding paste is waterproof, so you can wash over the design, though don't rub or scrub it. Patterns on forehead and cheeks tend to last three to five days.

Henna works well for people who can be patient and can keep the henna paste on their skin for several hours before removal. Henna has a narrow range of colors, and gradually fades. Other

attempts to extend henna's color range and shorten the stain time involve the addition of dangerous chemicals that have caused serious injuries for both artists and patrons. Becoming Moonlight® is ready to show off when the painting is done: there is no waiting for the paste to stain or for the color to darken, and the potential colors are endless.

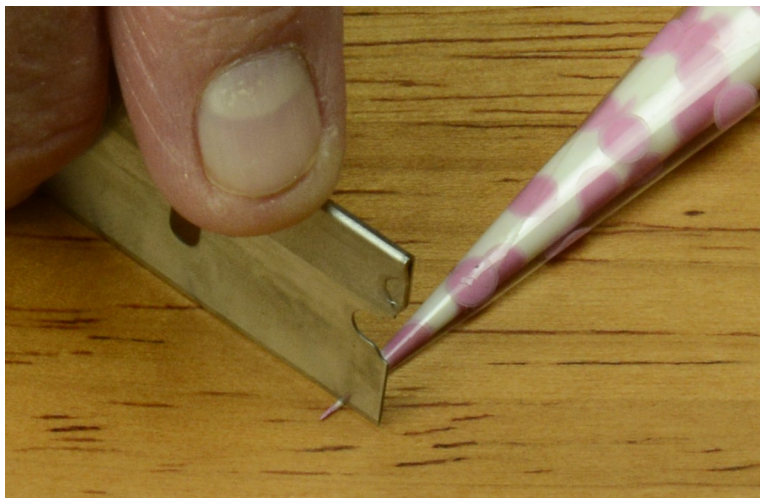
How do you begin 'white henna' work?

Wash your skin so there is no oil, dirt, or perspiration on your skin. Choose an area where there is little or no hair, or an area that you have shaved.



Do some quick sketching with a white aquarellable pencil if you feel that you need some help laying out the pattern. If you dip the tip of the pencil in water, you can draw on skin. These pencil lines will wipe away with water.





Use a sharp blade to cut the tip off the cone of 'white henna' paste.



Test the cone to see if you can make a line the size of a cat's whisker. That is my favorite size of line to work with; this thin line will dry in about ten minutes. Thicker lines take longer to dry.

Apply 'white henna' with a cone, just as you would apply traditional henna. Fine, delicate lines will give you a better result than thick lines. Lines thicker than a paper clip will dry very slowly.



If the tip begins to dry or the paste doesn't flow smoothly from the cone, wipe the tip with 90% isopropyl alcohol. If you apply 'white henna' gilding paste to skin that is hairy, the hairs may get pulled out when the pattern is removed.



Apply Becoming Moonlight® gilding paste on clean dry skin as you would apply henna. The white pencil lines will not interfere with the 'white henna'. When you finish drawing, let Becoming Moonlight® gilding paste dry for about 10 minutes.



Becoming Moonlight® gilding paste will not become completely transparent when it has dried; some will remain white. This will help you keep track of your work. ProsAide™ becomes completely transparent, making it difficult to work large, complex designs. If you want to do more than one color of glitter or mica, do one application of adhesive at a time.



When the paste has become less opaque, touch the 'white henna' gilding paste gently, to see if it has become firm and less sticky. Brush Becoming Moonlight® gilding powder or glitter over the paste. The powder will stick to the 'white henna' just as glitter stuck to glue on your kindergarten art project.



Coat Becoming Moonlight® gilding paste with gilding powder or glitter or it will remain sticky and collect dust and crud. Generously brush gilding powder or glitter over all of the lines of gilding paste.



If your brush sticks to the paste lines, stop and let the paste dry for a few more minutes. If gilding paste gets stuck in your brush, clean the brush with 91% isopropyl alcohol, and let the brush dry before using it again. Brush on Becoming Moonlight® glitter or Becoming Moonlight® until all of the Becoming Moonlight® ‘white henna’ gilding paste is covered.



When you have applied Becoming Moonlight® gilding powder or glitter to the gilding paste, brush away the excess with a large, soft brush until the powder only remains on the ‘white henna’ and is no longer on the skin. If a person is perspiring, the powder may be difficult to brush away. Wait twenty minutes, and gently rinse away the remaining powder with water.



You can have Becoming Moonlight® ‘white henna’ in one color, or you can have several. If you want more than one color, apply more paste after you’ve dusted over the first application.



Let the second application dry, and apply a second color of glitter or mica powder. Dust away the excess with a large, soft brush.





See the difference between the 'white gold' and 'silver gold' glitter? Those were two applications. Would you like to do more? Becoming Moonlight® gilding powder has a different surface texture than glitter. It is smooth and satiny rather than glittery. Apply more paste, allow it to dry, and add gilding powder for contrast.





Brush away the excess gilding powder. You can work with one powder, but three tones looks so much more lush!





Do you want more sparkle? Of course you do! Apply Becoming Moonlight® gems (flatback rhinestones) with Becoming Moonlight® gilding paste. Pick up a gem with a birthday candle by pressing the candle to the domed side of the gem.





Put a spot of Becoming Moonlight® anywhere you want to apply a gem. Press the gem, flat side down, onto a spot of gilding paste while the paste is still wet and sticky.





You can do this! There are more books of body art and Becoming Moonlight® patterns at www.tapdancinglizard.com . All of the books are free. As long as you respect copyright, you're welcome to download and enjoy them, and use them for your own hand-drawn body art.



“Moonflower Dreams” White Henna Patterns

The following patterns have nothing in particular to do with the poetry and thoughts that accompany them. I just thought you’d enjoy having something lovely to contemplate while you’re working.

Catherine Cartwright-Jones PhD January 2017



*"Even After All this time
The Sun never says to the Earth,*

"You owe me."

Look

What happens:

*With a love like that,
It lights the whole sky."*

— Hafiz



“Love all, trust a few, do wrong to none.”

— William Shakespeare, *All's Well That Ends Well*

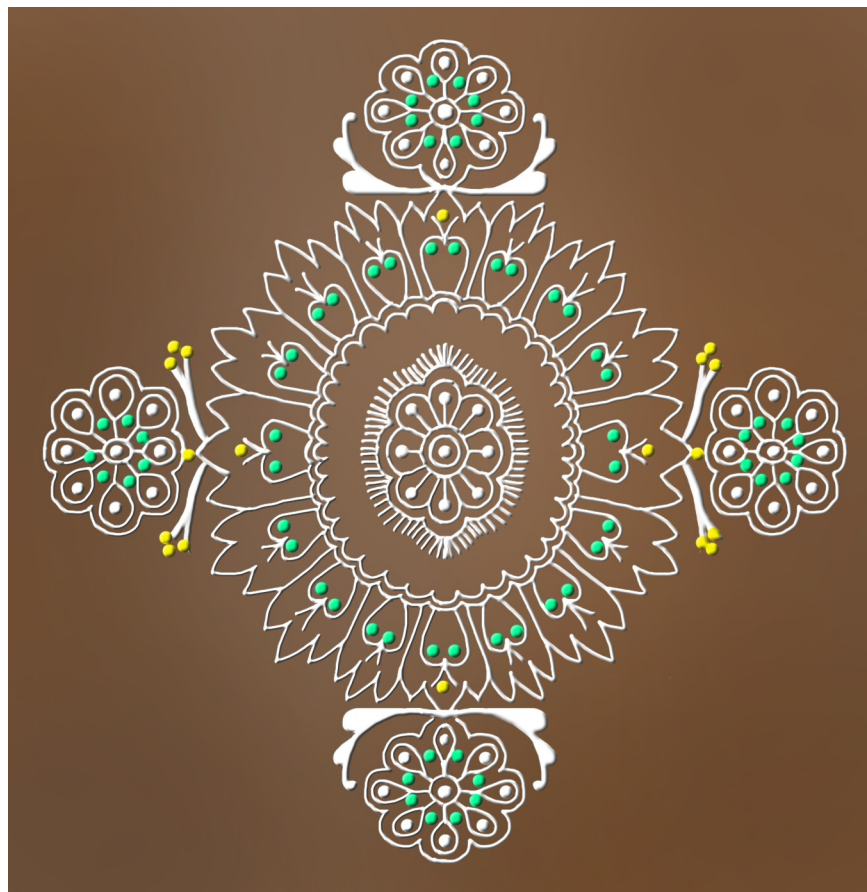




“One love, one heart, one destiny.”

— Bob Marley





*“How do I love thee? Let me count the ways. I love thee to the depth and
breadth and height My soul can reach”*

— Elizabeth Barrett Browning





“Nothing revives the past so completely as a smell that was once associated with it.”

— *Vladimir Nabokov*





*“One word
Frees us of all the weight and pain of life:
That word is love.”
— Sophocles*





“Who, being loved, is poor?”

— Oscar Wilde

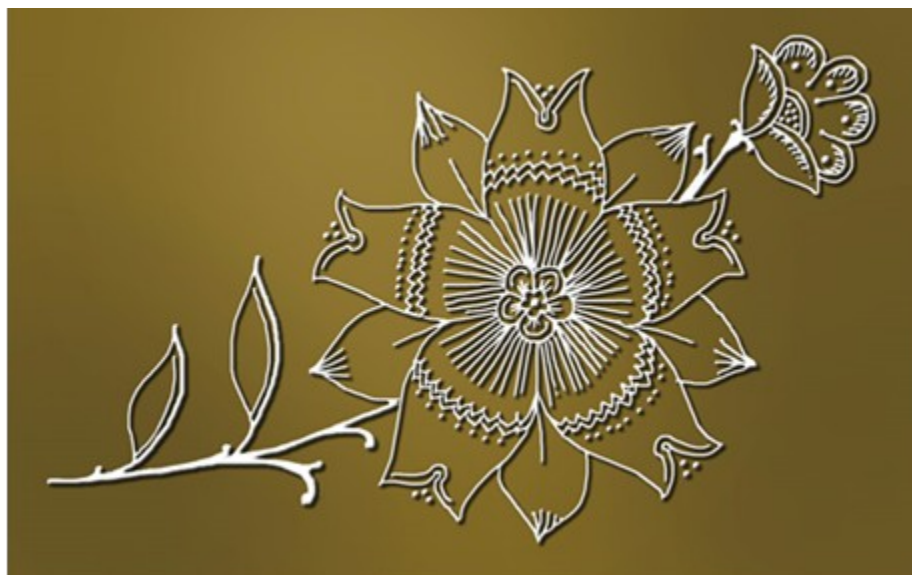




“We’re all a little weird. And life is a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness—and call it love—true love.”

— Robert Fulghum, *True Love*





“A friend is someone who knows all about you and still loves you.”

— Elbert Hubbard





“I love you as certain dark things are to be loved, in secret, between the shadow and the soul.”

— *Pablo Neruda, 100 Love Sonnets*





"It is not a lack of love, but a lack of friendship that makes unhappy marriages."

— Friedrich Nietzsche





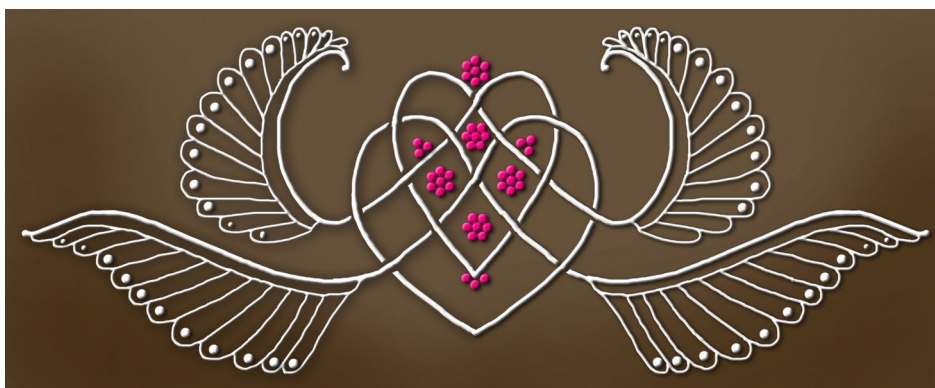
*“Some people never say the words ‘I love you’, for like a child they’re
longing to be told.”*

— Paul Simon



“If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were.”

— Kahlil Gibran





“Love is a fire. But whether it is going to warm your hearth or burn down your house, you can never tell.”

— Joan Crawford



“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

— Lao Tzu



“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”

— *Martin Luther King Jr., A Testament of Hope: The Essential Writings and Speeches*



“Love looks not with the eyes, but with the mind, And therefore is winged Cupid painted blind.”

— William Shakespeare, A Midsummer Night's Dream



“Love never dies a natural death. It dies because we don't know how to replenish its source. It dies of blindness and errors and betrayals. It dies of illness and wounds; it dies of weariness, of witherings, of tarnishings.”

— Anaïs Nin





*“If I had a flower for every time I thought of you...I could walk through
my garden forever.”*

— Alfred Tennyson



"Tis better to have loved and lost Than never to have loved at all."

— Alfred Tennyson, In Memoriam



“When I despair, I remember that all through history the way of truth and love has always won. There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall. Think of it--always.”

— Mahatma Gandhi





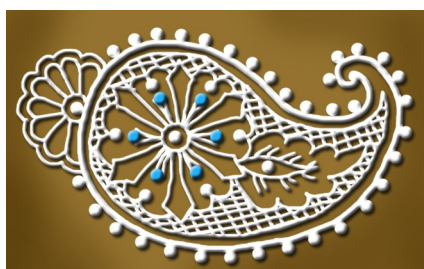
“Where there is love there is life.”

— Mahatma Gandhi



“Nobody has ever measured, not even poets, how much the heart can hold.”

— Zelda Fitzgerald





“Love is so short, forgetting is so long.”

— *Pablo Neruda, Love: Ten Poems*



“Never love anyone who treats you like you're ordinary.”

— Oscar Wilde



*“Every heart sings a song, incomplete, until another heart whispers back.
Those who wish to sing always find a song. At the touch of a lover,
everyone becomes a poet.”*

— Plato



“The very essence of romance is uncertainty.”

— *Oscar Wilde, “The Importance of Being Earnest”*



“Love does not consist of gazing at each other, but in looking outward together in the same direction.”

— Antoine de Saint-Exupéry, “Airman's Odyssey”



*“Love doesn't just sit there, like a stone, it has to be made, like bread;
remade all the time, made new.”*

— Ursula K. Le Guin, “The Lathe of Heaven”



*"I don't trust people who don't love themselves and tell me, 'I love you.' ...
There is an African saying which is: Be careful when a naked person
offers you a shirt."*

— Maya Angelou



“Love does not begin and end the way we seem to think it does. Love is a battle, love is a war; love is a growing up.”

— James Baldwin



“When love is not madness it is not love.”

— Pedro Calderón de la Barca



“Love is an irresistible desire to be irresistibly desired.”

— Robert Frost



“Gravitation is not responsible for people falling in love.”

— Albert Einstein



“What Is Love? I have met in the streets a very poor young man who was in love. His hat was old, his coat worn, the water passed through his shoes and the stars through his soul”

— Victor Hugo



“We waste time looking for the perfect lover, instead of creating the perfect love.”

— Tom Robbins



“The more one judges, the less one loves.”

— *Honoré de Balzac, Physiologie Du Mariage*



“The heart has its reasons which reason knows not.”

— Blaise Pascal



“Come sleep with me: We won't make Love, Love will make us.”

— Julio Cortázar



*“When you trip over love, it is easy to get up. But when you fall in love,
it is impossible to stand again.”*

— Albert Einstein



“The real lover is the man who can thrill you by kissing your forehead or smiling into your eyes or just staring into space.”

— Marilyn Monroe



*“Absence diminishes small loves and increases great ones, as the wind
blows out the candle and fans the bonfire.”*

— François de La Rochefoucauld, Maxims



“Of all forms of caution, caution in love is perhaps the most fatal to true happiness.”

— Bertrand Russell, The Conquest of Happiness



I have decided to stick to love...Hate is too great a burden to bear."

— *Martin Luther King Jr., A Testament of Hope: The Essential Writings and Speeches*



“Love is that condition in which the happiness of another person is essential to your own.”

— Robert A. Heinlein, Stranger in a Strange Land



“Trust your heart if the seas catch fire, live by love though the stars walk backward.”

— E.E. Cummings



“My wish is that you may be loved to the point of madness.”

— *André Breton, What is Surrealism?: Selected Writings*



“Respect was invented to cover the empty place where love should be.”

— Leo Tolstoy, Anna Karenina



“You know you're in love when you can't fall asleep because reality is finally better than your dreams.”

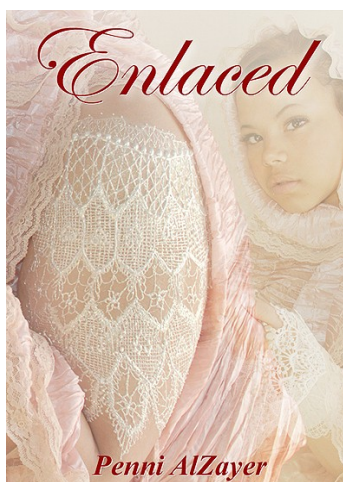
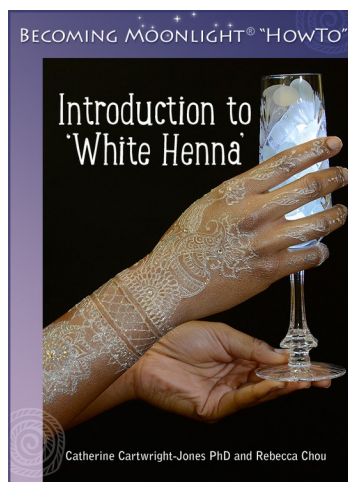
— *Dr. Seuss*



Come back and visit us soon.

More 'white henna' 'how to' can be found here: http://www.hennapage.com/henna/white_henna/

All Becoming Moonlight® 'white henna' materials can be found here: <http://www.mehandi.com>



Visit <http://www.tapdancinglizard.com> for more 'white henna' body art books