

**Do you know what is in your  
beauty products?**



On week 301 we would like to introduce you to Paula Begoun. If you are the kind of person that likes to know what is in the ingredients of what you eat, use on your skin or anywhere on you or family members and pets, you would love to meet Paula

Begoun. She has a site where you can find out what the ingredients of most of the products on the market contain.

I personally like to know what the cosmetic industry says is really what they say it is or if I can avoid harsh chemicals that after time and time of usage may be working against my wellbeing and the wellbeing of the actors that I apply these products on.

She is very accurate and has lots of integrity, let's read what she has to say, and if you need to check a product you can use the links we provided and get your own answers and enjoy the whole site.

Have fun and share, don't forget to like us on Social media. If you do it makes a huge difference in the world of Blogs and popularity to have sponsors thank you for your help from all of us at [isabelsbeautyblog.com](http://isabelsbeautyblog.com).

**Great site for information, it is a must!**

## Who is Paula?

Paula Begoun is the creator and tremendous innovative force behind Paula's Choice skin care and cosmetics company. Her very informative website includes reports on skin care and links to video demos, is [Cosmetics Cop](#). She is the author of 18 best-selling books including *Don't Go to the Cosmetics Counter Without Me*, *Blue Eyeshadow Should Be Illegal*, *The Original Beauty Bible*, and *Don't Go Shopping for Hair-Care Products Without Me*. Paula's books have sold more than 2.5 million copies worldwide WOW no joke!

Her hard work as a nationally-recognized consumer expert for

the cosmetics industry has led her to the repeat appearances on CNN, as well as programs such as Oprah, The Today Show, 20/20, Dateline NBC, The View, and Dr Oz and many International interviews.

## Paula's Story: In Her Own Words

### Paula:

From the very beginning of my career, my goal has been to help women find products that will give them the skin they've always wanted for myself and at the same time educate them—whether you use Paula's Choice products that I developed and formulated or those from other brands. I have the unique distinction of being the only cosmetics company founder in the world who recommends products other than my own as long as they are safe to use.

I created Paula's Choice as the result of my own frustrations when I was a young teenager trying to find products for my problem skin and then, later in life, for wrinkles and skin discolourations and the challenges that came with maturing. My complexion was a mess and, so many of you, the skin-care products I used either didn't help or made matters much worse.

Paula's Choice is a really comprehensive selection of skin-care and select makeup products that meet my very strict criterion for excellence based only on what published research shows is effective and safe to use. My products are guaranteed to exceed your expectations.

I have provided state-of-the-art formulas that are always fragrance-free, ecologically responsible, and never, never tested on animals I make sure of that. I like to invite you to let my many years of research and acquired knowledge benefit your skin and your whole persona. With Paula's Choice, healthy, youthful, radiant skin is a result you can count on!

In the early 1990s, Paula started work with a team of cosmetic chemists to develop her own line of skincare and cosmetics. Her products offer results based on published, her proved research and her extensive research of the cosmetic industry provided her with the expertise necessary to develop these formulations. In 1995, Paula Begoun started selling her products online. This led to some consumers to question the objectivity of her product reviews. She responds to these concerns, she claims that Paula's Choice is one of the only companies that recommends products other than their own.

Begoun remains a consultant for dermatologists, plastic surgeons, major cosmetics companies, news and industry insiders with great results. She positions herself as an internationally recognized authority and consumer advocate for the cosmetics and hair-care industries and routinely appears on news and talk shows, including *CNN*, *Oprah*, *The Dr Oz Show*, and *The View*. to mention a few

If you are looking for the latest information on product ingredients and safety [Cosmetics Cop](#) will take you for a journey that not only connect you to your power that is to choose what you pay for and what is in the products you consume, pretty powerful if you ask me, we wish for all of you to skim the milk sort of speak in the sense that what product companies tell you it may not be so much of the bottom line, and you the consumer have the right to know, don't you think? so here we go.



Paula Begoun

with Bryan Barron  
and the Paula's Choice Research Team



# Don't go to the cosmetics counter without me.

9th Edition

A unique, professionally sourced guide to thousands of skin-care and makeup products from today's hottest brands. Shop smarter, look beautiful, and discover which products really work.

Over 3 million copies sold!

# Don't Go to the Cosmetics Counter Without Me by Paula Begoun

This book helps women find products that make them look great without spending a fortune. From drugstores and home shopping to department stores and catalogs, Paula Begoun and her team review the hottest skin-care and makeup products major cosmetic and skin-care lines. Regardless of the price tags, there are good and bad products in almost every line and with the turn of a page, readers can get concise reviews and fast answers in this completely revised edition. A user-friendly rating system makes it easy to find items worth trying. Paula also includes skin care basics and tips on which ingredients to look for so you get the results you want.

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**PAULA BEGOUN**

The Cosmetics Cop

Best-selling Author of  
*Don't Go to the  
Cosmetics Counter Without Me*

# The Original Beauty Bible

Unparalleled Information for  
Beautiful and Younger Skin  
at Any Age



**3rd EDITION** Completely Revised and Updated

## [The Original Beauty Bible: Skin Care Facts for Ageless Beauty](#)

The all-new third edition of *The Original Beauty Bible* is Paula Begoun's most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through marketing hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic surgeon, and apply makeup like a pro. It provides the latest research and information on every imaginable cosmetic innovation, with a special emphasis on skin-care ingredients, and explains the pros and cons of all types of cosmetic surgery and corrective procedures in an engaging, easy-to-understand style. Covering the most critical topics in beauty in a factual, no-holds-barred manner, and packed with money-saving tips, *The Original Beauty Bible* affirms Begoun's reputation as "The Ralph Nader of Rouge." For readers of all ages, it's the ultimate guide to smart beauty.

## [Ingredient Dictionary from Paula's Choice](#)

## [Ratings according to Paula's Choice](#)

# ACRYLATES/DIMETHICONE COPOLYMER









## **GOOD**

Silicone-enhanced film-forming agent. Also, functions as a binding agent so products adhere better to skin. See [film-forming agent](#)

A large group of ingredients typically found in hair care

products, but that also are widely used in skin care products, particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

**It creates the gloss for skin care,  
makeup and hair products**

**ACRYLATES/STEARETH-20 METHACRYLATE  
COPOLYMER**



## GOOD

A synthetic polymer that blends steareth-20 with one or more forms of methacrylic acid. Functions as a thickening agent. See [thickening agent](#)

Substances that can have a soft to hard wax-like texture or a creamy, emollient feel, and that can be great lubricants.

There are literally thousands of ingredients in this category that give each and every lotion, cream, lipstick, foundation, and mascara, as well as other cosmetics products, their distinctive feel and form. The various combinations of thickeners play a large role in whether or not you prefer one product over another.

Is absorbent, adhesive, artificial nail builder, binder, haircare emulsion stabilizer, film former, Hair fixative, suspending agent- nonsurfactant, viscosity increasing- aqueous, it gives the emollient feel.

## What is the term ACTIVE INGREDIENT?

### GOOD

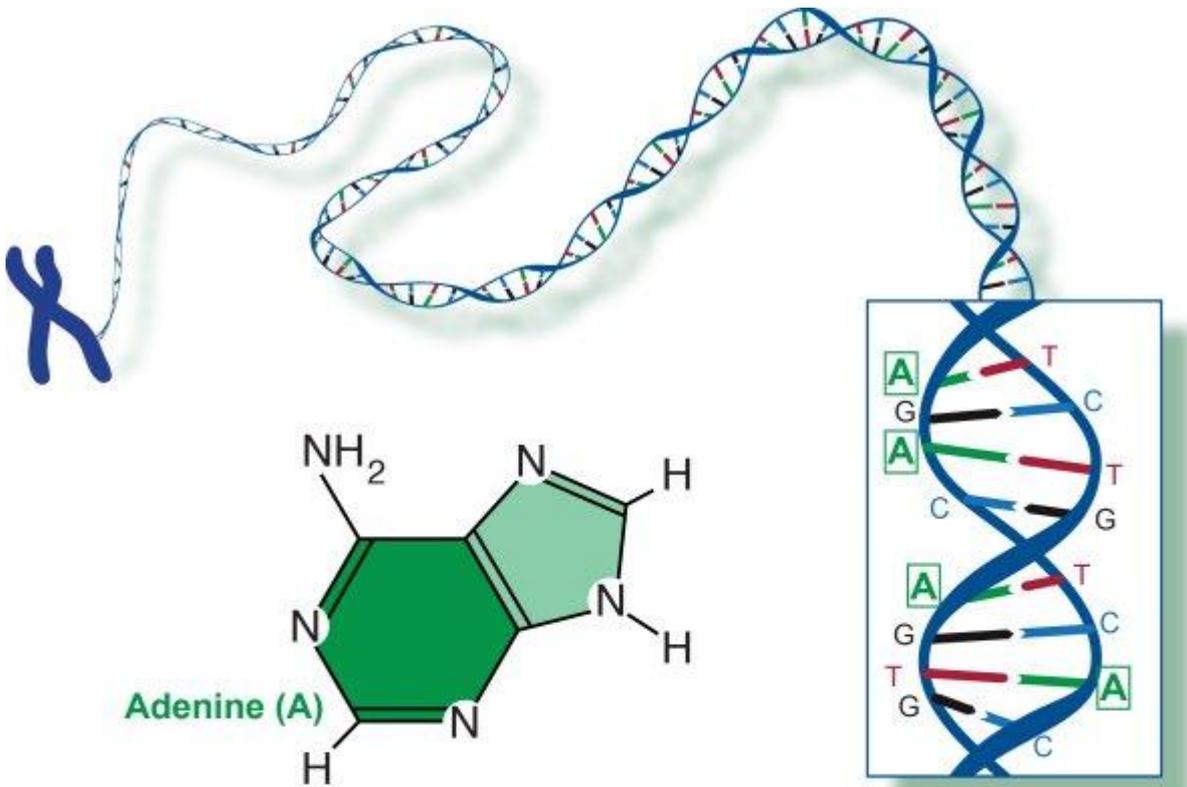
An ingredient in a cosmetic, a drug, or a pharmaceutical product that is considered to have a pharmacological effect. when we refer to cosmetics, the effects on the skin must be documented by scientific evaluation, approved by the FDA, and follow the FDA regulations. The amount and exact function of each active ingredient must be approved by the FDA after the documentation is turned in. Active ingredients include such substances as sunscreen ingredients, skin-lightening agents, and anti-acne ingredients such as sulfur and benzoyl peroxide and many other that have a claim. The FDA also specifies that the most active ingredient list must be shown first on a product label. See [inactive ingredient](#)

# ADENINE









**GOOD**

Component of DNA that carries genetic information to the cell.  
See [DNA](#)

DNA is the abbreviation for deoxyribonucleic acid. DNA is found in all of our cells. It is the primary component of genes— genes are the means by which cells transmit hereditary characteristics to us. DNA is the basis for all genetic structure ; DNA components include adenine (A), guanine (G), thymine (T), and cytosine (C). It is the mapping of these substances that makes up the genetic code of all human traits and all our cellular functions. And also DNA is the genetic material that is required for all cellular division and growth. Including Assuming that added DNA has any value in a skin-care product is pointless because it cannot affect a cell's genetic elements at all. The formation of DNA is a complex process within the cell that requires a multitude of proteins and enzymes for it to have an effect on the body's genetic material. It is also doubtful that you would want to ever put anything on your skin that could affect genetic material don't you think? quite dangerous, particularly via a cosmetic for which there are no safety or efficacy regulations I wouldn't give it a chance. Beyond that, any successful attempt to affect what DNA does would potentially create a significant risk of side effects.

According

to:<http://pubchem.ncbi.nlm.nih.gov/compound/adenine#section=Pharmacology>

Adenine (sometimes known as vitamin B4) combines with the sugar ribose to form [adenosine](#), which in turn can be bonded with from one to three [phosphoric acid](#) units, yielding AMP, [ADP](#) and [ATP](#) . These adenine derivatives perform important functions in cellular metabolism. Adenine is one of four nitrogenous bases utilized in the synthesis of nucleic acids. A modified form of [adenosine monophosphate \(cyclic AMP\)](#) is an important secondary messenger in the propagation of many

hormonal stimuli. Adenine is an integral part of the structure of many coenzymes. Adenosine (adenine with a ribose group) causes transient heart block in the AV node of the heart. In individuals suspected of suffering from a supraventricular tachycardia (SVT), adenosine is used to help identify the rhythm. Certain SVTs can be successfully terminated with adenosine.

**ADIPIC ACID/NEOPENTYL GLYCOL/TRIMELLITIC ANHYDRIDE COPOLYMER**



## **GOOD**

synthetic polymer. See [film-forming agent](#)

A Large group of ingredients typically hair care products, but that also are widely used in skin care products, particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on the skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

Like Glycerine it binds and adds moisture.

## ADVANCED GLYCATION END PRODUCT



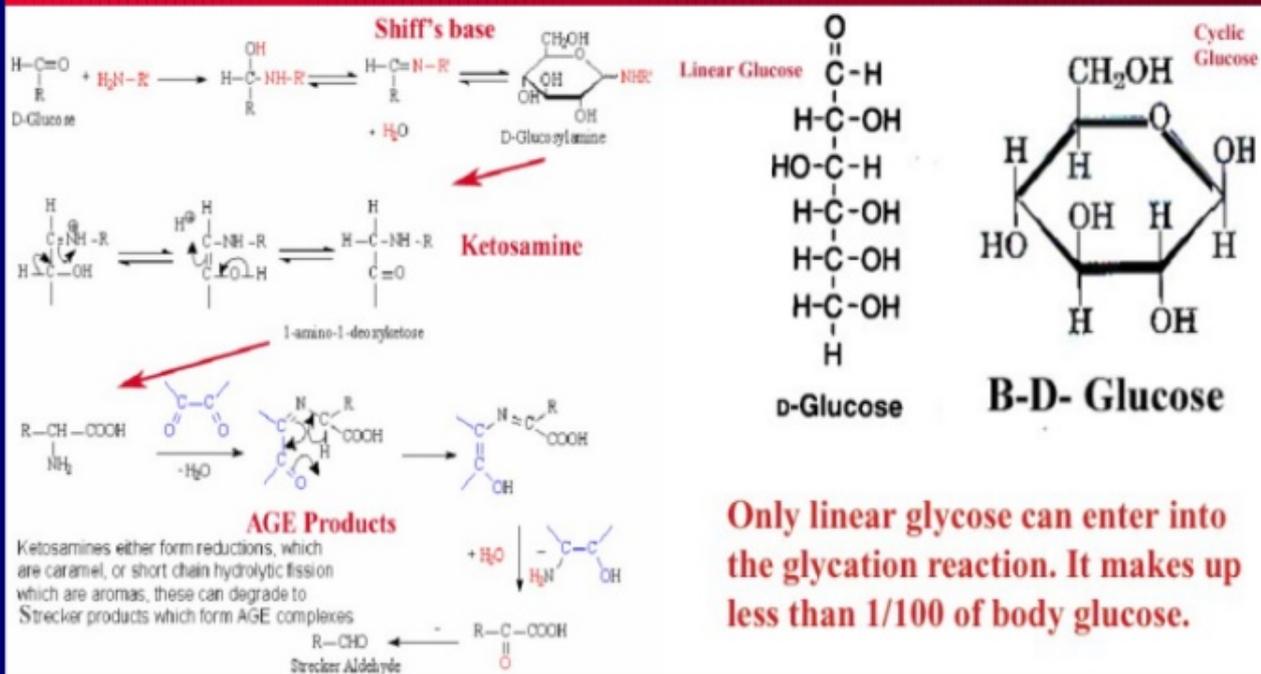
### **POOR**

Advanced glycation end products, also known as AGEs, are caused by the body's major fuel source, namely glucose. This simple sugar is essential for energy, yet it also can bind strongly to proteins (the body's fundamental building blocks) and form abnormal structures (AGEs) that progressively damage tissue elasticity. The glucose itself isn't damaging, it's what happens when glucose transforms into AGEs that's the problem. Refined sugar from our diets is a major source of AGEs, and more research is revealing a diet high in sugar causes the body to age faster Wow! we knew that sugar was bad

for are health now we know to what extent and that includes a high glycemic index so think about fast food!!! (Source: *Cosmetics & Toiletries*, June 2011, pages 438–444).

Once AGEs are generated, they begin a process that prevents many systems from behaving normally by literally causing tissue to cross-link and become hardened (Source: *Proceedings of the National Academy of Sciences*, USA, March 14, 2000, pages 2809–2813). In skin, this damage occurs to collagen and elastin, the chief ingredients responsible for skin's firmness and ability to bounce back when stretched. AGEs also cause inflammation within the body, which is believed to play a widespread role in how we age and become more prone to disease.

# Advanced Glycation End Products (AGE)



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The theory is that by breaking these AGE bonds you can undo or stop the damage they cause. There are studies showing aminoguanidine and carnosine to be AGE inhibitors that can prevent glucose cross-linking of proteins and the loss of elasticity associated with aging and diabetes, but many other

substances are potential candidates as AGE-inhibitors as well.

One study examined over 92 substances and 29 of them showed some degree of inhibitory activity, with 9 compounds proving to be 30 to 40 times stronger than aminoguanidine (Source: *Molecular Cell Biology Research Communications*, June 2000, pages 360–366). Carnosine, in particular, is considered a very good inhibitor of AGEs.

AGEs and free-radical damage may be inextricably linked (Sources: *European Journal of Neuroscience*, December 2001, page 1,961; and *Neuroscience Letters*, October 2001, pages 29–32), but none of this has been shown to have relevance when it comes to topical application of these substances when they are included in cosmetics.

It is possible in the future that skin-care products will be formulated with ingredients proven to effect the formation of AGEs when applied topically. For now, eating a low sugar diet rich in antioxidants and anti-inflammatory ingredients is the best approach.

## **AEROCARPUS SANTALINUS**



## **POOR**

See [red sandalwood](#)

Has a phytoestrogen component (Source: *Phytochemistry*, March 2000, pages 605–606), but can also be a skin irritant (Source: *Contact Dermatitis*, January 1996, page 69).

When used externally, Sandalwood oil or Sandalwood paste (made from mixing water with Sandalwood powder) has a calming, cooling effect on body and mind. It helps relieve fever and

burns and stops excessive sweating. In general, it relieves Pitta dosha and helps balance the body after overexposure to the sun. The oil or the paste can help heal skin diseases such as infectious sores, ulcers, acne, and rashes. Sandalwood powder helps smooth and cool the skin and can be made into a paste, lotion or soap for cleansing, calming and hydrating sensitive or aging skin. Sandalwood acts as a disinfectant, diuretic, expectorant and sedative. It is bitter, sweet, astringent and cooling. Sandalwood balances the circulatory, digestive, respiratory and nervous systems. –

The Sultan of Mysore declared Sandalwood to be a royal tree in 1792. Every Sandalwood tree is still under the protection and ownership of the Indian government today, even when grown on private land. The individual who owns the land receives 75% of the proceeds in return for planting and protecting the tree until it reaches maturity. Due to an increased demand in medicines, perfumes, and cosmetics that contain Sandalwood oil, and due to the decreased availability as smugglers cut down trees and export them illegally, prices have skyrocketed in recent years. At this time it is illegal to export the wood from India, although the oil can be exported.

See more  
at: <http://www.mapi.com/ayurvedic-knowledge/plants-spices-and-oils/sandalwood-is-sacred.html#gsc.tab=0>

**AESCULUS HIPPOCASTANUM**



**GOOD**

See [horse chestnut extract](#)

May have anti-inflammatory properties for skin. Taken orally, it has been shown to reduce edema in the lower leg by improving the elastic tissue surrounding the veins.

From: <http://www.herbwisdom.com/herb-horse-chestnut.html>

## Horse Chestnut Benefits

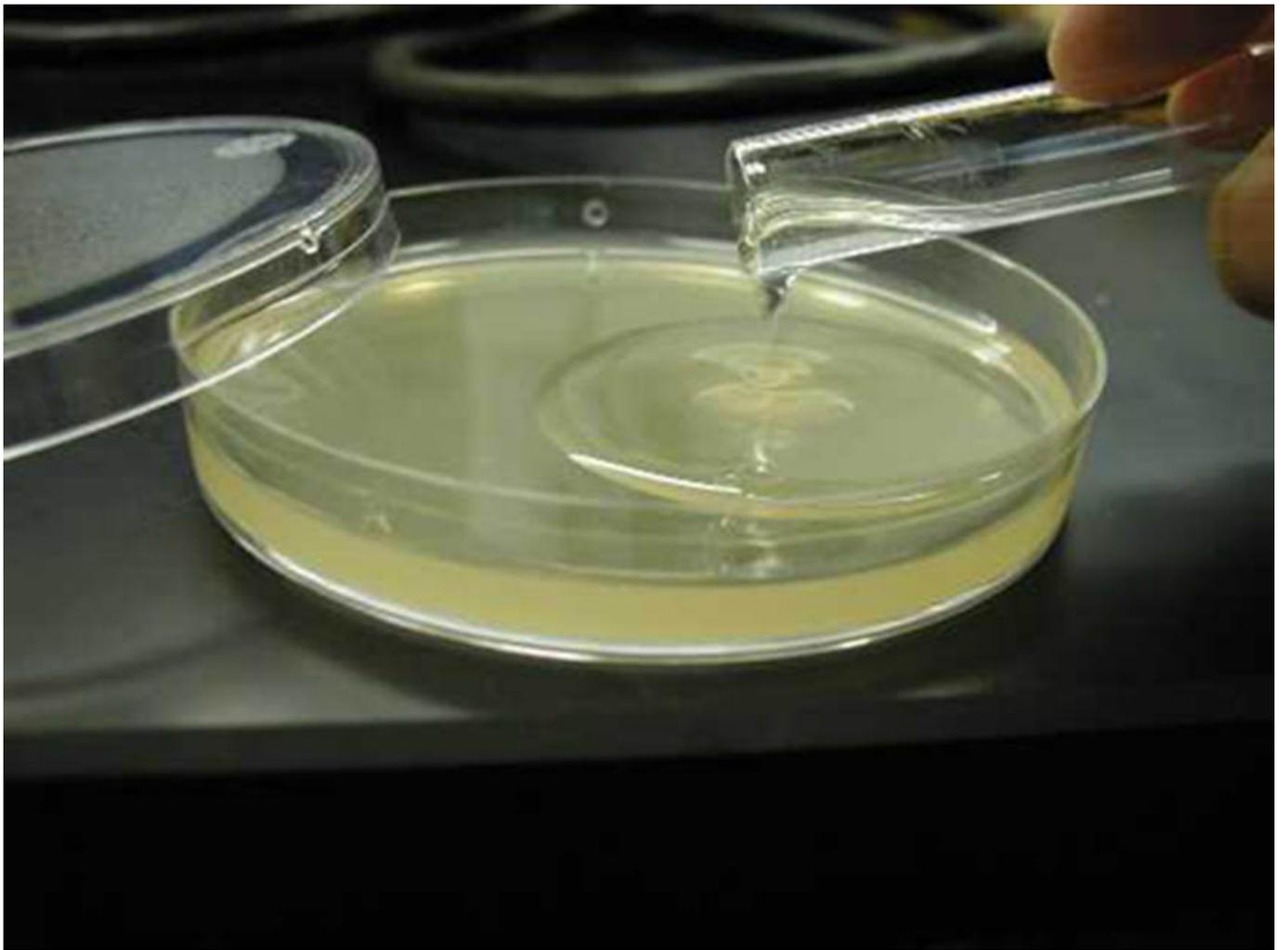
Horse chestnut (*Aesculus hippocastanum*) is a traditional remedy for leg vein health. The tree is also commonly known as horse chestnut or conker tree. It tones and protects blood vessels and may be helpful in ankle edema related to poor venous return. Utilized extensively throughout Europe as an anti-inflammatory agent for a variety of conditions, in addition to being used for vascular problems. The plant is taken in small doses internally for the treatment of a wide range of venous diseases, including hardening of the arteries, varicose veins, phlebitis, leg ulcers, hemorrhoids, and frostbite.

Horse chestnut is an astringent, anti-inflammatory herb that helps to tone the vein walls which, when slack or distended, may become varicose, hemorrhoidal or otherwise problematic. The plant also reduces fluid retention by increasing the permeability of the capillaries and allowing the re-absorption of excess fluid back into the circulatory system.

The seeds are decongestant, expectorant, and tonic. They have been used in the treatment of rheumatism, neuralgia, and hemorrhoids. A compound of the powdered roots is analgesic and has been used to treat chest pains. Extracts of the seeds are the source of a saponin known as aescin, which has been shown to promote normal tone in the walls of the veins, thereby improving circulation through the veins and promoting the

return of blood to the heart.

**AGAR**



**GOOD**

See [algae](#)

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function.

According

to:<http://www.webmd.com/vitamins-supplements/ingredientmono-80-agar.aspx?activeingredientid=80&activeingredientname=agar>

Agar is a plant and one of the uses is for making medicine.

People take agar to lose weight, especially in Japan. In Japan, agar is called "kanten," and it is the main ingredient in "the kanten plan" or "the kanten diet."

Agar is also used to treat diabetes and constipation.

In dentistry, agar is used to make dental impressions.

In manufacturing processes, agar is used as an ingredient in emulsions, suspensions, gels, and certain suppositories.

### **Here is how it works**

Agar contains a gel-like substance that bulks up in the gut. This stimulates the intestines and creates a bowel movement. That's why agar is commonly used as a laxative.

Agar's bulking effect also explains its use for weight loss. Agar tends to make people feel full, so they might stop eating earlier than they otherwise would. Some people think this reaction will lead to weight loss. But so far, there is no reliable scientific evidence that supports this weight loss theory.

## **AGARICUS BISPORUS EXTRACT**



## **GOOD**

An extract of mushroom that is thought to help regulate skin cell production by inhibiting cell growth, particularly for use in psoriasis, but research in this regard is mixed (Sources: *Free Radical Research*, January 2006, pages 31-39;

and *British Journal of Dermatology*, January 1999, pages 56-60). Internally, there is research showing it can inhibit the growth of breast cancer cells and colon cancer cells (Source: *Cancer Research*, October 1993, pages 4627-4632).

According

to: <http://www.medicalmushrooms.net/agaricus-bisporus-common-mushroom/>

*Agaricus Bisporus* has substantial amounts of Vitamin D which is good for your health. Eating the mushroom raw is discouraged because of the presence of carcinogenic hydrazine derivatives, albeit in small quantities. These unhealthy derivatives are reduced significantly by cooking.

This mushroom contains Potassium and Sodium too. The body requires potassium in the processing of carbohydrates and proteins in different ways to build muscle. It also plays a role in how the heart works. It also regulates the acid-base and contributes to the overall health of the body. Apart from the *Agaricus Bisporus* mushroom, potassium is also present in meats, fish, soy, and vegetables. Potassium is a necessity in the body and therefore its deficiency can cause different diseases. When potassium falls short, blood pressure slightly rises, the heart beats get abnormal and the body muscles feel weak.

*Agaricus bisporus*, more commonly known as the white button mushroom, is one of the oldest and most popular fungi in the Western diet. It is regularly added to salads, stir-fries, pasta, sauces, soups, pies and breakfasts. It is cultivated around the world for culinary purposes. In addition to its own unique flavor, eating this mushroom may provide important health and nutrition benefits when made a regular part of the diet. History Human beings have been consuming white button mushrooms since Ancient times. According to Dr. Michael Murray and Dr. Joseph Pizzorno, authors of "The Encyclopedia of Healing Foods," ancient Egyptians believed that the *Agaricus*

bisporus species of mushrooms held the key to immortality, while Ancient Romans revered the mushroom as one of the foods of the gods. During the 1600s, the French began to cultivate Agaricus bisporus, using dark underground tunnels beneath Paris that are still used for mushroom growing today. Cultivation of mushrooms began in the United States during the 1800s.

In addition to the nutritional benefits of this mushroom, it may have useful medicinal properties that support health and well-being. In a study published in "BMC Complementary and Alternative Medicine" in 2011, researchers studied the effects of Agaricus bisporus on human immune cells in vitro. Agaricus bisporus significantly stimulated immune activity, specifically cytokines and enzymes that are responsible for inflammation. Researchers concluded the medicinal value of Agaricus bisporus was likely due to the carbohydrate-based chemicals called mannogalactans. Because this research was performed in laboratory cells, more clinical research is required to confirm the effects of these mushrooms in humans. However, eating Agaricus bisporus regularly may have a health effect on your immune defenses.

See more  
at: <http://www.livestrong.com/article/509382-facts-about-agaricus-bisporus/>

**AGE SPOTS**



## **AVERAGE**

Once referred to as liver spots, these brown skin discolorations are also not related to age, any more than they are to the liver. The skin can develop brown patches for many reasons, but the characteristic small ones on the hands, arms,

chest and face are caused by sun damage. These are possible indications of precancerous conditions and should be watched carefully for changes.

Age spots – also called liver spots and solar lentigines – are flat tan, brown or black spots. They vary in size and usually appear on the face, hands, shoulders and arms – areas most exposed to the sun.

According

to: <http://www.healthline.com/health/age-spots#Causes2>

### What Causes Age Spots?

Age spots are the result of an excess production of melanin, or skin pigment. Doctors don't always know why age spots develop. Skin aging, sun exposure, or other forms of ultraviolet (UV) light exposure, such as tanning beds, are all possible causes. You're most likely to develop age spots on the areas of your skin that receive the most sun exposure, including:

- your face
- the back of your hands
- your shoulders
- your upper back
- your forearms

# AGRIMONIA EUPATORIA LEAF EXTRACT



**AVERAGE**

Research shows this plant extract inhibits the hepatitis b virus and has antioxidant properties. Whether or not it has a benefit when applied topically is not known. There is no research showing it to be effective for cellulite. (Sources: *Phytotherapy Research*, April 2005, pages 355-358 and *Journal of Ethnopharmacology*, January 2005, pages 145-150)

According

to:<http://www.medicalhealthguide.com/herb/agrimony.htm> we highly recommend you to check the site is amazing information on studies of this plant

Scientific Name: Agrimonia Eupatoria (LINN.)

Other Names: Agrimony, Agrimone, Agrimonia, Agrimonia eupatoria, Aigremoine, Church Steeples, Cockeburr, Cocklebur, Da Hua Long Ya Cao

Agrimonia, (Agrimonia Eupatoria) commonly called as agrimony, is a flowering plant of the rose family, native to the temperate regions of Northern America, Europe, and Asia. Its name agrimony came from the Greek word Agermone meaning healing to the eyes and Eupatoria from Mithridates Eupator, a Pontus king famous for having invented a complex 'universal antidote' against poisoning. Thus agrimony from whence its name was derived, has long been valued as an important herbal medicine through the ages. Agrimony was once considered a panacea or "all-heal" for illnesses.

Early Greeks used agrimony for the treatment of eye disorders and brewed leaves and seeds are used to treat stomach disorders such as diarrhea and irritable bowel movement.

Agrimony concoction is also used in ancient Greece for the treatment of kidney, liver and gall bladder problems.

During the middle ages, agrimony was used to treat wounds to promote healing.

In Austria, agrimony was used to treat respiratory ailments, liver, kidney and bile problems.

In ancient Northern Europe, it was used as an antidote for poison and snake bites.

In Northern America, Indians used agrimony for fever, ague, and gastrointestinal problems.

Agrimony was used as an astringent to treat skin eruptions, sores, pimples, and wounds. A decoction is mixed to the bath to wash the skin.

Extract from agrimony mixed with oil was used to treat gout and arthritis. A decoction is likewise drunk with wine is said to relieve the symptoms.

Culpeper, a noted English herbalist in mid- 17th century wrote about agrimony being used as a healing herb both for external and inward wounds. Agrimony mixed in baths was used to heal skin wounds and sores while a decoction of agrimony taken internally, sometimes with wine may heal bruises, hurts, and discomfort.

Agrimony is also used as a gargle to improve bad breath, cure sore throat and drunk to relieve a cough.

Herbalists from the 17th century including John Gerard recommended the use of agrimony for the treatment of jaundice or diseases of the liver.

### **Antibacterial And Free Radical Scavenging Activity Of The Seeds Of Agrimonia Eupatoria.**

In a study done in Phytopharmaceutical Research Laboratory, School of Pharmacy, The Robert Gordon University, Schoolhill, Aberdeen, Scotland, UK, the n-Hexane, dichloromethane and methanol extracts of the seeds of Agrimonia eupatoria have been assessed for antibacterial and free radical scavenging activity.

**AHA**



## **BEST**

Acronym for **alpha hydroxy acid**. AHAs are derived naturally from various plant sources and from milk, but 99% of the AHAs used in cosmetics are synthetically derived. In low concentrations (less than 3%), AHAs work as water-binding

agents. At concentrations greater than 4% and in a base with an acid pH of 3 to 4, these ingredients can exfoliate skin cells by breaking down the substance in skin that holds skin cells together.

The most effective and well-researched AHAs are glycolic acid and lactic acid. Malic acid, citric acid, and tartaric acid may also be effective, but are considered less stable and less skin-friendly; there is little research showing them to have benefit for skin.

AHAs may irritate mucous membranes and cause irritation. However, AHAs have been widely used for therapy of photodamaged skin, and also have been reported to normalize hyperkeratinization (over-thickened skin) and to increase viable epidermal thickness and dermal glycosaminoglycans content, all of which lead to younger-looking skin.

There is a vast amount of research that substantially describes how the aging process affects the skin and that demonstrates that many of the unwanted changes can be improved by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of the skin, and because this layer imparts some minimal sun protection for skin, there is a risk of increased sun sensitivity when using an AHA. However, wearing a sunscreen daily eliminates this risk.

**Note:** AHAs are of little benefit when added to rinse-off products, as their contact with skin is too brief for them to function as exfoliants or absorb into the skin.

# AHNFELTIA CONCINNA EXTRACT



**GOOD**

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants. For example, the phycocyanin present in blue-green algae has been suspected of allergenicity and of causing dermatitis on the basis of patch tests.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function, it isn't the miracle ingredient it's often made out to be.

## **AJUGA TURKESTANICA EXTRACT**









**AVERAGE**

The only research about this plant indicates that it may have anabolic steroid properties (Source: *Eksperimental'naya i Klinicheskaya Farmakologiya* [from a Russian scientific journal], May 1997, pages 41–44). There is no other research showing this to be of benefit for skin.

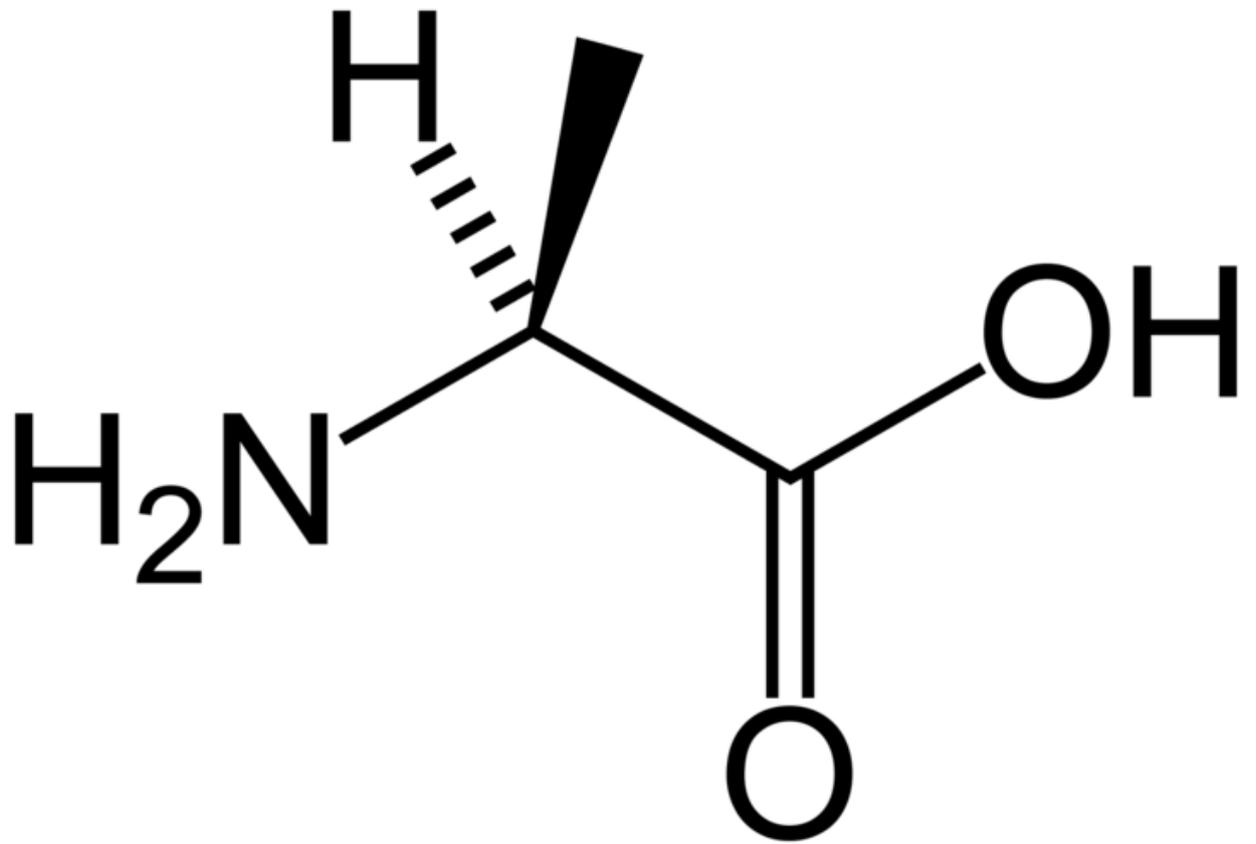
According

to:<http://www.naturalcompounds.org/Featured-Extracts/Ajuga-turkestanica.html>

### **Traditional Use and Activity**

A plant is used in the treatment of heart disease, muscle aches, and stomach problems. Plant extracts and isolated compounds possess a broad spectrum of biological, pharmacological and medicinal properties, such as anabolic, analgesic, antibacterial, antiestrogenic, antifungal, anti-inflammatory, antihypertensive, antileukemic, antimalarial, antimycobacterial, antioxidant, antipyretic, cardiogenic, cytotoxic, hypoglycemic, and vasorelaxing activity. The extract is offered for stimulation of aquaporins – for human skin hydration in cosmetology. The plant has hepatoprotective properties.

**ALANINE**



GOOD

See [amino acid](#)

Fundamental constituents of all proteins found in the body, such as alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine. Some of these amino acids can be synthesized by the body; others (known as essential amino acids) must be obtained from protein in the diet.

In skincare products, amino acids act as water-binding agents, and some have antioxidant properties and wound-healing abilities as well. Amino acids can be combined with other ingredients that have cell-communicating ability to work in unison to fight wrinkles and other signs of aging.

**ALARIA ESCULENTA**



**GOOD**

***Alaria esculenta*** is an edible seaweed, also known as **dabberlocks** or **badderlocks**, or **winged kelp**. It is a

traditional food along the coasts of the far north Atlantic Ocean. It may be eaten fresh or cooked in Greenland, Iceland, Scotland, and Ireland. It is the only one of twelve species of *Alaria* to occur in both Ireland and in the Great Britain.

According to: <http://www.aubrey-organics.com/custom.aspx?id=91>

Aubrey® has always been the leading manufacturer of natural skin care products. Although there are many petrochemical-laden anti-aging products on the market today, Aubrey® is committed to educating the public on healthy, natural alternatives. *Alaria Esculenta*, a type of nutrient-rich kelp, has many anti-aging and firming properties. *Alaria Esculenta* grows mainly in the Northern Atlantic. It is known for its long, golden-brown fronds, and its unique ability to withstand harsh waves. It is found just beneath the surface of the water and is known around the North Atlantic region for its nutritional value.

*Alaria Esculenta* extract is a clinically proven, effective ingredient for use in natural anti-aging products, and can be found in Aubrey®'s Revitalizing Night Crème and Revitalizing Moisturizer.

**ALBUMIN**



## **POOR**

Found in egg white, and can leave a film over the skin. It can constrict skin temporarily, which can make it look smoother temporarily, but it can also cause irritation and is not helpful for skin.

According to:<https://en.wikipedia.org/wiki/Albumin>

The **albumins** (formed from Latin: *albumen* "(egg) white; dried egg white") are a family of globular proteins, the most common of which are the serum albumins. All the proteins of the albumin family are water-soluble, moderately soluble in concentrated salt solutions, and experience heat denaturation. Albumins are commonly found in blood plasma and differ from other blood proteins in that they are not glycosylated. Substances containing albumins, such as egg white, are called *albuminoids*.

A number of blood transport proteins are evolutionarily related, including serum albumin, alpha-fetoprotein, vitamin D-binding protein and afamin

**By Donna Swartzendruber, MSN, RN, CNN**

Albumin is the most common protein found in the blood. It provides the body with the protein needed to both maintain growth and repair tissues.

## **ALCHEMILLA VULGARIS**

### **POOR**

Plant with antimicrobial properties. Its high tannin content can cause skin irritation (Source: *Journal of Ethnopharmacology*, July 2000, pages 307–313).

According

to:<http://www.webmd.com/vitamins-supplements/ingredientmono-654-alchemilla.aspx?activeingredientid=654&activeingredientname=alchemilla>

Alchemilla is a herb. The parts that grow above the ground are used to make medicine.

Alchemilla is used for stomach problems, mild diarrhea, diabetes, water retention, swelling (inflammation), and muscle spasms. Some people use it as a gargle for sore mouth and throat.

Women use alchemilla for heavy or painful menstrual periods or for symptoms of menopause.

Some people apply alchemilla directly to the skin to stop bleeding; improve wound healing; or treat ulcers, eczema, or skin rashes.

## ALCLOXA

### **POOR**

More technically known as aluminum chlorhydroxy allantoinate, alcloxa has constricting properties that can be irritating for skin.

# ALCOHOL









## VERAGE

“Alcohol,” the term, refers to a group of organic compounds with a vast range of forms and uses, in cosmetics and in other areas. For skin, there are good alcohols and bad alcohols, corresponding roughly to high-molecular-weight alcohols and low-molecular-weight alcohols, respectively, as we explain below. When fats and oils are chemically reduced, they become less dense fatty alcohols (like cetyl alcohol), which can have emollient properties or act as detergent cleansing agents. There also are benign forms, including glycols, which are used as humectants to help deliver ingredients into the skin.

Alcohols with low molecular weights—the bad-for-skin alcohols—can be drying and irritating. The alcohols to be concerned about in skincare products are **ethanol or ethyl alcohol, denatured alcohol, methanol, isopropyl alcohol, SD alcohol, and benzyl alcohol** (when one or more of these are listed among the main ingredients; tiny amounts aren't a problem).

In addition to being drying and irritating, these alcohols can generate free-radical damage and disrupt skin's protective barrier. Alcohol helps ingredients like retinol and vitamin C penetrate into the skin more effectively, but it does that by breaking down the skin's barrier—destroying the very substances that keep your skin healthy over the long term.

Alcohol immediately harms the skin and starts a chain reaction of damage that continues long after it has evaporated. A 2003 study published in the Journal of Hospital Infection found that with regular exposure to alcohol-based products, cleansing becomes a damaging ordeal—skin is no longer able to keep water and cleansing agents from penetrating into it, thus further eroding the skin's barrier.

There is actually a significant amount of research showing denatured alcohol (ethanol) causes free-radical damage in skin

even at low levels. Small amounts of alcohol on skin cells in lab settings (about 3%, but keep in mind skincare products use amounts ranging from 5% to 60% or greater) over the course of two days increased cell death by 26%. It also destroyed the substances in cells that reduce inflammation and defend against free radicals, and actually caused more free-radical damage.

If that weren't bad enough, exposure to alcohol causes skin cells to self-destruct. The research also showed that these destructive, aging effects on skin cells increased the longer the exposure to alcohol; that is, two days of exposure was dramatically more harmful than one day, and that is only a 3% concentration.

When alcohol ingredients are at the top of an ingredient list, they are problematic for all skin types; when they are near the bottom of an ingredient list, they aren't present in a high enough concentration to be considered a problem for skin.



## Eminence Organics Clear Skin Probiotic Moisturizer

Eminence Organics Clear Skin Probiotic Moisturizer (2oz)

brings clarity to oily, acne-prone skin with powerful probiotics that remove acne-causing dirt, debris, oil, and bacteria while restoring balance to the skin for a long-lasting clear complexion.



## [Eminence Organics Calm Skin Starter Set](#)

The Eminence Organic Calm Skin Starter Set is the perfect way to try the amazing brightening products of Eminence Organics. Including a one-month supply of the brightening cleanser, moisturizer, masque, and serum, this skin care kit has everything you need to soothe irritated skin and reduce sensitivity.



## ReFa 0 STYLE

Using drainage pro movement, ReFa 0 Style increases the vitality and energy of the skin for improved vibrancy and a more radiant complexion.



## [YoungBlood Mineral Primer](#)

Lightweight, quickly absorbing, and translucent, Youngblood Mineral Primer primes and treats your skin for beautiful

makeup application and enhanced dermatologic health.



## Copper Bodum Chambord Milk Frother

Designed by Bodum, this electricity-free frother creates café-style foam to top your favorite coffee drinks and hot cocoas. Fill the glass with cold milk and use the plunger to double the volume of milk froth in just seconds, or heat the carafe in the microwave to create hot foam.



## Bodum Chambord Copper 8-Cup French Press Coffee Maker

An elegant new version of the original French press designed

by Bodum in the 1950's, our Chambord coffee maker is still the simplest and best way to brew the perfect cup of coffee. Its sophisticated design features a shiny copper-plated steel frame and lid.

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## **Henna History Tips, Tutorials, and Videos**

**Henna History Tips,**

# Tutorials, and Video

On week 300 we have a really fun post with lots of expert information about a form of art that is used in many countries including the USA. It is lots of fun and beautiful when it is well done. So here we go, we did extensive research on it and we wish for you to enjoy it, please share so other people can have fun also.

We would like to thank you for all your faithful visits and appreciation we truly are grateful for it without it wouldn't be a blog, from all of us at Isabel's Beauty Blog.



**WHAT IS HENNA?**



Henna (*Lawsonia Sienna*), also called henna tree is a flowering plant.

The English name "henna" comes from the Arabic حِنَّاء (ALA-LC: ḥinnā') or colloquially حنّال, loosely pronounced /hinna/.

Henna is a tall shrub or small tree, 2.6 m high. It is glabrous, multi-branched with spine-tipped branchlets. Leaves are opposite, entire, glabrous, subsessile, elliptical, and broadly lanceolate (1.5–5.0 cm x 0.5–2 cm), acuminate, having depressed veins on the dorsal surface. Henna flowers have four sepals and a 2 mm calyx tube with 3 mm spread lobes. Petals are obovate, white or red stamens inserted in pairs on the rim of the calyx tube. an Ovary is four-celled, style up to 5 mm long and erect. Fruits are small, brownish capsules, 4–8 mm in diameter, with 32–49 seeds per fruit, and open irregularly into four splits.

The henna plant is native to tropical and subtropical regions of Africa, southern Asia, and northern Australasia in semi-arid zones. Henna's indigenous zone is the tropical savannah and tropical arid zone, in latitudes between 15° and 25° N and S from Africa to the western Pacific rim, and produces highest dye content in temperatures between 35 °C and 45 °C. During the onset of precipitation intervals, the plant grows rapidly; putting out new shoots, then growth slows. The leaves gradually yellow and fall during prolonged dry or cool intervals. It does not thrive where minimum temperatures are below 11 °C. Temperatures below 5 °C will kill the henna plant. Henna is commercially cultivated in Morocco, Algeria, Yemen, Tunisia, Libya, Saudi Arabia, Egypt, India, Iraq, Iran, Pakistan, Bangladesh, Afghanistan, Turkey, Somalia, and Sudan. Presently the Pali district of Rajasthan is the most heavily cultivated henna production area in India, with over 100 henna processors operating in Sojat City.

## The Origin of Henna







<http://hennacolorlab.com/what-is-henna/>

The name henna also refers to the dye prepared from the henna plant and the art of temporary tattooing based on those dyes. Henna has been used for centuries to dye skin, hair, and fingernails, as well as fabrics including silk, wool, and leather.

Henna was used for cosmetic purposes in the Roman Empire, Convivencia-period Iberia, and Ancient Egypt, as well as other parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East and South Asia. It can be found in other hot climates like Pakistan, India, and Australia. There is very persuasive evidence that the Neolithic people in Catal Huyuk, in the 7th millennium BC, used henna to ornament their hands in connection with their fertility goddess.

The use of Henna in the 4th-5th centuries in the Deccan of western India is clearly illustrated on Bodhisattvas and deities of cave wall murals at Ajanta, and in similar cave paintings in Sri Lanka. The evidence proves henna usage in India seven centuries before the Moghul invasion, and hundreds of years before the inception of the Islamic religion, which began in the mid-7th century AD. – in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

See <http://hennaartconnection.com/history-of-henna#sthash.NHW0pNle.dpuf> more at

The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures

below 50F degrees. It also grows better in dry soil than damp soil. The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The flowers are fragrant, produced in conical panicles 10-40 cm long, each flower 5 mm diameter, with four white petals. The fruit is a dry capsule 6-8 mm diameter, containing numerous 12.5 mm seeds. The henna plant contains lawsone which is a reddish-orange dye that binds to the keratin (a protein) in our skin and safely stains the skin. The stain can be from pale orange to nearly black depending on the quality of the henna and how well one's skin takes it. A good henna, fresh from hot & dry climates, will stain the darkest.

There are several places where you can look for henna: Indian, Islamic, Middle Eastern, or Moroccan aromatherapy or specialty body care shops, some organic and natural pigment supply companies carry it. When you wish to buy Henna several things you should check for the first one is to make sure that the product is for the skin not for the hair. Henna for hair is often chemically treated and includes tiny bits of leaves instead of the fine powder that is needed to pass through the small tip of a mehndi applicator. You must not grind the Henna or sift it you lose a great percentage of your product is a waste of time and money.

Quality control is crucial in this search due to some products can fail to leave any stain at all, some products that were opened, expired, half used or not even in the container!

## Here is what to look for:

That the bag is not open at all, check the expiration date on the box and that has not been corrected ( that actually happens, or if the box says Black Henna that product is not what you want. even if the pictures on the container are black

that doesn't mean that the Henna is black.

If you want to purchase Henna in bulk, this product sold like this way usually comes in three colors: Black which usually is for the hair, and will not leave any mark on the skin, neutral, which is made to leave as little as color possible is not intended for Mehndi; Red, which is what is what you want, usually the store will tell you that all of it is fine, not so much at all.

The Henna powder for Mehendi should be as fine as talc powder, sometimes maybe little twigs or bits of leaves if your intention is to do fine delicate designs get the best fine quality. The Bulk Henna sold, for the most part, has got 30% to sometimes 60% of products that will have to discard or use to dye the hair. Bulk Henna quality varies dramatically.

## TIP:

In a Hindu store, the advantage is that is used for common ailments as well as cosmetic purposes. Get a small amount and test it at home.

A fresh top quality Henna will be very fragrant, like a fresh herb. The color will be green and sometimes amber or brown. This should not be mistaken for neutral Henna, which is always pale brown in color. There is no such a thing as truly black Henna. Sometimes Henna stains from pale orange to deep rust or sienna.

Henna paste dries black as it is drying the skin and the paste still on, so the photographs you see are taken before the paste was removed, if you happened to get a very strong henna it will stain a blackish color the reason for that is the red color deepens to black but soon enough you will see the blackish color fading to red. The fine detail is more likely to keep the black shade and that is usually due to multiple applications or leaving the paste on the skin longer time with the proper heat, anything else involves harsh chemicals added

to the Henna.

Henna comes in different shades but not in different colors, in if you find that in the market the product you are seeing got substances added to the recipe, by Loretta Roome recommends finding a strong natural Henna begin learning recipes and application techniques.

Most Henna that is readily available on the market is treated, on the box it may say 100% pure Henna, read the ingredients, because they do not specify what happened to it before it was packaged. This kind of product will have a very strong artificial odor and will look gray they usually contain turpentine, kerosene, or clove oil which for most people is too strong and can cause a skin reaction, is always recommended to do a small patch test. Most of the products manufactured in the States are extremely overpriced and filled with unnecessary fillers, with cheap applicators, stencils, oils, and clutter, and some cases are no Henna at all !!! great.

A decent 1 pound costs about \$12.00 so if you are paying more than that for three ounces you are over paying.

I several ingredients that are used to make Mehndi paste one of them is black tea, like Ceylon black, works great, dark coffee to like the kind that you find in Middle Eastern stores, do not purchase flavored coffee or light beans it won't work, Tamarind, is very popular in Indian, Latin, and Asian stores, is a fruit and usually sold dried, the cost is, usually about \$3 dollars a pound, ( use it for skin masks due to the fact that contains natural AHA which renews skin in an amazing way and way cheaper than the products sold in a bottle with no so pure AHA), the fruit from the Dominican Republic is too light in color. Tamarind also comes in concentrate form which is good to use too. In these stores, you can find clove, mustard oil, and eucalyptus oil. Make sure that they are essential oils in tinted glass bottles.

The same with pre-made pastes sold in cones or tubes, the reality is that real quality Henna only last fresh two to four

days premixed, the premixed have very harsh preservatives that can react on your skin very different than real pure Henna, you can order Henna that is already mixed you have to be prepared to pay more for overnight shipping, is a number of reliable places that you can order from [Loretta Roome](#) shares these reliable sources.

## Let's talk tools from Loretta Roome suggestions:

She suggested the Jacquard bottle for the applicator and you can locate it in an art supply store along with items used for dyeing or batik. They are half ounce plastic bottles, with metal tips sold separately in three sizes with .09, .07, .05 centimeters opening, you will need to make cones to fill your Jacquard bottles. she shares other ways to do this in her book [The Timeless Art of Henna Painting](#)

## Jacquard bottles







**Cone applicators for Mehndi**







## Basic ingredients:

Henna  
Tea  
Coffee  
Spring Water or Distilled Water  
Lemons  
Sugar

## Optional Ingredients

Eucalyptus Oil  
Mustard Oil  
Cloves  
Okra  
Tamarind  
Garlic  
Pepper  
Orange Blossom Water  
Cardamom  
Black Walnut Hulls ( Ground )  
Fenugreek Seeds  
Pomegranate

## Basic Tools

Cone or Bottle (with tip)  
Scissors  
Scotch Tape  
Tea Strainer with handle  
Ceramic, Glass, or Wooden Bowl  
Wooden or Plastic Spoon  
Lemon Squeezer or Reamer  
Flat Toothpicks  
Cotton in balls or strips  
Heavy duty clear plastic drop cloth or freezer bags

Cotton swabs

## **Miscellaneous Items Loretta Roome recommends**

Coal

Incense

Cosmetic Makeup Applicators

Pumice Stone

Loofah, fiber cloth or Mitt

Candles

Heating Pad or Hair dryer

Plastic wrap

Gauze

## **Here Loretta Roome shares Resource Guide:**

Color Trends

5129 Ballard Ave. NW

Seattle, Washington 98107

206-789-1065

Reshma Henna

Shelly Mehndi powder Kaveri Enterprises

Sada Bahar Dulhan Mehndi red

Green color Henna

Amber color Henna

## **Different color Hennas**

**Green Henna most used:**



## Amber Henna:



For body decorations, the leaves of the henna plant are dried, crushed into a fine powder, and made into a creamy paste using a variety of techniques. This paste is then applied to the skin, staining the top layer of skin only. In its natural state, it will dye the skin an orange or brown color.

Although it looks dark green (or dark brown depending on the henna) when applied, this green paste will flake off revealing an orange stain. The stain becomes a reddish-brown color after 1-3 days of application. The palms and the soles of the feet stain the darkest because the skin is the thickest in these areas & contain the most keratin. The farther away from hands and feet, the henna is applied, the lesser the color.

The face area usually stains the lightest. The designs generally last from 1-4 weeks on the skin surface depending on the henna, care, and skin type.

Henna works on all skin types and colors. It looks just as beautiful on dark skin as light skin but because some people skin may take the dye better than others, it can look more prominent on one and not as much on another (even lighter skin). But nevertheless, henna is a symbol of beauty, art, and happiness and is meant for EVERYONE!



Because henna acts as a sunblock, there is an added benefit to having henna designs in the summer. For those who love to get a tan, It leaves tan lines! In order to benefit from this, it is best to get a henna design, let its natural color stay on for 3-5 days and then go and get a tan. This way you can

enjoy the natural henna color on your body, the henna color with the tan, and then tan lines in the shapes of the design (once the henna fades away)! The tan lines last as long as the actual tan!

Various shades are procured by mixing henna with the leaves and fruit of other plants, such as indigo, tea, coffee, cloves, and lemon. The resulting paste is often used as a hair dye.

When used in decorative body art, sugar and oil are also added to the mixture to strengthen the color and longevity of design.

The earliest civilizations to have used henna include the Babylonians, Assyrians, Sumerians, Semites, Ugaritic, and Canaanites. The earliest written evidence that mentions henna specifically used as an adornment for a bride or woman's special occasion is in the Ugaritic legend of Baal and Anath, inscribed on a tablet dating back to 2100 BC, found in northwest Syria. Henna has also been used extensively in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

Because henna has natural cooling properties, people of the desert, for centuries, have been using henna to cool down their bodies. They make a paste of henna and soak their palms and soles of the feet in it to get an air conditioning effect. They feel its cooling sensation throughout the body for as long as the henna stain remains on their skin. Initially, as the stain faded away, it left patterns on the skin surface which led to ideas to make designs for decorative purposes. In the ancient Egyptian time, mummies wore henna designs and it is documented that Cleopatra herself used henna for decorative purposes.

Henna was not only a popular adornment for the rich but the poor, who could not afford jewelry, used it to decorate their bodies as well.

From the deserts of North Africa of northern India, magnificent designs blossom and vanish upon hands and feet of women. Most commonly associated with romantic love and the ritual of marriage, henna designs are an integral part of bridal adornment in Hindu, Moslem, and Sephardic traditions now.

## **HENNA IN THE WEST**



## HENNA IN THE WEST



Today people all over the world have adopted the ancient traditions of adorning their bodies with the beautiful natural

artwork created from the henna plant. It became a very popular form of temporary body decoration in the 90's in the US and has become a growing trend ever since. Celebrities like Madonna, Gwen Stefani, Yasmine Bleeth, Liv Tyler, Rihanna, and many others proudly adorn their bodies with henna and show them off in public, movies, videos, etc. People throughout the west have adopted the eastern tradition in their lives by having their hands and feet painted for weddings, bellies painted while in pregnancy, heads adorned with henna while going through chemotherapy, scars camouflaged to make them unnoticeable, etc. Most commonly associated with romantic love and the ritual of marriage, Henna designs are an integral part of bridal adornment.

Mehndi is an art form that traditionally has been practiced exclusively by women. In North Africa, Asia, the Middle East, or any Indian or Moslem community, you will find women who decorate themselves with Henna. It is taught and practiced largely in the oral tradition, with recipes and patterns passed from one generation to the next. But while Mehndi retains an aura of festivity and well-being, it remains a sacred practice intended not just to beautify the body but to invite grace and good fortune into one's home, one's marriage, and one's family. It is a kind of Talisman, a blessing upon the skin.

## CULTURAL

Henna is used for many reasons including self-expression; a celebration of special occasions like weddings, holidays & birthdays; inspiration; reminders; beauty; cosmetic treatments; medicinal uses; blessings & well-being; to be part of an ancient tradition; and an alternative or precursor to a

tattoo.

Henna painting in its purest form is largely improvisational and intuitive. Ancient symbols and motifs are subject to the whim and imagination of the artist, and great emphasis is put on the singularity and originality of each interpretation.

This art has always involved a relationship of the personal and the traditional, spreading slowly from one culture to another over thousands of years and taking on a new meaning with each rebirth. Now we become a part of this new evolution and we can discover for ourselves what Mehndi brings to our lives today, I am grateful for the opportunity, to leave something this old with my contribution.

Today, brides prefer to have their henna done prior to the Mehndi night so that they can enjoy the festivities and also have a deeper stain by the wedding day.

Tradition holds that for as long as the henna stain appears on the bride, she doesn't have to do any housework! Also, the darker the stain the better the marriage and the better the mother-in-law will be! So you can imagine why the bride would want the stain to come out dark and last as long as possible! How about that ladies? something to play with aside from the Henna.

## **Traditional Wedding Henna**



**White wedding Henna**



Henna was used for cosmetic purposes in the Roman Empire, Convivencia-period Iberia, and Ancient Egypt, as well as other parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East, and South Asia. It can be found in

other hot climates like Pakistan, India, and Australia. The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures below 50F degrees. It also grows better in dry soil than damp soil.

The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The flowers are fragrant, produced in conical panicles 10-40 cm long, each flower 5 mm diameter, with four white petals. The fruit is a dry capsule 6-8 mm diameter, containing numerous 12.5 mm seeds.

The henna plant contains lawsone which is a reddish-orange dye that binds to the keratin (a protein) in our skin and safely stains the skin. The stain can be from pale orange to nearly black depending on the quality of the henna and how well one's skin takes it. A good henna, fresh from hot & dry climates, will stain the darkest.

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having henna designs in the summer. For those who love to get a tan, It leaves tan lines! In order to benefit from this, it is best to get a henna design, let its natural color stay on for 3-5 days and then go and get a tan. This way you can enjoy the natural henna color on your body, the henna color with the tan, and then tan lines in the shapes of the design (once the henna fades away)! The tan lines last as long as the actual tan!

Various shades are procured by mixing henna with the leaves and fruit of other plants, such as indigo, tea, coffee, cloves, and lemon. The resulting paste is often used as a hair dye.

When used in decorative body art, sugar and oil are also added to the mixture to strengthen the color and longevity of design.

While henna is known by many names including Henne, Al-Khanna, Jamaica Mignonette, Egyptian Privet, and Smooth Lawsonia, the art of its application is referred to as Henna (Arabic) or Mendhi (Hindu).

According to:<http://www.islamicmedicine.org/henna.html>

## MEDICINAL PROPERTIES

Henna is considered an herb and has long been known to have healing qualities. It is used topically and usually not ingested or inhaled. In ancient times it has been applied to the skin surface for such ailments as headaches, stomach pains, burns applied to a burn area for first and second degree burns decreases pain and fluid loss from the burn site (including sunburns), open wounds and ulcers, warts especially on the warts which are resistant to cryo (Nitrogen liquid ) It help to heals fissures and cracks in the foot and reduce foot

infection., as a fever reducer, athlete's foot and even the prevention of hair loss Herpes Simplex it dries the vesicles at the site early. It is also a sunblock and has been used on the noses of animals to prevent sunburn. Another use of henna would be to apply it to goatskin bags after they have been salt-cured. It "insect-proof" or "moth-proofs" the bags by making the skin poisoned or inedible.

Used as an antiseptic and as an astringent, it is often applied to bruises and sprains, as well as boils, burns, and even open wounds!!! caution is suggested here consult your health provider. It is used to treat ringworm and headaches, sweaty hands, burning feet, and athlete's foot. Because of the cooling effect, it has on the skin, a ball of Henna paste is placed I the hand of a fevered child in order to bring the temperature down. An extract derived from putting Henna leaves in boiling water is used as a gargle to alleviate and get rid of a sore throat, and taken internally to act as a tonic and to help stomach pains.

The Bark of the Henna plant is used to treat jaundice, enlargement of the Spleen and various skin diseases. It is also used as a deodorant since its cooling effect prevents perspiration.

<http://www.islamicmedicine.org/henna.html>

## TRADITIONS

Henna is traditionally used for special occasions like holidays, birthdays and weddings in Africa, Pakistan, India, and the Middle East. The most popular of the traditions is the Mehndi (henna) Night where the bride, her family, relatives, and

friends get together to celebrate the wedding to come. The night is filled with games, music and dance performances that may have been rehearsed for months prior to the event by those closest to the bride while the bride gets extensive henna patterns done on her hands and feet that go to her elbows and sometimes, knees. The bridal patterns can take hours and are often done by multiple henna artists. The guests will usually receive small designs (tattoos) on the backs of their hands as well.

Today, brides prefer to have their henna done prior to the Mehndi night so that they can enjoy the festivities and also have a deeper stain by the wedding day.

Tradition holds that for as long as the henna stain appears on the bride, she doesn't have to do any housework! Also, the darker the stain the better the marriage and the better the mother-in-law will be! So you can imagine why the bride would want the stain to come out dark and last as long as possible!

Another link can be found in the poetry and folklore of India, where Mehndi is often referred to as love juice.

Mehndi marks a rite of passage, in a woman's life. In classical Indian tradition, there is no formal ceremony at the time of puberty to celebrate the young girl's coming of age Mehndi is there for associated with the sexual initiation into womanhood, as well as the union of husband and wife.

It is associated with transformation and transcendence.

Ceremonial painting is considered sacred work, and beautification a form of worship.

Mehndi is a language. In India, there is a special term Shringar, that is used to describe the beauty of a woman's creativity and Shringar is the power of beauty beneath the surface, and Mehndi is also included in the Kama Sutra as one of the sixty-four arts of women.

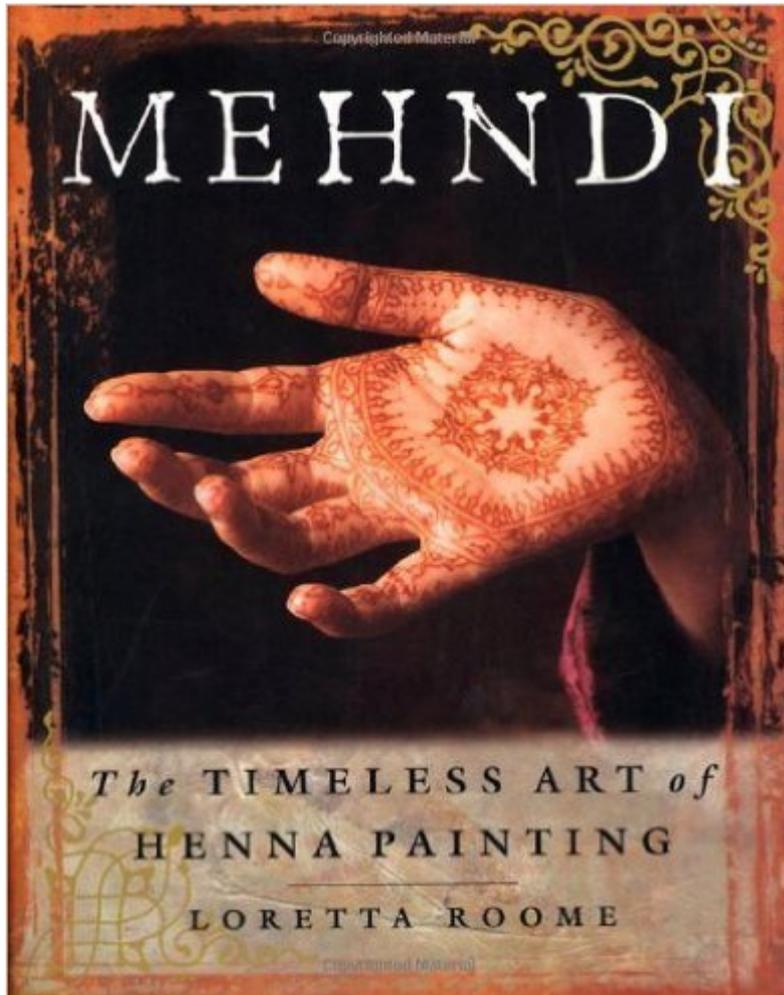
Adornment in India is usually motivated by religious beliefs and has none of the stigmas of vanity and materialism that it has in the west.

One of the most common superstitions about Mehndi has to do with the color of the Henna if the color is deep red, for

example, it is said that love between the husband and wife will be strong and long-lasting.

In Morocco, there is a very clear understanding that symbols of protection are the only action a human can take in the face of MEKTOUB (destiny), the determining force behind every individual's life. Often Henna is used to guard against misfortune put on the forehead to determine the fortune of the woman or the man.

Here we share some videos of authority Mehndi application and facts these are very informative and a must if you wish to do Mehndi at home.

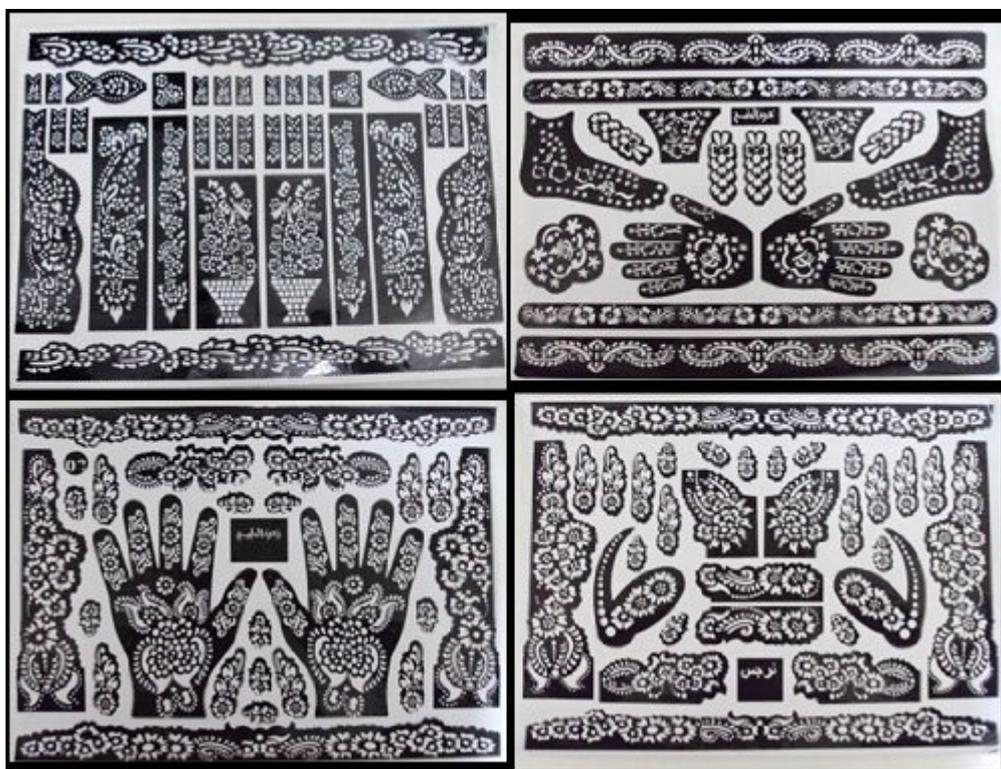


## Mehndi: The Timeless Art of Henna Painting by Roome, Loretta

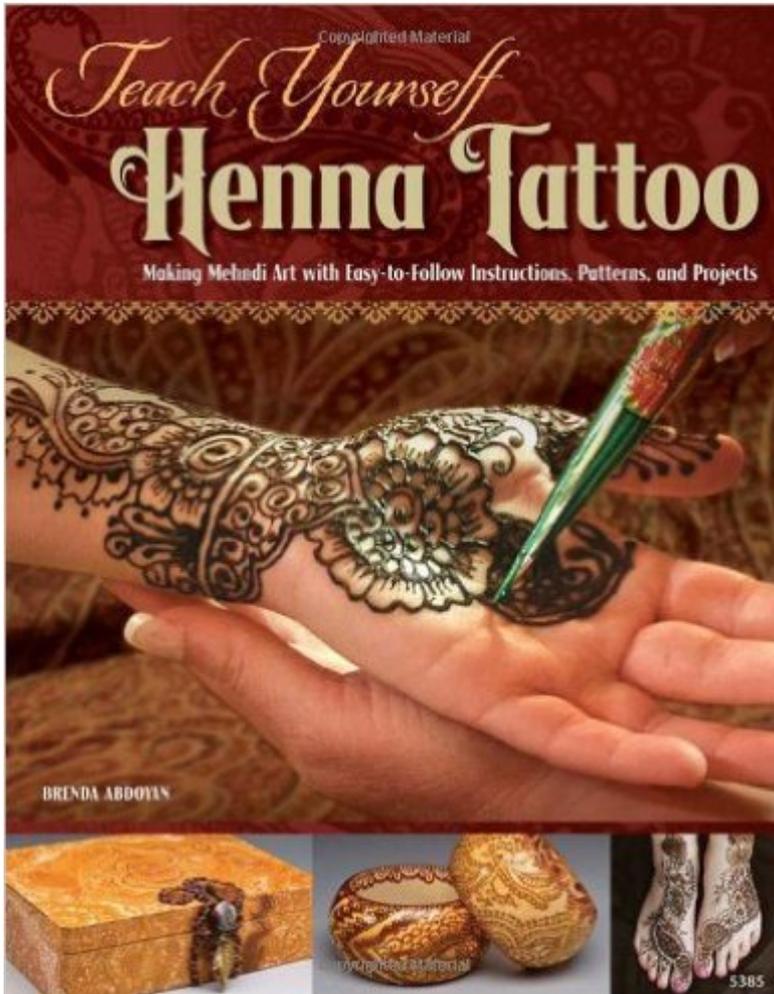
Mehndi, the ancient art of painting on the skin with henna, beautifies the body, rejuvenates the spirit, and celebrates the joys of creativity and self-expression. More than just a temporary tattoo, Mehndi offers us a way to participate in a centuries-old tradition still practiced in India, Africa, and 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.



**10 A3 SHEETS Self Adhesive Decal Stencils For Henna Temporary Tattoo Reusable DIY**



## Teach Yourself Henna Tattoo: Making Mehndi Art with Easy-to-Follow Instructions, Patterns, and Projects

Color your world with the fabulous art of henna tattoo with this book of patterns and instructions for the body and even home decor objects! Learn how to combine the 5 basic henna shapes into a variety of exotic Mehndi designs.



Silk & Stone 100% Pure & Natural Henna Powder