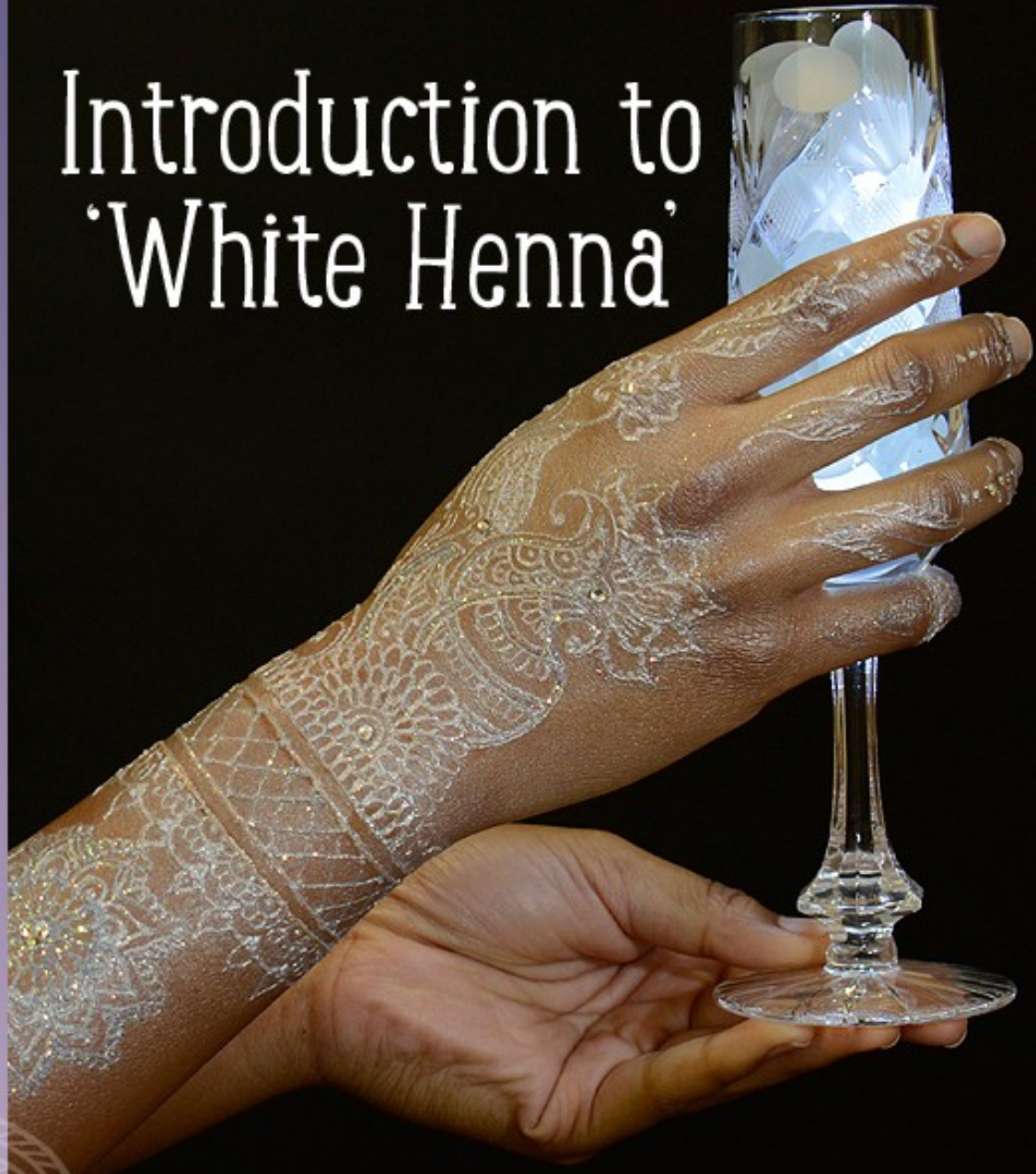


BECOMING MOONLIGHT® "HowTo"

Introduction to 'White Henna'



Catherine Cartwright-Jones PhD and Rebecca Chou

The Becoming Moonlight® Introduction to 'White Henna'
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Cover Graphic by Alex Morgan

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'White henna' body art by Rebecca Chou

Text and line art by Catherine Cartwright-Jones PhD

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‘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.

How do you do 'white henna' work?



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.



Ten minutes later, when the 'white henna' is tacky but not wet to touch, brush gilding powder (cosmetic grade mica powder) or cosmetic grade glitter over the 'white henna'. The 'white henna' may become translucent as it dries. Dip your brush in gilding powder and touch the 'white henna' with it. If the mica sticks to the 'white henna' but not the brush, it is dry enough to seal with gilding powder or glitter.



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.

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.

Where does 'white henna' work best?

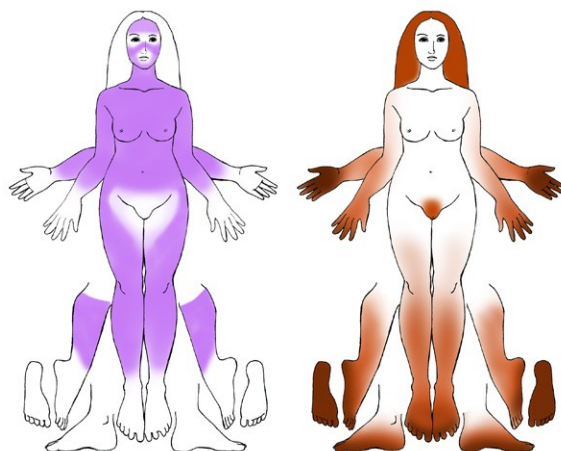


Figure at left: the violet areas are the best location for 'white henna.'

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.

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.

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.

Create 'white henna' body art for the first time



Begin with a kit, or with separate materials

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,

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

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

- 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
- 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



You can do this!

³ Becoming Moonlight® brushes from www.mehandi.com

⁴ White Aquarellable pencil from www.mehandi.com

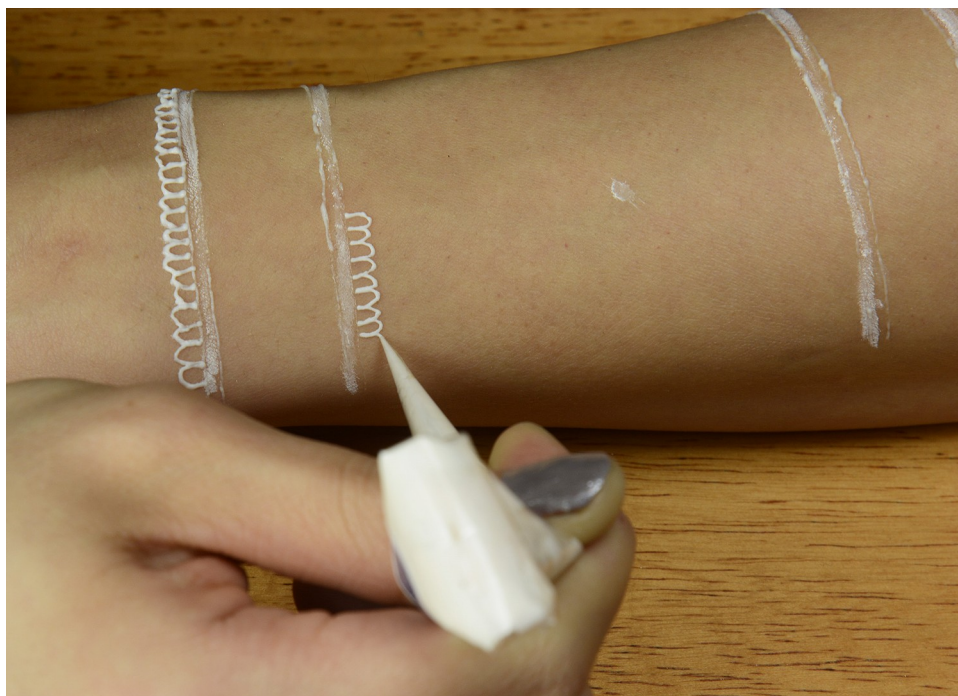


Clean the skin so there is no lotion, oil, or dirt before you begin. Anything that would make a Band-Aid® not stick properly will make your 'white henna' not stick properly. Clip the tip of the cone and test it to see that it makes a line about the size of a cat's whisker. If the line is larger than a paperclip wire, it will be very slow to dry enough to apply the gilding powder or glitter.

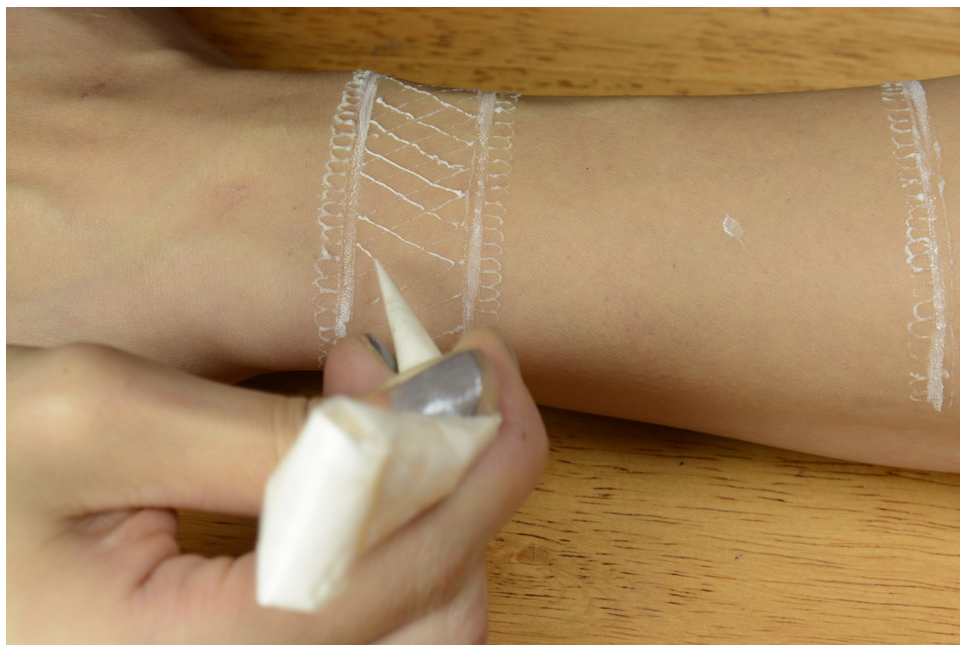




Dip your aquarellable pencil in water, and draw a few lines on the skin, to position your work, or to sketch out a complicated pattern.

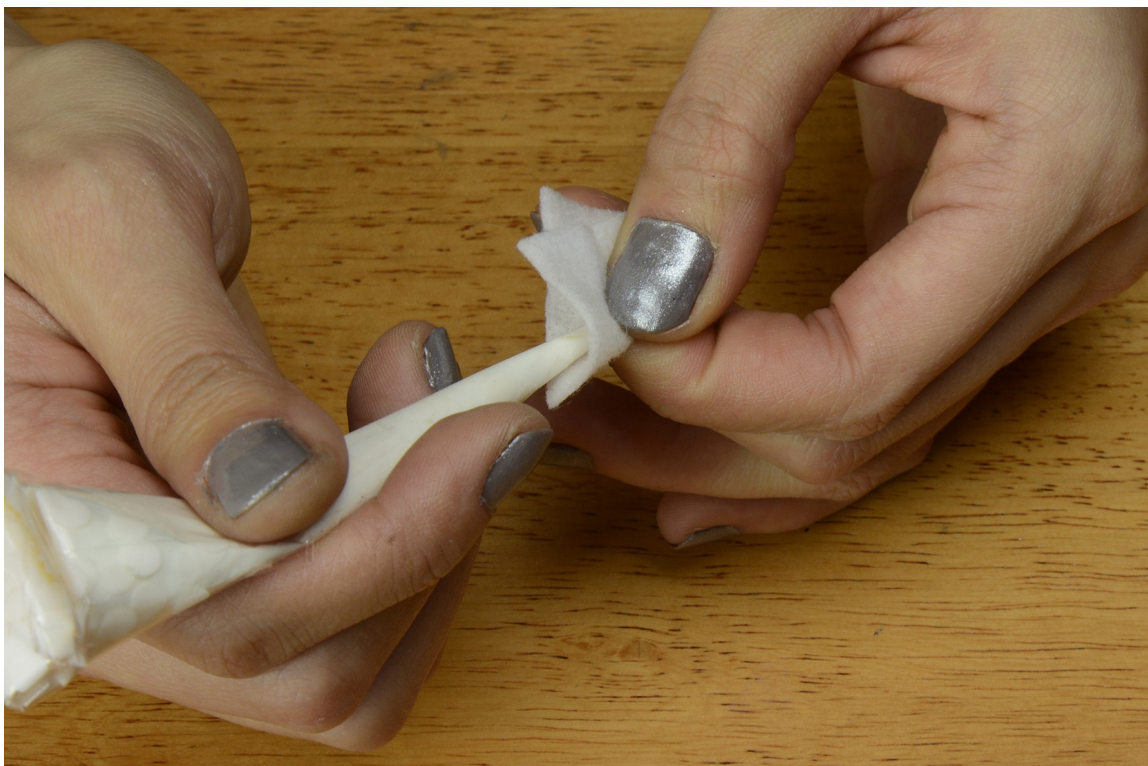


Apply your first lines of 'white henna' Becoming Moonlight® Gilding Paste

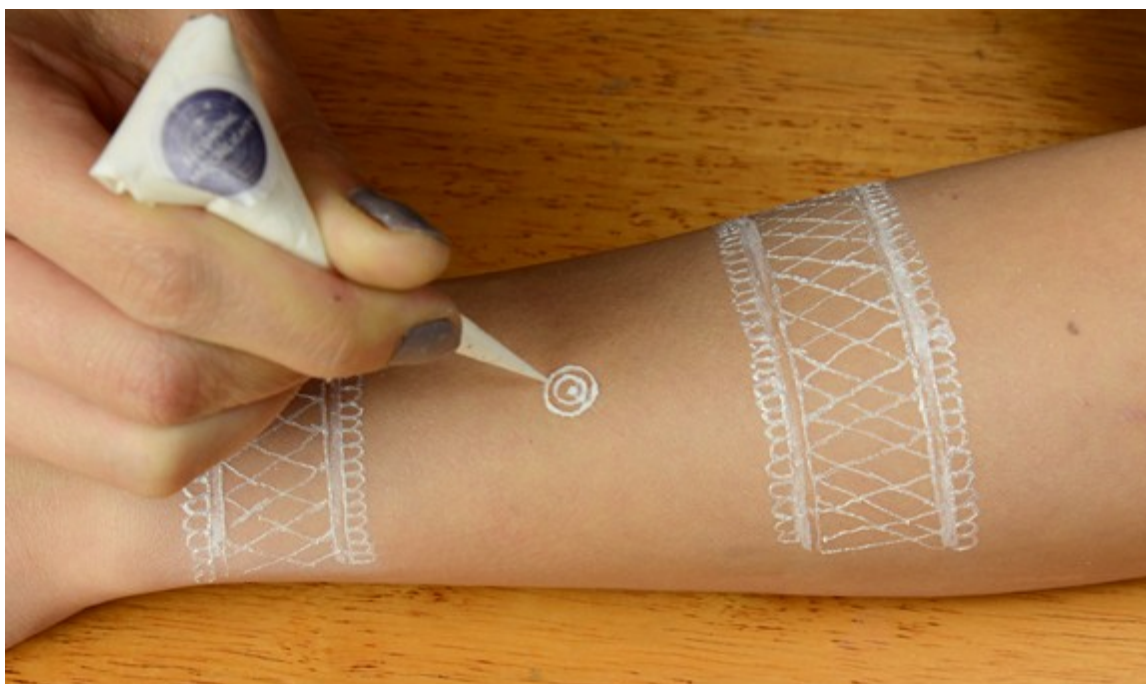


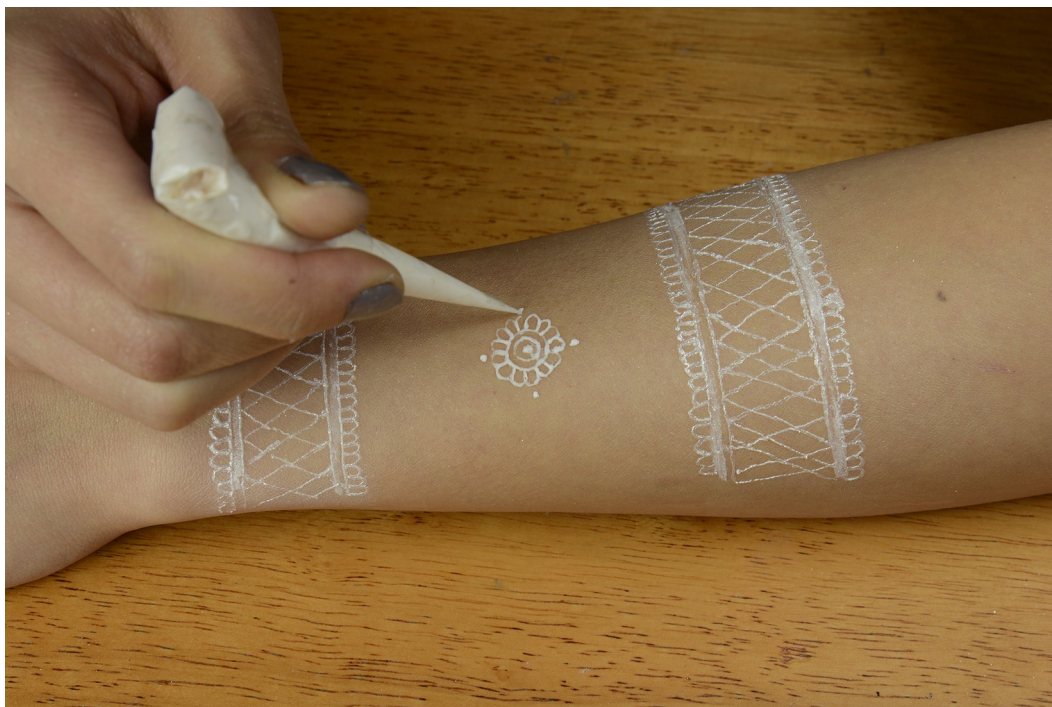
Begin to apply the lines of your pattern. If you keep your lines very thin, the lines will dry more quickly and last longer than thick lines. When the 'white henna' lines become translucent instead of opaque, brush Becoming Moonlight® gilding powder or glitter over them. This will seal the surface of the 'white henna' and the lines will no longer be sticky.



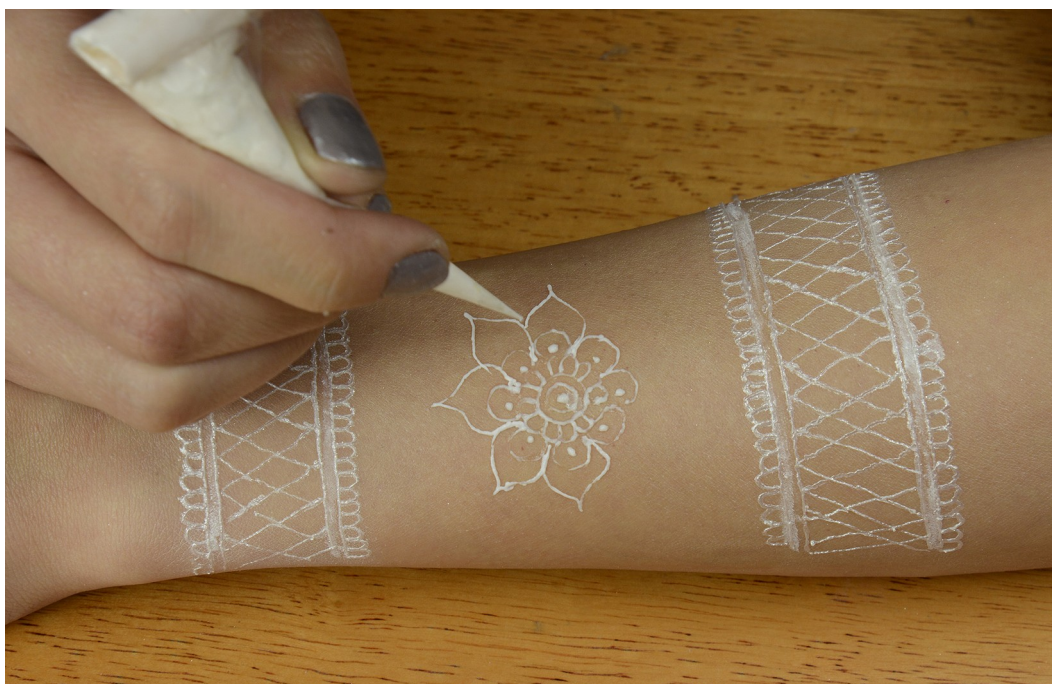


If the 'white henna' gets dry and sticky at the tip of the cone, wipe the cone tip with an alcohol swab so the paste will flow smoothly again. Then, draw some more patterns.



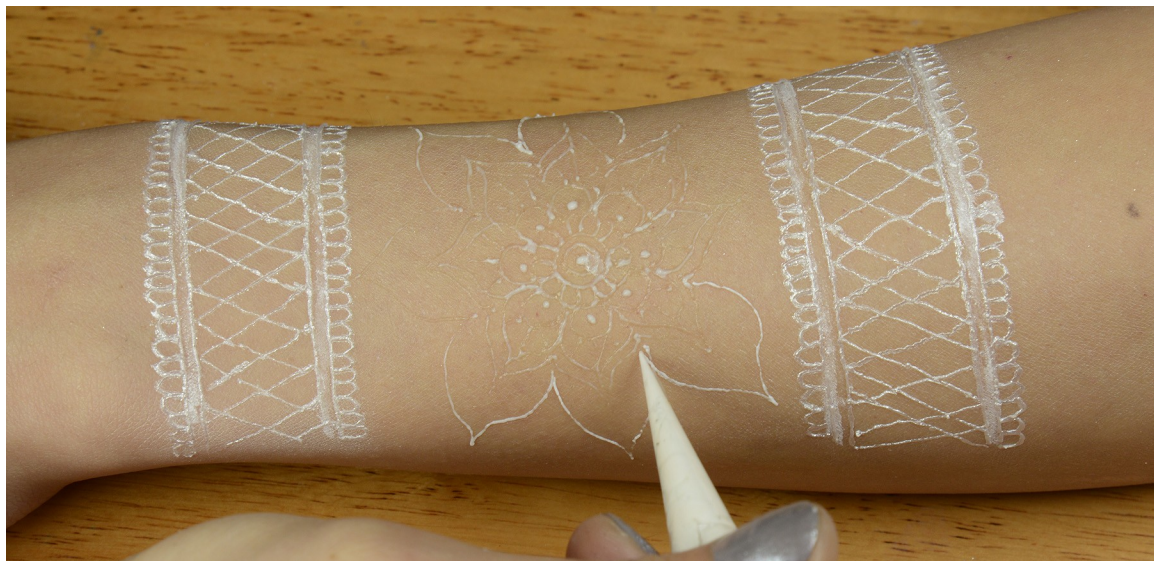


Make a flower. Start in the middle. Make it bigger.





Keep working from the center outwards to keep the pattern symmetrical.





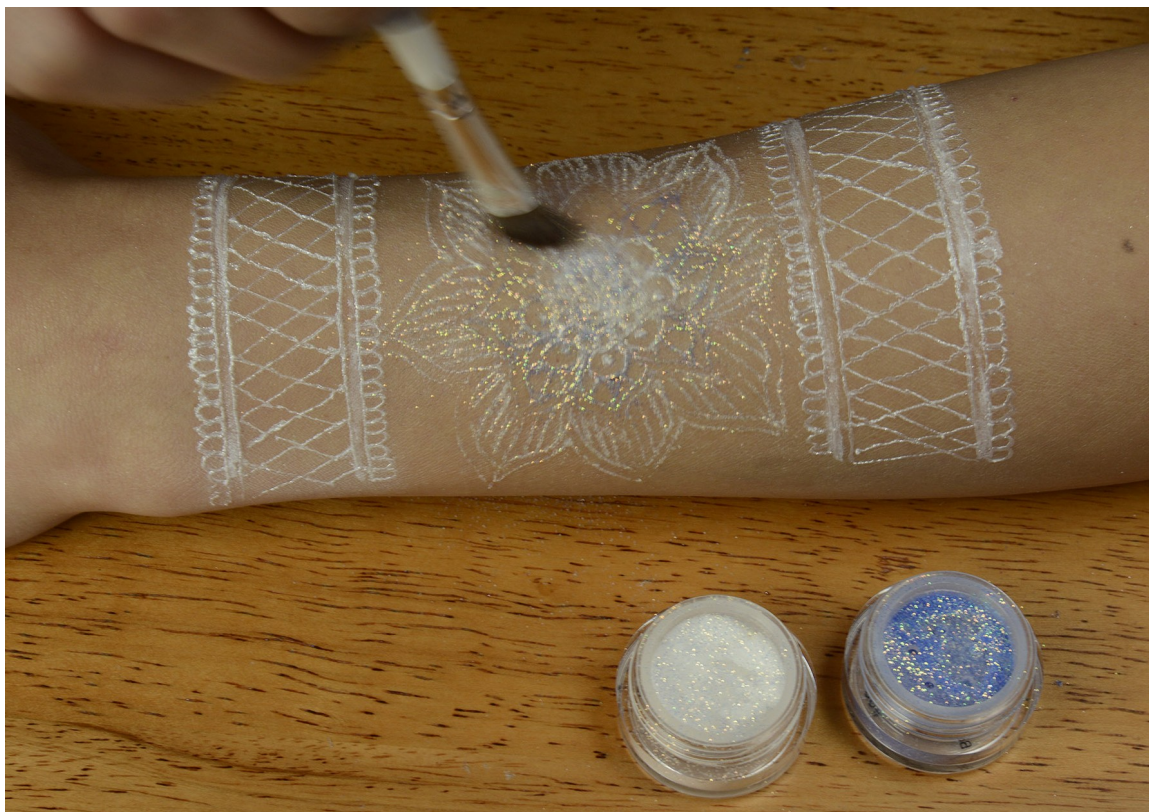
When the paste becomes translucent or clear, it will be dry enough to seal with gilding powder or glitter. If you apply two colors of gilding powder or glitter at the same time, the colors will blend.





These two different colors of glitter are applied onto the pattern for a shaded effect.





Brush glitter or gilding powder over the entire pattern to seal the 'white henna' so it will be waterproof and no longer sticky.





Add small 'fill' patterns. When the 'white henna' has dried enough to become translucent, brush glitter or gilding powder over the patterns; use a different color for contrast if you wish. If you accidentally touch the brush to 'white henna' that hasn't dried enough, and the bristles get sticky, rinse the brush with isopropyl alcohol (surgical spirits) and wipe it dry before you continue.





Brush away excess glitter with a big soft brush. Begin 'crown' and 'base' patterns for your arm band.





Use less patterning on the wrist because that skin will flex and stretch as the wrist moves. 'White henna' will stay longer on skin which stays still such as the area further up the forearm.





When the 'white henna' on these new areas becomes translucent, they will be dry enough to apply gilding powder or glitter.



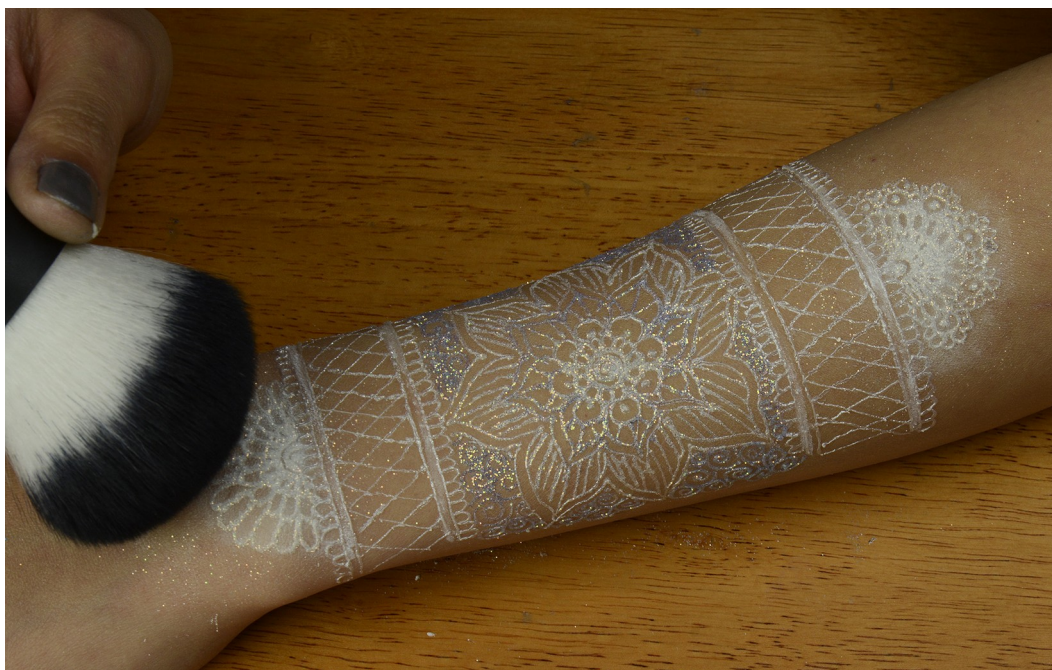


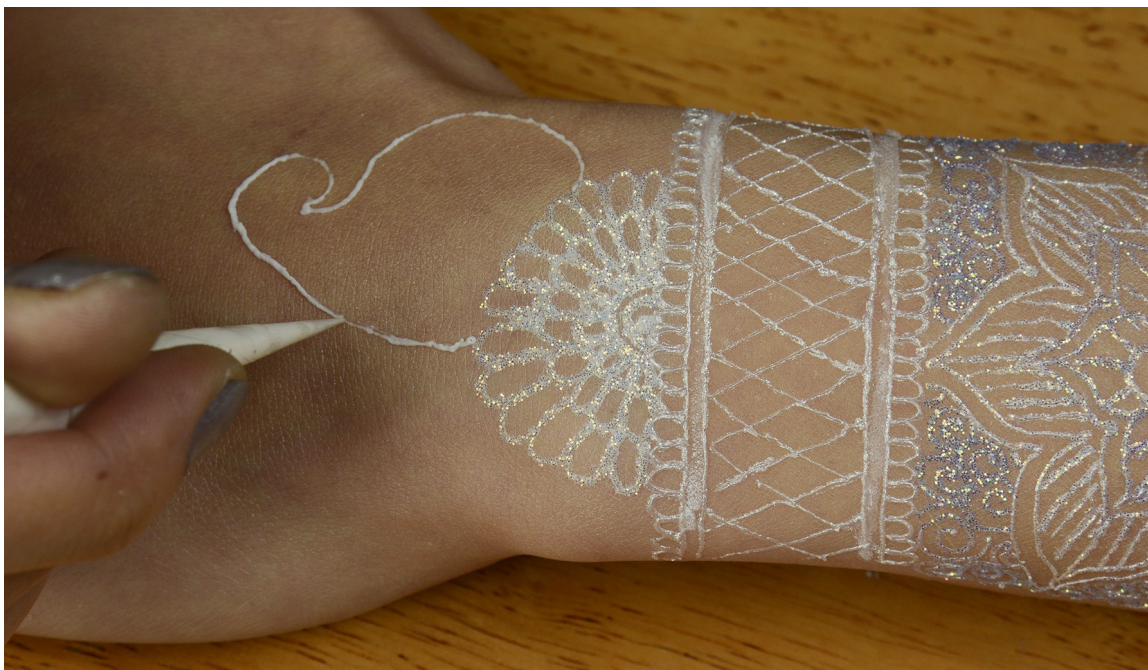
When you apply 'white henna' in sequential sections, you can apply different colors of gilding powder and glitter, and the colors will be separate and distinct. If you apply different colors to the same section at once, they will blend.



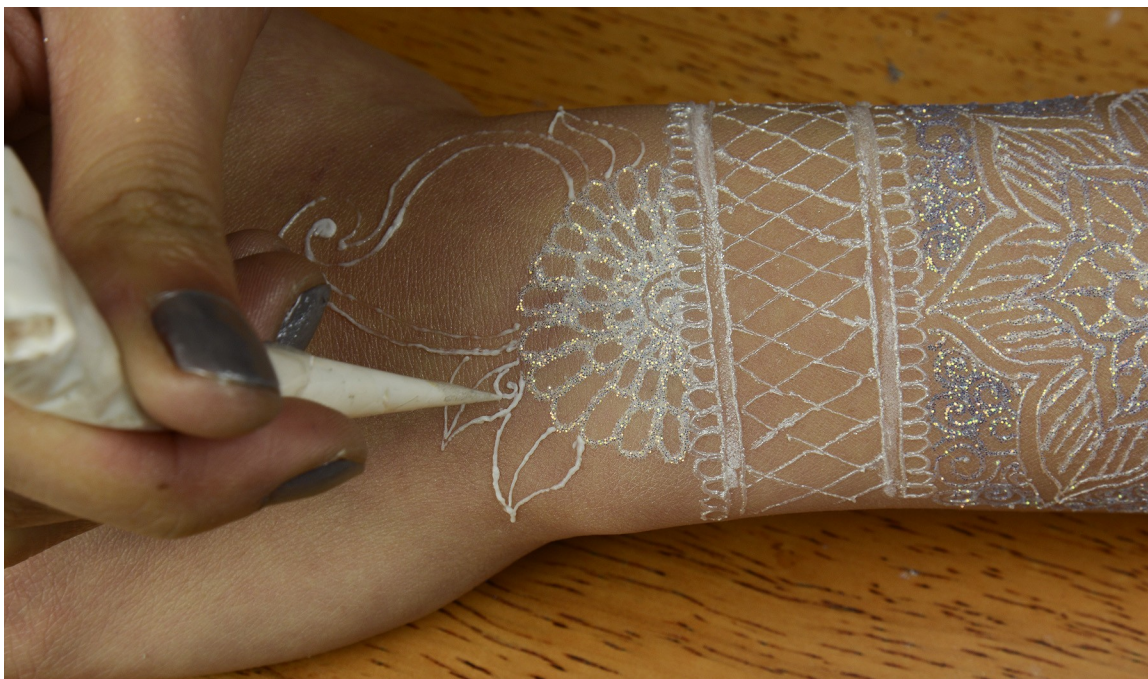


When the 'white henna' has dried long enough to be translucent, brush gilding powder or glitter over the surface to seal it, then brush away the excess.





‘White henna’ on the wrist and hand will not last as long as ‘white henna’ on the forearm. If you design your pattern so that you can remove sections of the pattern as they wear off while leaving other sections of the pattern up higher on the arm, you can enjoy your ‘white henna’ longer. The ‘white henna’ pattern on the hand and wrist will probably wear off in two days because the hand flexes, and is being washed frequently. The pattern on the arm will probably last for five days.





Outline your patterns and then fill in with detail. Extend the pattern towards the fingers.





The 'white' henna will become translucent in about ten minutes, depending on the thickness of the line. Add more to the top of the pattern while you wait for the lower part to finish drying.





When the 'white henna' has dried enough to be translucent, brush gilding powder or glitter over surface to seal it.





Brush away the excess with a big soft brush. Do the same to the top part of the patten when the 'white henna' has become translucent.





Completely cover the pattern to seal the 'white henna' and make it waterproof, then brush away the excess.



You're done!



Take care of the pattern just as you would take care of a Band-Aid®. Don't scrub the pattern when you wash; just let water run over it. Don't pick at the pattern. Show off your pattern and sparkle!



We have only worked with 'white henna' since 2012, and so far, these body adhesive pastes seem to last a year in a jar and at least six months in a cone. Keep your paste at room temperature. Do not freeze! This paste turns into a hard lump if frozen, and that lump cannot be reconstituted.



You're Beautiful! Celebrate!

Your pattern will last about five days, or up to ten days if you take very good care of it. When you want to remove the pattern, rub over it with the sticky side of scotch tape. The tape will remove the paste.

Get started!

Here are some simple ‘white henna’ patterns to get you started. These are designed to look best on upper arms, shoulders, backs, chest, and legs. Position the pattern where tight clothing will not rub against it. Place the pattern on skin that is not hairy; shave if necessary. Removing Becoming Moonlight® Gilding paste is like removing a Band-Aid from hairy skin. Always practice on yourself before you book paying customers.⁵ This is similar to, but not identical to working with traditional henna.



⁵ I wouldn't say this if there weren't so many people who book clients before they realize there's a difference between henna and 'white henna' and have an unfortunate incident. Practice before you promise.





