

Permission Slip for Henna Program

Dear Parent or Guardian,

The History of Henna and Mehndi class to be presented uses a substance known as Henna. Henna will temporarily stain the skin. This decorative body art form has been practiced for thousands of years in India, the Middle East, parts of Northern & Eastern Africa, and Southern Asia. This program will teach participants the basics of henna design, application and safety.

Henna is shrub like plant, known scientifically as *Lawsonia Inermis*. Lawsonia Inermis is commonly called "henna" in Arabic and "mehndi" in Hindi. The henna powder is mixed with natural ingredients, such as lemon or lime juice. Essential oils like Lavender, Clove, Cajeput and Eucalyptus are often added to henna pastes to intensify the darkening effect of the henna. The paste is applied to the skin in traditional or modern designs; then left on the skin for at least an hour to overnight. Once the paste is removed, the stain will be bright orange, gradually deepening to either a burgundy, brown or black colored stain. The design can last on the skin anywhere from 1 to 6 weeks. Please note, that although henna is temporary on skin, it will stain clothing. Please dress appropriately for participation in this program.

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Please turn in form before program begins.

Child's Name \_\_\_\_\_

Address \_\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_

Parent or Guardian's Signature \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Alternate or emergency phone number \_\_\_\_\_

\*By signing this form, you allow henna to be applied to the attendee's skin and you absolve the instructor, the facility and the host of any damages to clothing or allergic reactions that may occur with henna use. Henna by Helen (Helen Rogers) has not, nor will ever use "black henna" and does not condone the use of the PPD additive in any henna formula, as it is an extremely dangerous chemical and can cause severe health and safety issues.