

Mascara History, Tips, Vegan Recipes, And Tutorials

Mascara and Lashes



Welcome to our blog, thank you for visiting and the very welcome likes and shares that you do. We truly appreciate it, without you, it would not be a blog.

This week 249 we are sharing lots of tips, history and facts about mascara. In my personal makeup, I can go without many steps but definitely not without mascara. The eyes are such an important part of our expressions and they reflect not only the state of our moods and health but at the same time our deepest inner being. There is a saying that the eyes are the windows to our soul. With that said we will take you into the mascara world, we are sharing the use of it and how mascara came about. It is quite fascinating for us to know the history of products and how they came about it makes the products a collaborative effort just to acknowledge the effort that went into it. Aside from knowing what we are placing on our bodies, thank you for your time and attention.

No eyes are complete without a frame of lashes curled and defined lashes to flutter. For a semi-permanent solution ideal for vacation consider having your lashes color, but for every day there are mascaras to color, thicken, volumize, lengthen, curl or condition. Waterproof formulas withstand rain, tears, and swimming they can be a godsend for wearers of contact lenses. Clear mascara gives a dewy look to natural lashes and can also be used to hold brows in shape.

History of Mascara

Mascara back dates thousands of years, early examples of those attempts can be found in the archeological digs at several ancient civilizations such as Mesopotamia and Assyria, where dust of ground precious stones were used to decorate women's lips and eyes, but the true revolution of mascara for eye related cosmetic products came from Ancient Egypt.



Egypt society slowly built fashion that integrated not only with their medicine, but at the same time with their religion. Egyptians viewed fashion as a way to honor their beliefs, and majority of population used Facial and body painting on regular basis. Eyelash and eyelid products that appeared there

speaking of the substance called **kohl** it was one of the most widely used cosmetic products in both ancient and modern Middle East, it was made from charcoal or soot, honey, water and strangely enough, from crocodile stool, wow who would have thought!!

Kohl and ground up minerals



Ancient Egypt Eye Makeup Applicators



They used it to darken eyes, eyelashes, and eyebrows, protect their eyes from harmful dust and microorganisms that were blown by the wind, (we tend to forget that eyelashes are for protection of our eyes) and off course, this substance and accompanying applying ritual was a part of their religion (most often it represented preservation of wearer soul against harmful evil spirits).

Eye Makeup as a protection in Egypt



In Ancient Egypt, men used to style their lashes just as often as women. They used kohl and ointments to darken the lashes,

which also served as protection for their eyes from the sun's harmful rays. Women also used malachite on their lashes as they believed it worked as an aphrodisiac Hmmm that's a thought!!

After the fall of Rome, Europe fell into dark times, in this era when cosmetics were viewed as vanity items of rich and powerful people. The changed during the reign of English Queen Victoria (1837 – 1901, fashion style continued to live until 1912) cosmetic products and elaborate clothing became an integral part of woman life of mid-class and high social classes. Elaborate beauty routines, complex fashion styles, and public promotion of cosmetic pushed women to spent many hours a day applying makeup on their faces. Mascara represented very important part of every woman cosmetic collection, and illusion of dark and long eyelashes became their obsession.

Victorian women are really into their makeup, and with painters from the Pre-Raphaelite Brotherhood celebrating lovelies with impossibly long lashes, mascara formulations once again abound. Recipes include everything from a blend of ashes and elderberries to lampblack, which is the sticky soot from oil lamps.

It was in 1913 when French chemist and perfumer **Eugène Rimmel** produced the first industrial made non-toxic mascara. This product was far from perfect, messy and inconsistent, never the less it managed to become massively popular across Europe, South America and other continents , where several countries still call mascara products as **"Rimmel"**. Worldwide acceptance of mascara came from the mind of **T. L. Williams** who devised very similar packaging and formula as Rimmel, but he managed to market it better and eventually form his company **"Maybelline"** which is even today well known for their mascara he created the first modern day mascara by mixing coal dust and petroleum jelly. Ouch!!!! Toxic right?

Modern mascara gained large popularity only after much promotion and marketing by **Helena Rubinstein** (1870 – 1965). Her influence, and constant promotions by various movie actresses of 1930s, 40s, and 50s made mascara socially acceptable in any situation and an important part of almost every fashion style make over all over the world.

Eyelashes are always about one-third as long as the eye is wide and this is the ideal length for diverting air flow to keep eyes from drying, our main takeaway is that they're just as consequential to our eyes health as they are important for our vanity.

The first nontoxic Rimmel Mascara



Maybelline Cream Mascara



Maybelline Cake Mascara



Different Mascara Wands





DEFINE &
LENGTHEN



DIVIDE &
MULTIPLY



SUPER
VOLUME



WATER
PROOF



DOUBLE
INTENSITY

MASCARA WANDS 101

OVERSIZED
Maximum Volume



CONE TAPER
Winged Outer



CURVED
Fanned-Out Curl



BALLED TIP
Detailed Corners



MICRO WAND
Tinted & Natural



RUBBER SHORTY
Defined Length



FLAT COMB
Separated & Dark







TIP: I only use waterproof mascara in a special situation I don't regularly do, because it tends to dry the lashes, it coats them and doesn't let them breathe, aside it is hard to remove and promotes rubbing the delicate skin of the eyes and under the eyes, and irritates the skin by doing that, is best to give a place for that kind of mascara when is an absolute must.

Color: Black mascara defines the eyes like nothing else and works with almost any look, but electric blues and deep purples can also be stunning, so don't be afraid to experiment. Dark brown mascara is generally softer and more flattering for mature faces.

Application: Whatever formula you choose, here is a foolproof guide to applying mascara:

1. Make sure the wand is not overloaded so that the product is less likely to come into contact with the skin and if you have concerns due to hooded lids is wonderful shields to prevent mascara to stain the skin. Look down and stroke the wand over the top of the upper lashes from roots to tips you can hold the lid gently upward that helps you reach the roots without getting it on the lid. Move along from one corner of the eye to the other until every lash is coated I usually move my eye ball to the opposite corner so I can get in closer.

2. With the eyes wide open, stroke the wand up the upper lashes from underneath, starting at the roots and sweeping up to the tips. Move along as before from one corner to the other until every lash is coated. Repeat, but this time move the wand up the lashes in a zigzag motion to coat the sides of each lash.

3. To add more volume to the roots of the upper lashes, hold the wand vertically and push it directly up into the roots, working your way along from corner to corner.

4. To coat the lower lashes, hold the wand vertically and sweep it from side to side over the lashes, being careful not to let the wand touch your face, it helps to open your mouth and pull your lower jaw down.

TIP: I like to use an eye liner brush to coat the roots, that way I prevent myself from touching the skin and at the same time I clean any eye shadow that got in the lashes which will show the mascara as fake and not so natural.

TIP: You can purchase or make your own Mascara shield with rice paper and stick it to the skin with your foundation so it doesn't move, it will help you prevent getting it on the skin.

TIP: I personally don't use mascara in the lower lashes on every person, only on certain eye shapes, it can have an effect of droopy eye.

DO Wipe the brush clean before you first apply a brand new mascara you can do this on the edge of the tube when you are pulling the brush out. That way you get a feel for the brush and how much to load up for maximum effect minimum flick back, that way is no clumps that can transfer to your skin. Clumpy lashes are the result of applying too much product or having moisturizer or any oil on your lashes.

Using a light touch and an eyelash comb or brush used before mascara has dried will help fluff the lashes and remove excess product, you can use a mascara spooler to do the trick.

DON'T Rely on one mascara to do it all! Consider mascara wardrobing like you do with your clothes – using more than one mascara – you create your desired look to suit your lash needs and overall look. For instance, if you have short, sparse lashes and crave length and volume begin with a lengthening formula and slim brush design to extend lashes followed by a curved or bigger brush combined with a

thickening formula to add volume to upper lashes just customize it to your needs.

DO I like to moisten lashes with a clean, wet brush or Qtip prior to applying mascara. I learned that by doing this it allows the mascara to go on more smoothly and evenly. Remember to apply the product starting at the lash base and working outward to the ends of the lashes.

DON'T Pump Don't pump the wand in and out of the tube. This action does not coat the wand with more mascara any better and only causes the mascara to dry out faster by introducing air into the container and most likely messing up the brush and coating the entrance of the tube with product, which will prevent closing the tube airtight.

DO You can Layer it, usually people apply just one or two coats of mascara to lashes; however, in many cases, you may actually need three or four layers to get the desired look. In the case of short, thin lashes, try mixing mascaras. You can first start by applying a layer of mascara meant to lengthen lashes. Then add a layer of mascara meant for thickening the lash. Try what works for you. It is good to do a bit of research and collect pictures of looks you like and then practice.

Don't, the answer is a big NO Add any other products to your mascara in the tub. Somebody once asked me if adding water or moisturizer to extend and thin out the mascara was okay the answers a big NO!!! it will ruin the product and it may not be safe for the eyes.

Duration of a mascara to be safe Is best to discard the mascara after 2 or at most 3 months, I personally keep it to one month be the judge if you notice that the mascara is

losing its shine that means it is getting dry and it would not give you the results that you expect. Our lashes are designed to catch bacteria, dirt, and anything that poses a danger to your eyes so usually, the mascara brush brings a few of those invaders into the tube of mascara. The environment inside the tube is wet and dark Hmmm! Great grounds for bacteria and other invaders to proliferate. Using a new mascara is a lot cheaper than an eye infection not to mention the risk and pain.

For safety and hygiene purposes, **NEVER** test mascaras at the cosmetics counter even with the throw away mascara wands, you don't know if people introduce the wand a few times when trying the product before you I personally had a very bad experience by doing this.

For more tips, this is a great site

http://www.paulaschoice.com/expert-advice/eyes/_/makeup-tips-tricks-mascara#dos

Mascara Shields



DO Hold your brush like a pro and go vertical as well as horizontal strokes. when you use the tapered end of the brush it allows you to push lashes up for a wide-eyed look.

DON'T Is best not to load up to much mascara to lash tips as that make them heavy and result in the dreaded droopy look Place your focus on the roots and pulling the wand through to tips.

Recipes to make your own Vegan mascara:

Vegan home made mascara

1tsp Candelilla Wax

1.5 tsp Jojoba Oil or Argan Oil

1 tsp Black Iron Oxide

1/4 tsp Zinc Oxide

This will make 5 to 6 pots

Here please make sure that all the utensils that are used to make the mascara are sanitized and the same with the container that you will use to keep the final product is no worth a risk to hurt your eyes otherwise.

How to make it:

Begin by mixing the black iron oxide and zinc oxide until well blended.

Place a small glass or metal bowl over a pot with water over low heat on the stove, add the wax to it and the oil and let it sit until completely melted do not boil the mixture when it starts to melt mix well.

Add the mixture to your sanitized pots and press down with a piece of cloth like gauze or cheesecloth, you can press it with the back of a spoon. Let the mixture set and dry before

using.

A great way to transfer your finished mixture to the pot is to use a large syringe or a small pastry bag, you can also make a cone by cutting the end of a strong plastic bag, it is a bit messy this way.

Cake mascara is well applied with a spoolie brush or a brow brush.

If for some reason your mixture is runny, add a bit more Iron Oxide until desired consistency, I always like to add more color for certain recipes so you get a fuller and luscious look.

Creamy Mascara Recipe

Ingredients

1/2 tsp Carnauba Wax

1/2 tsp Candelilla Wax

1/4 tsp Cocoa Butter

1 tsp Jojoba oil

2 drops of preservative Sodium Benzoate or Potassium Sorbate

1 1/2 tsp pigment color use 2 tsp for pigment with Mica

this mixture makes 6 tubes or more

Colors

Black use 1 1/2 tsp black Iron Oxide

Brown use 1 1/2 tsp brown Iron Oxide

Black Brown use 1 1/2 tsp black Iron Oxide and 1 tsp brown Iron Oxide

Blue use 1/2 tsp black Iron Oxide and 1 1/2 tsp deep blue mica, you can apply different color micas for desired looks.

How to make it:

Mix your color pigments together using a coffee grinder or a mortar (like you are making guacamole) or a ziploc bag.

Place a glass bowl over a pot of water on a low heat on your stove.

Add the waxes, butter, and oil to the bowl and let it sit until melted, do not boil and mix well.

Add the pigments slowly so you don't create lumps, mix well until is a smooth paste, a little whisk works really well.

Add your preservative and mix well

A safe preservative to use that are safe for eyes

is Potassium Sorbate

According

to

<https://blog.honest.com/what-is-potassium-sorbate/#>

Ingredient: Potassium Sorbate

What it is: Potassium sorbate is a salt of sorbic acid which is naturally found in some fruits (like the berries of mountain ash). The commercial ingredient is synthetically produced creating what is termed a “nature identical” chemical (chemically equivalent to the molecule found in nature).

What it does: Fights bacteria. Most personal care products are made with a lot of water and a variety of nutrients which makes an incredibly hospitable breeding ground for microorganisms. What’s worse – the product might smell and look just fine, but be swarming with bacteria or fungi. Effective preservatives are vital for ensuring safety!

Transfer the mixture to the mascara tubes.

Vegan Eyelash Conditioner Recipes

from:

<http://www.fashionwithaconscience.org/2012/11/16/how-to-grow-long-eyelashes-naturally/>

Most of us crave full and natural lashes. Though we can’t change the lashes we have from the inside, we can use topical treatments to help them grow healthier and longer. There are a number of different eyelash serums and growth conditioners you can purchase from the store or have prescribed from your dermatologist. They have their benefits and risks so be sure to do your research or talk with your dermatologist to see which product would suit you best. There are a number of different natural remedies to create your own homemade eyelash conditioners. Results will not come overnight but over a

period of weeks—possibly months—so be prepared for a slow process. Take a break from mascara and curling your lashes once in a while to give them a break from all the lash stress. Give these natural eyelash conditioners recipes a try to achieve longer, thicker, and fuller lashes!

Coconut Oil Eyelash Conditioner

Ingredients:

- Coconut Oil
- Extra Virgin Olive Oil
- Vitamin E Oil or capsules
- Small clean container
- Disposable mascara wands or cotton swabs

Pour equal parts of each oils into a small container. Note that coconut oil is solid at room temperature but melts when warmed or mixed with other oils. Dip your mascara wand or cotton swab into the mixture, remove the excess and apply it to the root of your lashes twice a day. Make sure to use the conditioner on clean lashes.

Avoid using your fingers to apply the conditioners to your lashes because they can transfer bacteria into the mixture and also absorb the oils. Mascara wands and cotton swabs are precise and insure that every one of your lashes benefit from the goodness of your homemade eyelash conditioners.

Try one of these recipes and let me know how you are liking them. Also, if you have your own recipes please share them with us so we can all grow beautiful, long, voluminous lashes.

Vitamin E Eyelash Conditioner

from: <http://www.beautylish.com/a/vmyvn/diy-lash-conditioner>

Ingredients:

- 1 Vitamin E oil or capsules
- 2 Small container or plate
- 3 Cotton Swabs

You can use vitamin E capsules or vials of oil to use as an eyelash conditioner. Squeeze or add a few drops of vitamin E oil into your clean container or plate, making sure not to touch the oil with your fingertips. Dab the cotton swab in the oil and sweep the swab across clean eyelashes from root to tip on both sides of lashes, twice a day (typically in the morning before makeup application and before you go to bed).

Longer Lash Conditioning Serum

from: <http://hellonatural.co/eyelash-conditioning-serum>

Ingredients:

- 2 tablespoons castor oil
- 2 tablespoons 100 percent aloe vera gel
- Jar with lid
- Q-tips or clean mascara wand

Instructions

- 1 Combine castor oil and aloe vera in a small container with lid.
- 2 Shake to combine before each use.
- 3 Apply nightly to lashes with Q-tip or mascara wand.
- 4 Do not rinse.

For more information watch the videos below:

<https://youtu.be/xJ0Ig6qx-JU>



Chantecaille Supreme Cils Mascara



CLE DE PEAU The Mascara



Youngblood Outrageous Lashes Mineral Lengthening Mascara

Youngblood Outrageous Lashes Mineral Lengthening Mascara nourishes and volumes the lashes while increasing length and definition to get you noticeably gorgeous lashes. The long-wearing, non-flaky, smudge-proof formula is everything you want in a mascara.

Cupping for Beauty and Wellbeing



Cupping

This week 247, we are sharing an ancient procedure that has been used for thousands of years in many cultures. I grew up with it. Our NANA, She was Mapuche and Quero Indian and she used cupping to help us with ailments from pains to fevers and so much more. It is an amazing procedure and it really works for so many conditions. When I lived in China, I started back on it and learned that they use it for Cosmetic purposes too, and WOW it does create very substantial results. The procedures are used for Cellulite, wrinkles, and scars to reduce fat deposits for face lifts and many other treatments.

We recommend for you to get the work done by a professional and to consult your health practitioner before you embark in any health related treatments. Acupuncture Doctors will be glad to tell you all the benefits and contradictions. Enjoy and share these procedures with others, they are life changing in many ways.

Definition of cupping

The word cupping was derived from the Arabic verbs “Hajama” and :Haj’jama” by that they mean to minimize or to restore to basic size, or to diminish in volume. In Arabic is a verb “ahjama” which means TO withdraw or retreat from an attack.

Ancient Cupping Tools Carved on Stone



History of Cupping Therapy

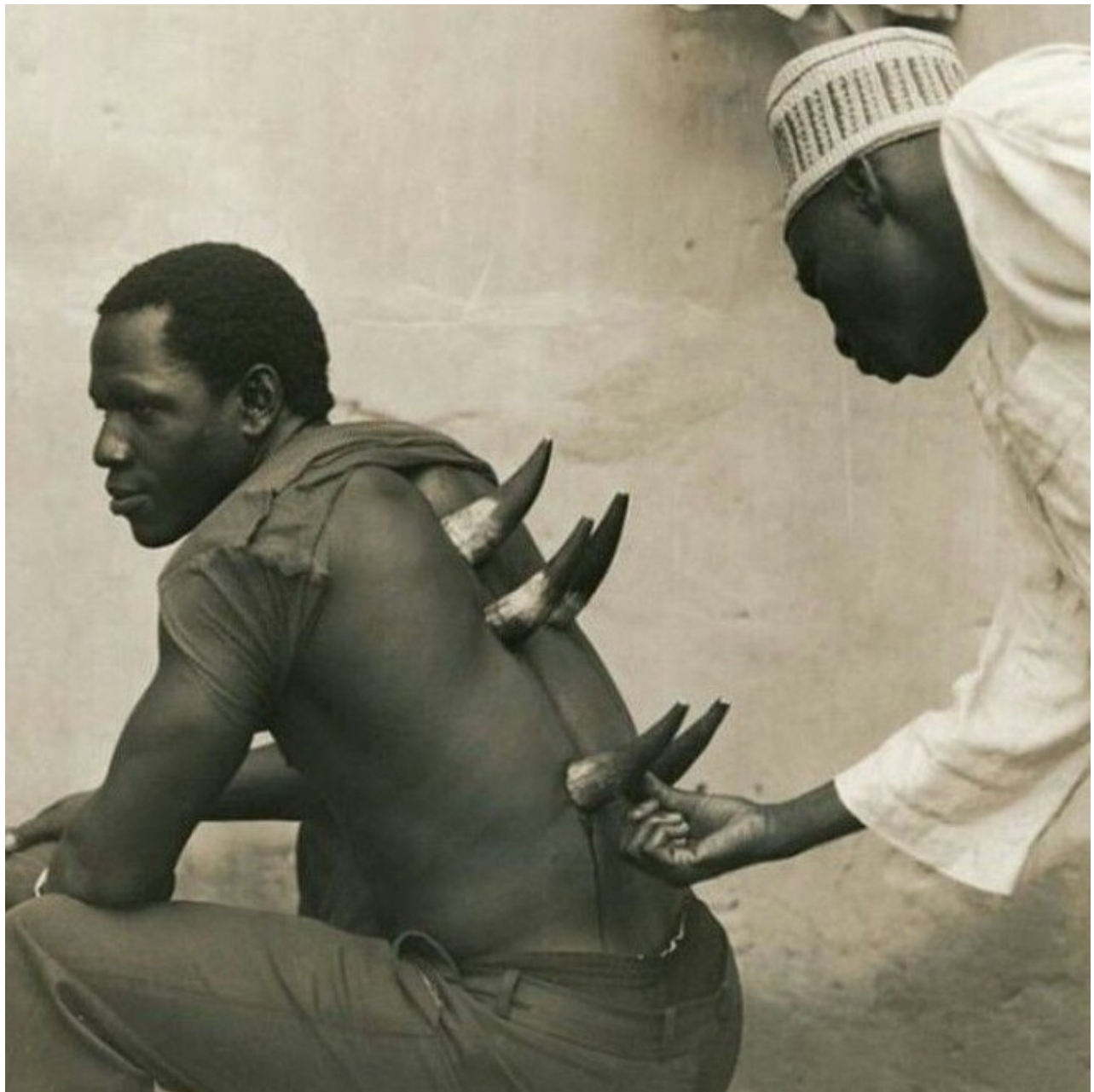
Cupping Therapy has been around for thousands of years. It developed over time from the original use of hollowed out animal horns (the Horn Method) to treat boils and suck out the toxins out of snakebites and skin lesions. Horns slowly evolved into bamboo cups, which were eventually replaced by glass. Therapeutic applications evolved with the refinement of the cup itself, and with the cultures that employed cupping as a health care technique.



Bamboo Cups



Animal Horns Cupping



Ancient Cupping Tools



For the most part common information consider the Chinese to be responsible for cupping, however, the earliest records date back to the ancient Egyptians around 1500 B.C. Translations of hieroglyphics in the Ebers Papyrus, the oldest medical text book, detail the use of cupping for treating fever, pain, vertigo, menstrual imbalances, weakened appetite intestinal illness and many other conditions helping to accelerate the healing crisis.

From the Egyptians, cupping was introduced to the ancient Greeks, where Hippocrates, the Greek doctor, Father of Modern Medicine and cupping advocate, viewed cupping as a remedy for almost every type of disease, he mentions it in the 400 BC In fact, other Greek physicians used the strong suction of cupping to restore spinal alignment by reducing dislocated vertebrae from protruding inward.

The earliest recorded use of cupping came from the famous alchemist and herbalist, Ge Hong (281-341 A.D.), who popularized the saying "Acupuncture and cupping, more than half of the ills cured."

Though little known here in North America, this form of treatment is still popular through Asia, the middle East, Finland South America and many other countries. As such, it is called by many names including Ba gwan, giac hoi, bekam, buhang, ventosa, bentusa in South west Asia. In the middle East, it is commonly referred as hijama, hejamat, and badkesh among many others.

The procedure involves using glass or ceramic cups, metal bells, bamboo tubes, animal horns, and a wide variety of other tools. However, recently the use of glass jars, plastic, and silicone are more popular, the common procedures from acupuncture practitioners is to use a cotton soaked in alcohol or medicated oil and ignited, this is place a side the container to heat it, lowering its internal pressure, the cup is immediately placed on the skin, and as the air inside

cools, it creates a vacuum effect which makes the cup stick in a vacuum suction to the skin. Blood immediately rushes to the area, creating a natural body response.



There are two types of cupping: wet and dry.

The Dry Cupping session Usually this dry type of cupping is offered as part of a series and is used along with another therapy, and is applied to the back neck and shoulders, rarely

to the limbs. Traditional Chinese medicine believes that the blood will flow better to the areas that are starved of oxygen.

More and more practitioners are using plastic or silicone cups versus glass ones

The Chinese expanded the utilization of cupping to include its use in surgery to divert blood flow from the surgery site. In the 1950's, after much extensive research, a collaborative effort between the former Soviet Union and China confirmed the clinical efficacy of cupping therapy. Since then, cupping has become a part of government-sponsored hospitals of Traditional Chinese medicine.

In time cupping spread to ancient cultures in many countries of Europe and even the Americas. Throughout the 18th century, European and American doctors widely used cupping in their practices to treat common colds and chest infections, often in the form of Wet Cupping.

Wet Cupping, also known as Artificial Leeching and Hijamah in Muslim societies, is where the practitioner makes tiny incisions in the skin to dredge the blood or poisons out.

By the late 1800's, cupping became less popular and was severely criticized and discredited by the newly established scientific model of medicine. Since cupping was a surface treatment, with this new medical paradigm, which had shifted away from hands-on manipulative therapies for the most part.

Cupping therapy gradually became reduced to a mere curiosity and history of the past, for the most part collecting dust on practitioners' shelves. In 2004 Cupping re-emerged as a hot new celebrity trend in the limelight of a New York film festival, where actress Gwyneth Paltrow's, Jennifer Aniston and other celebrities backs revealed their fresh cupping marks. Countless celebrities like Jennifer Aniston, Victoria Beckham, and Denise Richards followed suit and became fast

adopters of this hot new cupping trend. Unfortunately, some of the Hollywood buzz viewed the celeb's cupping marks as simply bruises and rolled their eyes at its potential healing benefits.





Over the past three years, however, a handful of new studies have shown it helps relieve back, neck, carpal tunnel and knee pain among many other benefits. One thing is certain, and that is cupping is a powerful healing modality that can complement many healthcare modalities ranging from spa treatments to medical massage and physical therapy.

Vacuum massage has a beneficial effect on the body:

1. it improves the blood circulation and lymphatic drainage;
2. it increases the supply oxygen of tissue;
3. it accelerates the metabolism;
4. it facilitates the removal of toxins from the body;
5. it improves the immunity.
6. Increased local qi and blood circulation to the skin
7. Drawing nutrients to the surface
8. Enhancing absorption of lotions or serums

Let's talk about cupping in the beauty world, for cellulite, facelifts, Wrinkles, general circulation, edema, inflammation and improving blood circulation to the skin and by gently stimulating the fibroblast cells, which produce natural collagen and elastin, your skin will reveal a healthy glow and plump those fine lines.

MASSAGE CUPPING FOR THE FACE



Facial cupping

Facial cupping is said to clear heat and serves as a method of detoxifying the skin: it also drains stagnant fluids and eases puffiness.

Cupping is used either as a stand-alone treatment or as an

addition to acupuncture facial treatment, facial cupping has benefits far beyond reducing fine lines and sagging jowls.

While traditional cupping can leave marks on the skin, facial cupping does not. Cosmetic facial cupping is entirely painless and is not an irritant to the skin it must be done preferably with oil or a very emollient cream. Cupping can be a unique way to prolong the wellbeing of skin and of the aging time.

The procedure itself takes anywhere from 15 minutes to half hour to perform depending if it is combined with other methods and the therapist that performs the procedure. After applying a lotion or oil, a small cup is either placed for a few seconds over a deep wrinkle to increase blood flow to the area, or it is moved along the face and down the neck to drain lymphatic fluid and stimulate blood flow. Cups are placed over acupuncture points on the face for short periods of time to stimulate them as part of the overall treatment this procedure is best done by a professional due to the fact that they know the points and the amount of suction so you don't create a bruise.

Done properly, cupping therapy will bring collagen to the surface and increase blood flow, reduce puffiness, dark circles and diminish fine lines. But the benefits go beyond just cosmetic, facial cupping can be very beneficial to drain nasal sinuses and the lymphatic system.

When increased of local blood supply it will bring nourishment to the muscles and skin and allow for toxins to be carried away via the veins and the lymphatic system.

Is a movement in the beauty industry that is taking us back to non-surgical and more traditional beauty methods with astounding results.

Cosmetic Facial Cupping is a wonderful and effective alternative to chemical , Laser or surgical facelift.

[Reference:http://www.thenaturalbeautydoctor.com/facial_cupping.html](http://www.thenaturalbeautydoctor.com/facial_cupping.html)

Contemporary Cupping Therapy for Health and Beauty

[from:](http://nabuxmont.com/2015/02/24/contemporary-cupping-therapy-for-health-and-beauty/)

<http://nabuxmont.com/2015/02/24/contemporary-cupping-therapy-for-health-and-beauty/>

Cupping therapy is a safe, comfortable and effective treatment for many health disorders, with roots in ancient medical practice, in cultures as diverse as Egypt, Greece, Rome, Aztec, Native American, China and more. The current influence of Traditional Chinese Medicine and traditional Ayurvedic medicine has seen a reintegration of this healing therapy.

There are many methods of cupping, including stationary, dynamic, massage, bio-magnetic and facial rejuvenation cupping, among others. This modality can be integrated into other bodywork or received as a stand-alone treatment for stubborn conditions and orthopedic injuries. In many applications, the results from cupping protocols are comparable to other expensive and painful treatments.

The gentle pulling action of massage cupping engages the parasympathetic nervous system, allowing the body to float into deep relaxation. A sense of lightness, warmth, and relaxation often last for hours—or even days—after treatment.

Using suction and negative pressure, a vacuum is created,

lifting skin, muscles, and connective tissues. The slow movement of the cups is able to penetrate deep into the muscles and fascia, releasing rigid soft tissue, gently loosening adhesions to break up and drain stagnation while increasing blood and lymphatic flow. A cupping treatment offers many of the benefits of deep tissue, lymphatic drainage, sports massage, abdominal massage and myofascial release not possible using tissue compression.

A WORD OF WARNING

If the Massage Cup is left in one area too long, a temporary cup mark or bruise can occur and it won't be the result you are wishing to accomplish so it is best to exercise care. If you are concerned about how your skin might react, test the product on a part of your body that is not normally exposed. use it for longer than two seconds on each area of your skin, then gradually increase the time to no longer than one minute as you gain experience and here we are speaking of a massage, not continuous suction.

Do not use the face cup on pimples, blemishes, open lesions, sunburned or broken skin or on skin inflammations.

Drink plenty of water to help your body release toxins by itself.

On a therapeutic level, cupping is beneficial for many health conditions including:

Asthma

Diabetes

High blood pressure

Sinus congestion

Frozen shoulder

Chronic colon

Congestion

Anxiety

Sports injuries

Carpal tunnel

Tendinitis

Migraines and tension headaches

Chronic fatigue and fibromyalgia.

It is also beneficial for the treatment of pain, disorders of the digestive, circulatory and respiratory systems and to support detoxification.

The increased circulation of blood and lymph, drainage of waste and the loosening of adhesions improves the appearance of varicose veins, scar tissue, and stretch marks and lessens the appearance of dimpling on the thighs, hips and buttocks associated with cellulite.

Digestive function cupping therapy as a whole may be enhanced by abdominal cupping procedure. This is a very gentle treatment that stimulates the organs and the secretion of digestive fluids, and increases peristaltic movement and promotes better nutrient absorption overall.

The respiratory system responds very well to cupping therapy and breathing can improve for those with asthma. Sinus

congestion, infection, and inflammation are directly relieved by the loosening and draining effects of the cups.

Stubborn and painful joint conditions may benefit by the stretching of connective tissues with cupping procedures, it creates an increased circulation and improved secretion of synovial fluid, thereby releasing congestion and stiffness and improving the range of motion in most cases.

Facial rejuvenation therapy has been practiced in Asia, Europe, and Russia for generations.

Cupping aids in detoxification. When the body is subjected to food additives, preservatives, and other external toxins that it is unable to break down and release, the toxins often become stored in the body, increasing an overall sense of malaise or muscle and joint pain.

It is recommended to drink lots of water when you are doing cupping procedures to aid moving toxins out of the body easily.

The suction process of cupping therapy pulls cellular debris and toxic waste to the surface, where it is released through the skin or picked up by the blood and lymph for elimination.

Whether looking for improved flexibility, more vitality, enhanced immune system, increased digestive function or to support detoxification, consider a contemporary cupping treatment and experience feeling lighter and more energized.



Cupping Body Massage System includes superior medical grade silicone cups. These hand-squeezed vacuum suction cups are based on the healing success of Ancient Chinese Cupping.

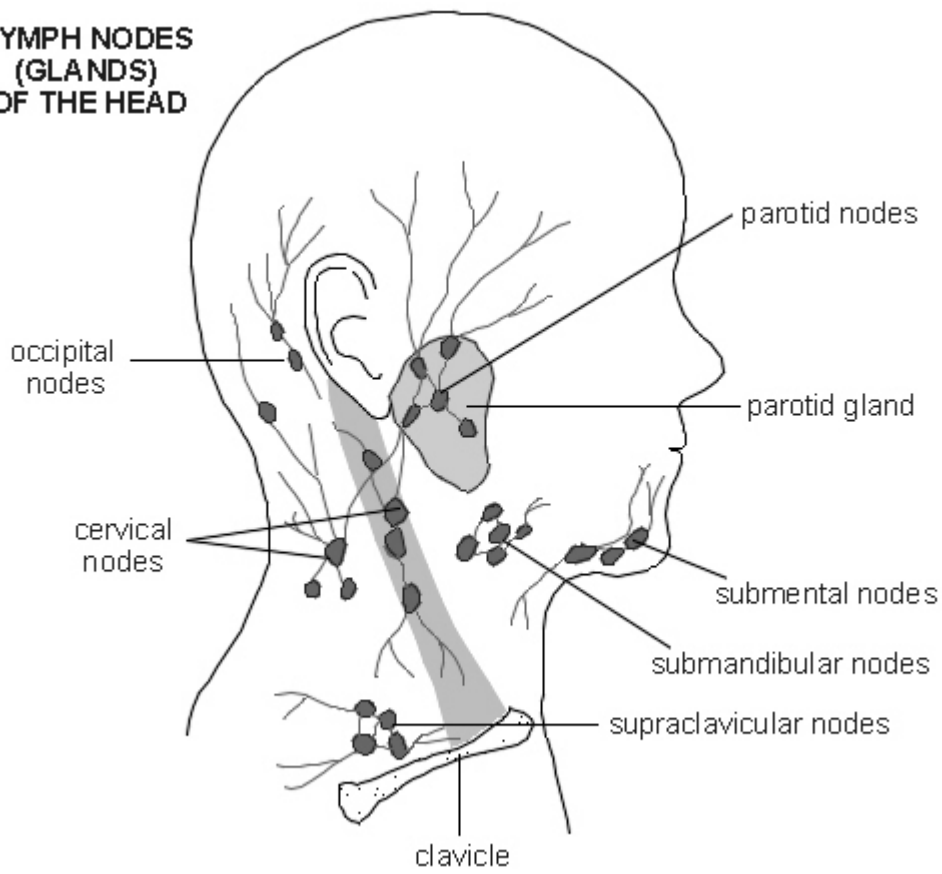
First, apply plenty of lotion or oil to the area to facilitate smooth movement and that will help avoid bruising.

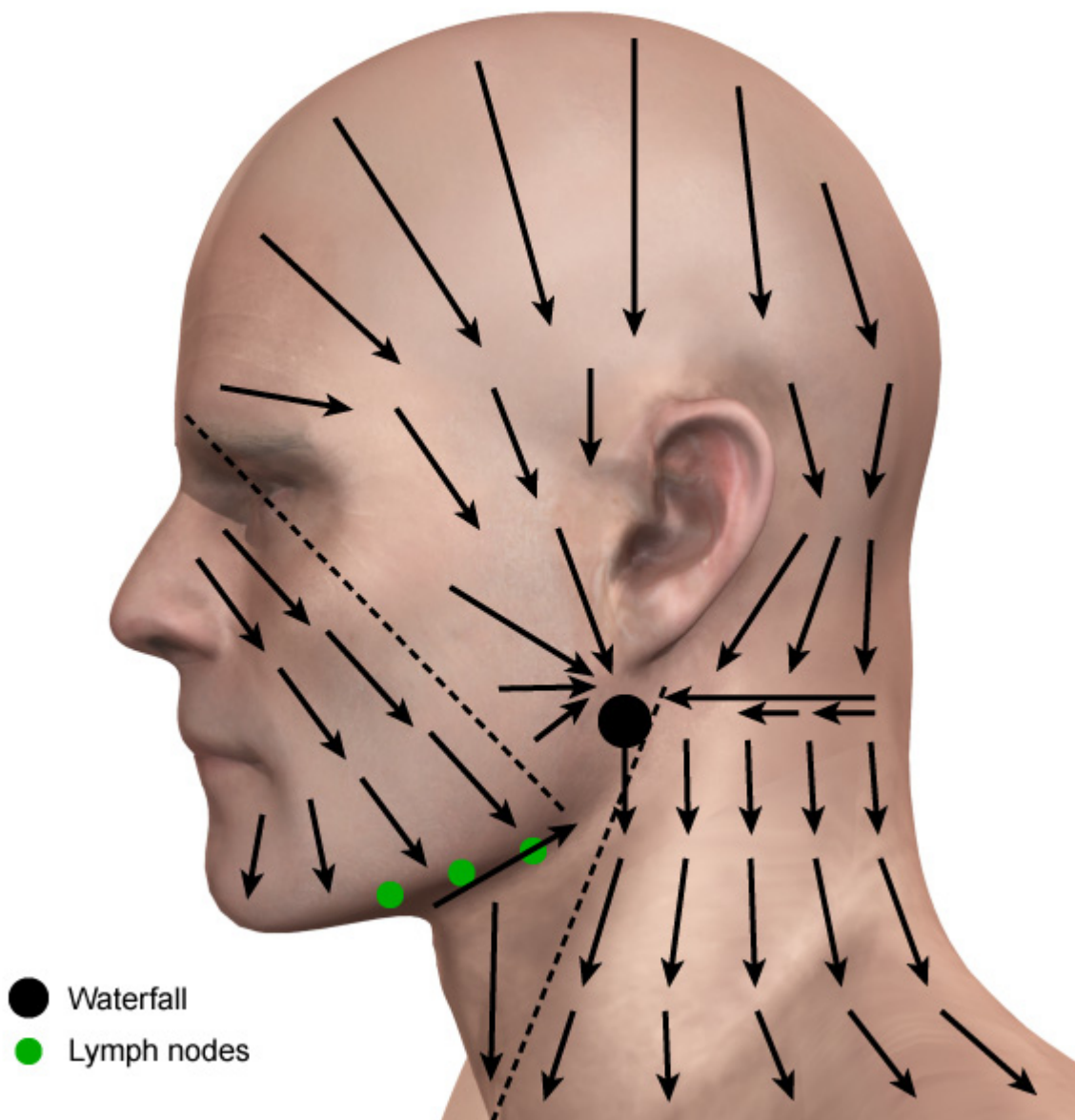
It is recommended to start with the softer cup. Begin by squeezing the cup in the middle to create a very light suction. Place the cup's lip to your skin and release make sure you do this gently and don't grab too much skin and do not keep the cup in one place with a big suction it may cause a bruise, Move the cup over your skin using straight-line, circular and zigzag movements to massage the area for about

eight minutes at a time. Drain the area by moving the cup toward the nearest lymph nodes.

Lymph glands draining direction of Head

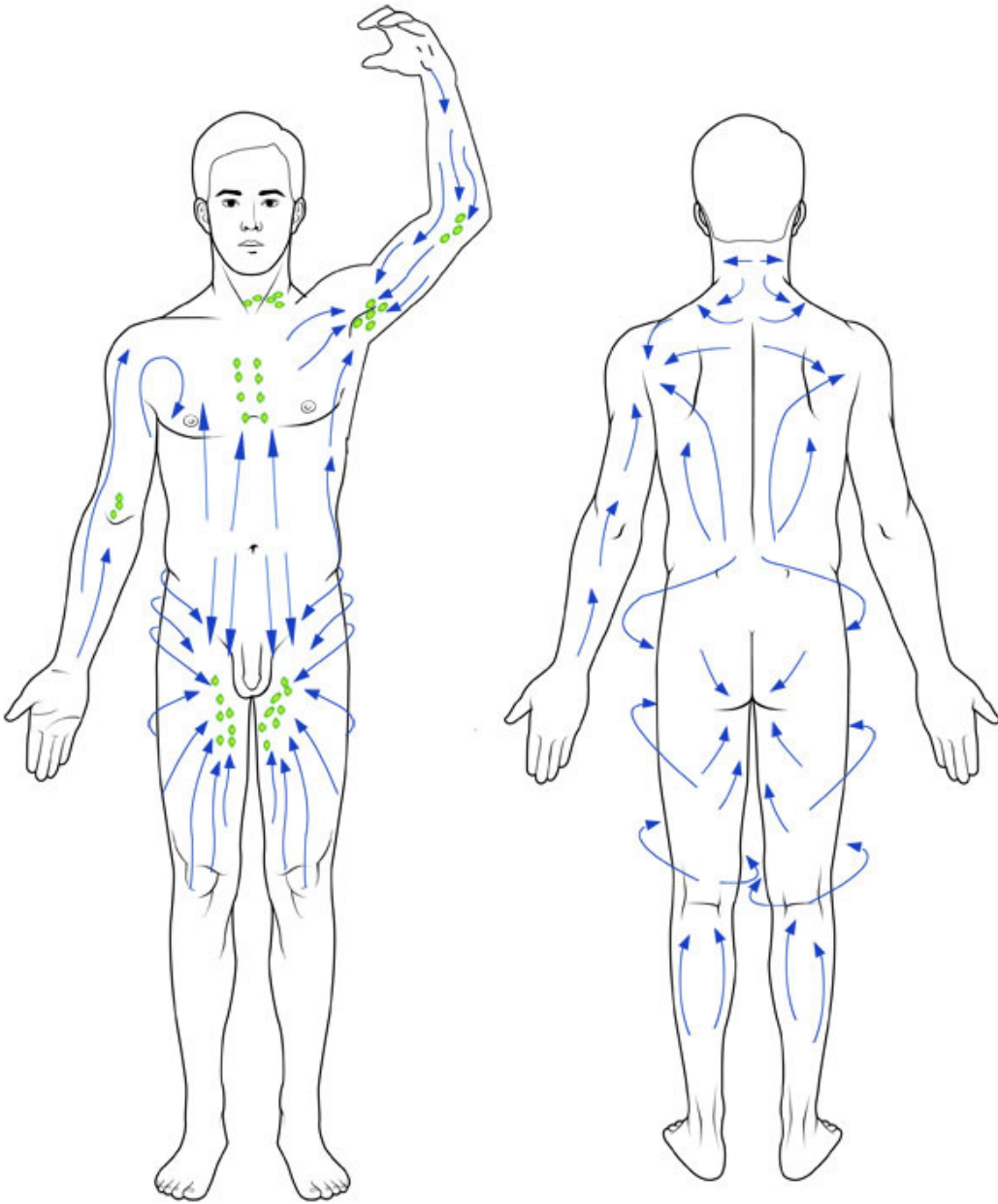
**LYMPH NODES
(GLANDS)
OF THE HEAD**





Doing this technique doesn't require any special preparation. The results are dramatic and best done on a consistent daily basis, after the third week be patient start slowly and increase to an everyday routine or at least four times a day, is recommended to start twice a week for the first week and a third day the second week is best to start slow and increase the amount of time so your body can adjust. The massage should not be painful, squeeze the cup so it is comfortable for you.

Gradually increase suction to stimulate circulation, remove stagnation, and release built up "sludge." Once your skin has become more elastic graduate into the use of a hard cup. Continue to use the softer cup for more sensitive areas such as the arms, stomach, and inner thighs. The hard cup can be used on the back or other less sensitive areas always remember to do the massage in the direction of the Lymph nodes direction for drainage.



According
to <http://www.bellabaci.com/facial-massage/>

SQUEEZE, IT'S EASY

There are 2 silicone cups in the Bellabaci Facial Massage System. Start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough.

Apply cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement.

Squeeze the cup in the middle, then place the cup's lips to your skin and release. Congratulations you've just given yourself your first Bellabaci kiss.

Massage according to the diagram provided.

Tone your skin afterward.

Use 2-3 times a week for best results.

- In Bellabaci Facial Massage System There is two superior grade medical silicone cups. It is recommended to start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough so you don't create unnecessary pulling of the tissue .
- To start, apply a generous amount of cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement. We recommend our [Bellabaci Skin Get A Life Genie](#), a powerful treatment lotion that turns into a luxurious oil, this treatment contains the modalities of Homeopathic and Aromatherapeutic complexes to stimulate skin renewal and repair.

- By Squeezing the cup in the middle, and then placing the cup's lips to your skin and release you are on your way. Congratulations you've just given yourself your first Bellabaci kiss. Now , remember to keep the cup moving to avoid bruising!
- Massage according to the diagram provided on the box.
- Tone your skin afterward. Use 2 – 3 times a week for best results.

When improving blood circulation with the Facial Massage by gently stimulating the fibroblast cells, natural collagen, and elastin is produced and improved you must have consistency. Your skin will show a healthy glow Massage the face and neck according to the diagram provided. Apply your favorite toner and anti-aging moisturizer after the Facial Massage completion and enjoy your well toned glowing skin.

BROKEN CAPILLARIES

How to work on Broken capillaries, also known as Telangiectasia, it can negatively have an influence on one's confidence levels. Broken Capillaries become visible between the ages of 30-50 and sometimes much earlier. The tiny vessels are you find just under the surface of the skin are delicate and can be bruised or damaged quite easily so is best to be gentle with them. Pressure or one of the mentioned factors below may cause them to dilate and break. Once broken, they veins remain that way and for the most part cannot constrict back to their normal thickness or repair themselves for so many reasons.

Main Causes of Broken Capillaries:

- Excessive Alcohol Consumption
- Extreme temperature
- Using too hot of water in the shower or when washing the skin
- Excessive harsh rubbing of the skin
- Certain medications such as sinus medications, cortisones
- Related skin disorders or complications such as Rosacea or Acne
- High Blood Pressure
- Allergies (causing excessive sneezing, thus putting pressure on capillaries) and many other reasons

What else contributes to broken capillaries?

Broken capillaries become more prominent as you get more mature because your skin gets thinner due to some collagen loss and there forth with it becomes easier to see the veins. Some conditions can also be hereditary if your parents had problems with telangiectasia rosacea; chances are you may have the experience yourself.

When you have excessive consumption of alcohol over a long time you can increase the blood pressure, causing the veins in to dilate. The repeated dilation may lock the veins in that position. Broken capillaries may also indicate liver issues.

What you can do apart from using sunscreen, lowering alcohol use, adding gentler facial products and in general being more conscious about are overall behavior. The many options of treatments offered to rid of broken capillaries are some times painful and expensive. Some of the testaments offered include Sclerotherapy and laser/IPL treatments and

more. Results are not truly guaranteed and for the most part repeated sessions may be required if the results are not accomplished.

How you can treat your broken capillaries more easily and naturally.

One easy way out is to use your Facial Bellabaci Cup set combined with our innovative formula of products designed for this purpose, The Skin Get a Life Genie. The negative pressure from the cup allows new fresh blood and oxygen to help the damaged capillaries, immediately improving the redness, you will notice that as you use your cup, you will observe the vein that looks blue will become red, and then lighter until everything disappears. It almost feels like an illusion as it disappears before your eyes. The Homeopathic Synergies and Aromatic oils in the Genie will also assist to strengthen your skin and reduce visibility and occurrence. Make this a part of your daily routine, just a few minutes per day and your skin will continuously repair itself, also addressing the thickness of your skin by regenerating collagen.



Skin Get a Life Facial Kit from Bellabaci

The perfect trio to give you that glowing skin you have been dreaming about. The Skin Get a Life Facial Kit includes: 1 x Deep Cleanse-Pro Mitt 1 x 4oz Skin Get a Life Genie in a Bottle 1 x Face Cup Set (1x soft and 1 hard cup in a set) Start your skin care regime by achieving the perfect cleans. All you need to do so is the Deep Cleanse-Pro Mitt. Just wet it with warm (not too hot) water, and wipe away your make up and the day's stresses. To cleanse, just rinse and hang to dry. Follow by applying your Skin Get a Life Genie in a bottle. This Genie is a gel that turns into a luxurious oil and treats all your skin concerns, which includes: Dry and Dehydrated skin Itchy skin, Psoriasis and Eczema Broken Capillaries Ageing skin Wrinkles and lines Crow's feet Fluid retention in areas such as under eye bags Poor circulation Use your Bellabaci Facial Cups over your Skin Get a Life Genie to increase product penetration, and to deeply stimulate the skin for repair and renewal. Regular facial massage helps to stimulate collagen and elastin production, which delays the ageing process and gives you that instant glow healthy skin has.



Premium Quality Cupping Set w/ 19 Cups, 10 Acu-pressure pointers are INCLUDED

19 x Plastic Cupping Cups (Premium Quality, 13 of the 2" dia cups, 1 of the 1.8", 2 of the 1.6", 2 of the 1.3", and 1 of the 1.1" dia cups), 1 x Pistol Grip Hand Pump, 1 x extension tube (optional), 1 x Carrying Case (Professional Look).

Magnificent quality plastic cups with shockproof & heatproof that can be sterilized with boiling water. 10 custom Acu-pressure pointers included. It is finest baby bottle plastic material used for strong, clean, and leaves no marks and scratches easy.



Cupping Therapy Set – Best Quality in Class Massage Cups for Face, Body, Back and Legs for Trigger Point, Myofascial Release, Cellulite & Wrinkles

- One of the BEST GIFTS You Can GIVE Yourself and Your Loved Ones – Cupping Massage is known to help: improve circulation, reduce inflammation, release toxins (lymphatic drainage and detox), lower blood pressure, relax muscles, relieve joint pain, fibromyalgia, regulate hormones, release endorphins, promote healing,

improve sleep.

- MASSAGE Can help you feel human again! Stretch weak, tight or atrophied muscles, reduce post-surgery adhesions, ease medication dependence, reduce spasms and cramping, lessen depression and anxiety. If you suffer from headaches, migraines, neck, shoulder or lower back problems, muscle stiffness, tension, sport injury, Carpal Tunnel – Cupping can help!
- Body Cups: traditionally used for thousands of years to relieve muscle & joint pain & inflammation, neck and shoulder tension, stress, increase circulation, metabolism, visibly improve cellulite, stretch marks, scars, spider veins, digestive function, fibromyalgia, firm & tone skin and much more!
- What You Get: 5 Massage Cups – Body Cups: 1 Large (2"), 2 Small (1.5") + 1 Facial Cup (.75"), 1 Eye Cup (.25") diameter + FREE Exfoliating silicone face brush, satin bag, tutorial, professional cupping videos and unconditional guarantee and replacement warranty.
- You Will LOVE How Cupping Makes You Feel and THE DRAMATIC RESULTS. LURE created a unique a GIFT SET to help you achieve desired results with Cupping Therapy: strengthen the immune system by stimulating lymph flow – the body's natural defense system; improve condition of your skin (collagen and elastin), wrinkles, stretch marks, cellulite, scars and more!



Bellabaci Super Training Set from Bellabaci

- A highly innovative yet insanelly practical massage therapy cup that not only takes the strain out of massage, it allows you to offer your clients long-term solutions to persistent problems.
- Once trained it is easily performed by qualified massage therapists and physicians. a wonderful ancient technique has found its place in the modern world of healing.
- Bellabaci massage is a modified and simplified version of the ancient cupping therapy
- Less stress and strain on your own body during massage. faster better results and solutions to old ailments and treatments can be tailored to suit any massage routine.
- This massage utilizes the Bellabaci silicone, hand squeezed cups, which create suction on the body surface and moving them in a specified sequence we have created

an exciting new treatment, which apart from being different and new it also provides the patient with excellent healing results.



Bellabaci – Video Training & Digital Manual



Bellabaci Professional Therapist Massage System from Bellabac

Cellulite Treatment, Lymphatic Drainage, Deep Tissue Massage, 4 body cups, 2 face cups, case, and instructional DVD, A daily ten-minute massage can bring you incredible results!



California Signature Wine Basket

A trio of famous California wines, luxury chocolates, and delicious gourmet fare in our signature hammered copper wine chiller.



Sweet Celebration Fruit Basket

Ready for a country drive or a perfect picnic, this charming basket is overflowing with succulent fruits, sweet candies and gourmet cookies.

Ayurveda and Fall

AYURVEDA and Fall



On week 247 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness. When we live conscious of mind, body

and spirit we are whole and we can function from a well-sustained energy that supports us in every aspect of our lives.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons.

Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall the opposite of spring season, by late September our reduced blood flow leaves your muscles inducing fatigue. In this season the days start to grow darker earlier, a comfortable evening curled up on the couch or our beds with a favorite movie or a book seems the thing to do. Smooth muscle tissue, including the tissue of our colon, become sluggish when the temperature and pulse rate drop. The colon, also sensitive to stress, holds the wear and tear of the autumn season.

Indigestion & Electrolytes

A process called cold diuresis (Diuresis is the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic maintenance of fluid balance.) this action causes the fluid loss in Autumn. Cold diuresis is a response to vasoconstriction. When our blood vessels constrict, it increases blood pressure much as squeezing the air inside a balloon. The kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient. Here is important to keep in mind to add foods that can support electrolyte, juiciness and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether.

Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm clothes to compensate. Too much of tight clothing like socks can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack confidence or strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure

cold feet. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in a summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protection barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance

- **Emotions, the Mind, Inspiration
time**



**"Life should be a
continuous source
of inspiration."**

-Paramhansa Yogananda

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

Routine & Flexibility

When we wear oneself ragged in Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic process food that had never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

Great video to learn and get your answers from enjoy

https://youtu.be/U5J2_Gah19w

The Vata Dosha is the one connected with Fall lets find out what Vata is about:



Vata
space and air



Vata dosha predominates, movement and change are characteristic of the nature of Vata. You tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking,

and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts; Tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.



How to Remedy Common Vata Imbalances

Vata-Pacifying Guidelines

Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt Sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and Salty foods
- . Minimize intake of raw foods
- . Avoid Cold foods and drinks

Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

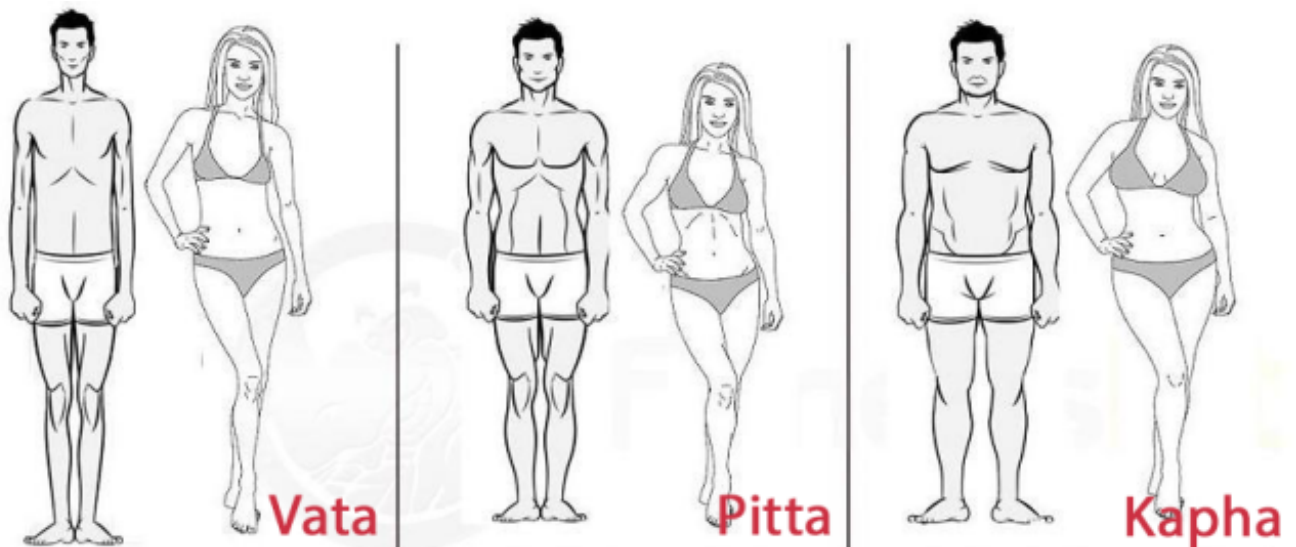
Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

Fats/Oils

- . All Soaked nuts and Seeds
- . Coconut oil
- . Olive oil

Physical Characteristics



Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vata's typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vata are in balance, they are

energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

The influence of Vata's ether and air contributions, we can feel light, carefree and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are
and where it comes from?**

VATA	KAPHA	PITTA
<p>LATE FALL/EARLY WINTER COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips. <input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis). <input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather. <input type="checkbox"/> Cold extremities, such as hands, feet, and nose. <input type="checkbox"/> Erratic appetites and irregular digestion. <input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines <input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms. <input type="checkbox"/> Light, restless sleep. <input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic. 	<p>LATE WINTER/EARLY SPRING COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips . <input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful. <input type="checkbox"/> Intolerant of cold, damp environments. <input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet). <input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination. <input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems. <input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms <input type="checkbox"/> Heavy sleepers with tendency to over sleep <input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change 	<p>SUMMER HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color. <input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early. <input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity. <input type="checkbox"/> Extremities are warm with good circulation. <input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal. <input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn. <input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS. <input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends. <input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

Qualities of Vata:

QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

The 5 Elements



10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light
Cold / Hot
Oily / Dry
Slow / Fast
Gross / Subtle
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



Green Gram Ayurveda Wellness Village

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year around. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono diet type of cleanse. Vata requires adequate nourishment so it is best to avoid fasting.

The following is a list of ideal Vata season foods:

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes

Lemons

Limes

Mangoes

Oranges

Papayas

Prunes (soaked)

Raisins (soaked)

Tangerines

Vegetables to Favor

Beets

Carrots

Chilies

Garlic

Okra

Onions

Pumpkins

Squash, Winter

Sweet Potatoes

Grains to Favor

Amaranth

Basmati Rice

Brown Rice

Oats

Quinoa

Wheat

Legumes to Favor

Kidney Beans

Miso

Mung Beans

Tur Dal

Urad Dal

Nuts and Seeds to Favor

All nuts and seeds are supportive of vata season

Dairy to Favor

Butter

Buttermilk

Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil
Bay Leaf
Black Pepper
Cardamom
Cinnamon
Clove
Cumin
Dill
Garlic
Ginger
Mustard Seeds
Nutmeg
Oregano
Paprika
Parsley
Rosemary
Saffron
Turmeric

Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same times each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of

meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

Vata Season Exercise

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

Vata Season Yoga

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forward bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha.

Under the influence of Vata's ether and air contributions, you can feel light, carefree and creative or spacy, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

As the external environment changes during the Vata season,

your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity



Chinese Laundry Emmanuelle Pinstud Single Handle Bucket Bag w/ Adjustable Strap

Make yourself right at home with the Emmanuelle Pinstud Single Handle Bucket Bag w/ Adjustable Strap.



Columbia Snow Eclipse™ Mid Jacket

Enjoy the energetic hustle and bustle of busy city streets from within the comfortable confines of the Snow Eclipse™ Mid Jacket.



Kuhl Alska™ Hoodie

The Alska™ Hoodie brings cozy comfort to your cool-weather layering.

Henna Tips, Tutorials, Videos and History

Henna History Tips, Tutorials, and Video

This week 246 we have a really fun post with lots of very reliable 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 and it lasts. 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 inermis*), also called henna tree is a flowering plant.

The English name "henna" comes from the Arabic حِنَّاء (ALA-LC: ḥinnā') or colloquially حنّاء, loosely pronounced /ħinna/. 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 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 vary 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 umber 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 to find 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 is 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, Ugaritics, 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.

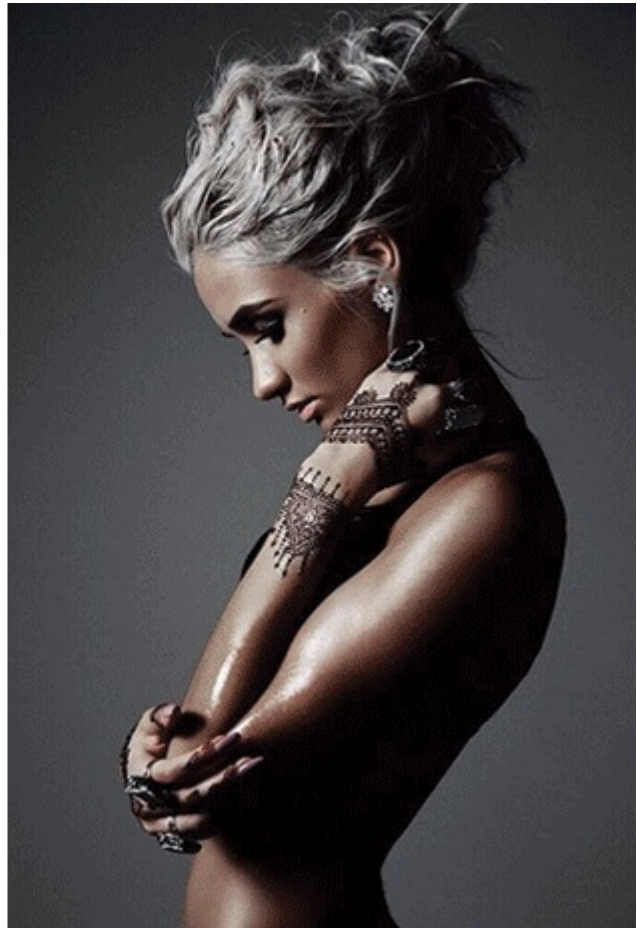
Because henna has natural cooling properties, people of the desert, for centuries, have been using henna to cool down their bodies. They make a paste of henna and soak their palms and soles of the feet in it to get an air conditioning effect. They feel its cooling sensation throughout the body for as 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 wellbeing, 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



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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.

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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).

Acording 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 heal 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 goat skin bags, after they have been salt-cured. It "insect-proofs" 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 in 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 samskara, or 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.

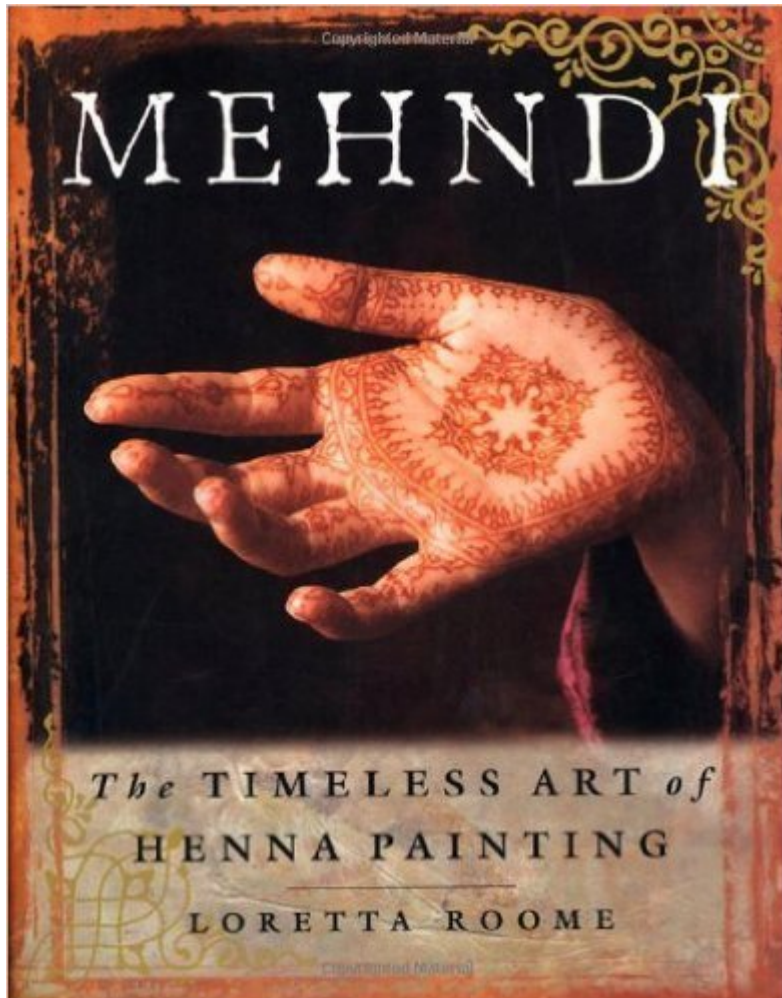
Mehndi is a language. In India, there is a special term Shringar, that is used to describe the beauty of a woman's creativity and Shringar is the power of beauty beneath the surface, and Mehndi is also included in the Kama Sutra as one of the sixty-four arts of women.

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.

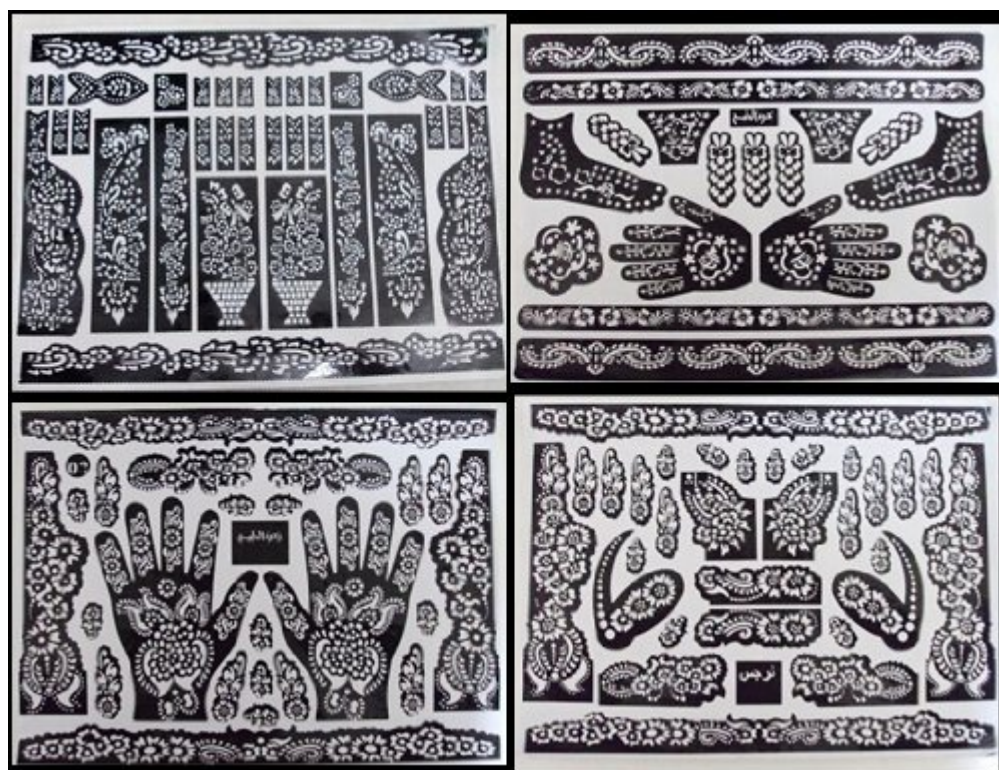


Mehndi : The Timeless Art of Henna Painting by Roome, Loretta

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

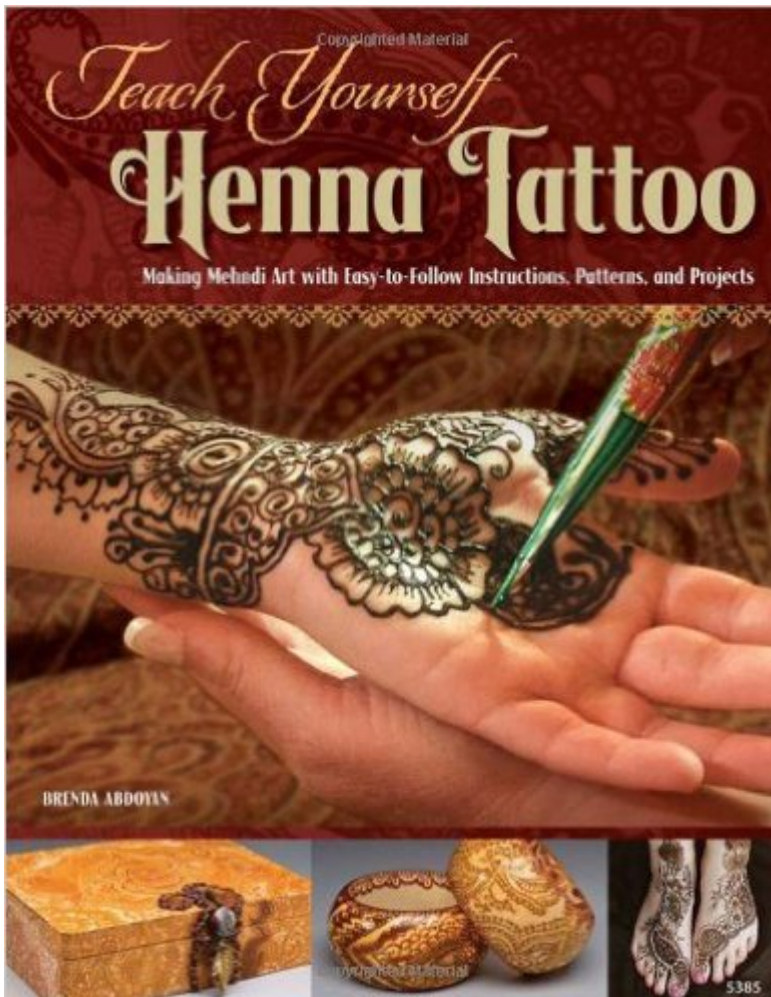
the Middle East.

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 mendhi designs.



Silk & Stone 100% Pure & Natural Henna Powder

