

香港中文大學  
未來城市研究所  
城市歷史、文化與媒體研究中心

**Centre of Urban History, Culture and Media**  
**Institute of Future Cities**  
**The Chinese University of Hong Kong**



Multiculturalism in Action Project

Online Handicraft Workshop

多元文化行動計劃

線上手工藝工作坊

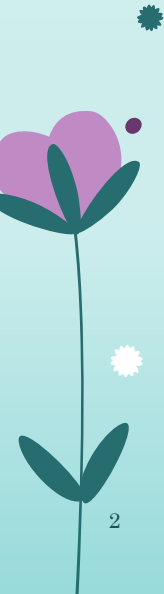
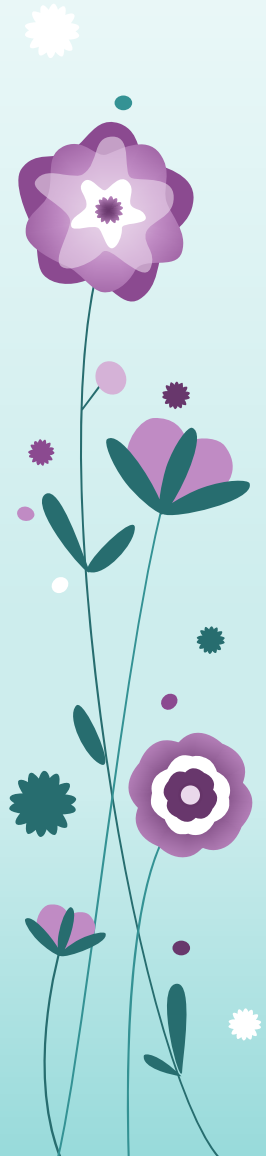
**Henna Workshop**

**Speaker: Ms. Zeeshan Syeda Raheela**

**Henna手繪工作坊**

**講者:金熙娜女士**

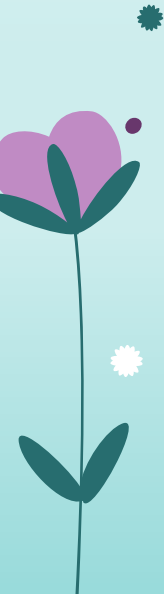
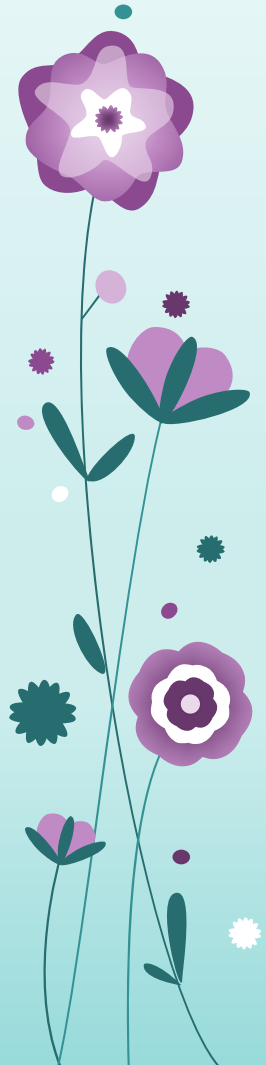
2020.08.01



# WHAT IS HENNA? 甚麼是HENNA?



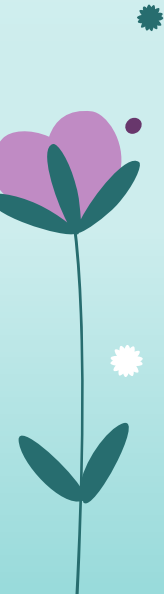
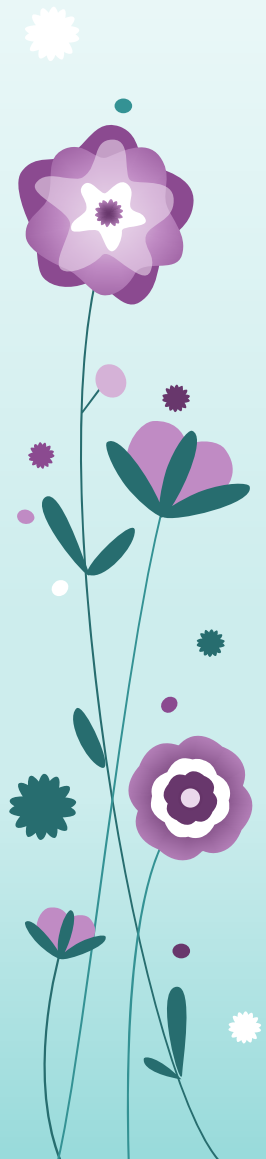
- A flowering plant 海寧草/指甲花，是一種開花植物
- A tall shrub that grows in hot and dry climate  
一種高大的灌木，生長在炎熱乾燥的氣候
- Used as a dye, particularly in hair coloring, and temporary body art known as mehndi (also written as mehendi or henna)  
用作染料，尤其是染髮，或短暫人體藝術(稱為門迪、麼很迪或海寧)
- Usually drawn on hands and feet where the designs will last the longest  
通常繪在手和腳上，是圖案最能保持得久的部位
- Last on the skin for 1-3 weeks  
手繪一般會在皮膚上維持1至3星期



# WHAT IS HENNA? 甚麼是HENNA?

- **Uses:** Weddings and festivals like Eid and Diwali; also anniversaries, birthday parties, and coming of age ceremonies.  
在婚禮和節日使用，例如開齋節、排燈節，以及結婚紀念、生日派對、和成年禮等。
- **Meaning:** Regarded as having “Barakah” or blessings, and is applied for luck, as well as joy and beauty. It is a divine experience to adorn your body by henna.  
被視為具有“Barakah”（祝福），帶來運氣、歡樂和美麗。由海寧草來裝飾身體是神聖的體驗。
- **Color tone:** People believe the darker the color of henna, the more husband and in-laws love you.  
人們相信，手繪的顏色越深，丈夫和姻親就越愛你。
- **Superstitions** around henna are many: e.g. As long as the henna appears on the bride, she does not have to do any housework.  
有很多相關迷信，例如：身上仍有手繪的新娘不需要做任何家務。

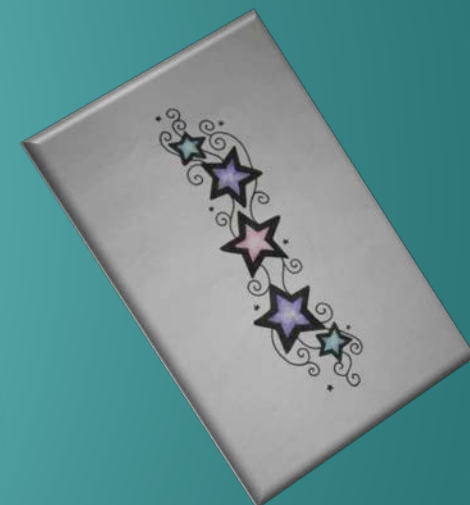
- Henna ingredients are natural and safe. It will not hurt the skin.
- However, G6PD deficiency patients cannot apply henna because it may lead to acute hemolysis.
- 手繪用的成份天然、安全、不傷皮膚。
- 但蠶豆症患者不能使用，因可能引發急性溶血。



# DIFFERENT TYPES OF PATTERNS

## 不同種類的圖紋

- Tribal Tattoos 部落圖紋
- Dragon Tattoos 龍圖紋
- Cross Tattoos 十字圖紋
- Star Tattoos 星圖紋
- Celtic Tattoos 凱爾特圖紋
- Animal Tattoos 動物圖紋



# DIFFERENT TYPES OF CULTURAL DESIGNS

## 不同文化的設計

▶ Indian Design

印度設計



▶ Pakistani Design

巴基斯坦設計



▶ Egyptian Design

埃及設計



▶ Arabic Design

阿拉伯設計



# INDIAN DESIGNS 印度設計

Paisley 腰果花



Storytelling 故事性



Peacock prints  
孔雀印花



Fatima's hand  
法蒂瑪之手





# PAKISTANI & ARABIC DESIGNS

巴基斯坦和阿拉伯設計

- Large, floral patterns 大花朵圖案
- Paisley 腰果花



# EGYPTIAN DESIGNS 埃及設計

- Line patterns 線條圖案



- Henna is mostly used to dye hair in red color. It is a good hair conditioner. It is a fashion trend now to dye.
- 海寧草大多用作紅色染髮，也能護髮。現在染髮是一種時尚。



## HENNA COLORS 染髮粉顏色



# HENNA AS PRODUCTS

## 手繪產品



# How to prepare henna paste

## 如何製造手繪膏

1. Take a quantity of fine henna powder & strain the powder.

取一些海寧草粉，用細網篩篩過。

2. Put the powder in a bowl, add some sugar, juice of lemons, mustard oil, and water. Mix well into a paste.

海寧草粉放碗裡，加一些糖、檸檬果汁、芥子油和水。拌勻成糊狀。

3. Leave it for about an hour or two. Then you can use it by the cone.

將其靜置一兩個小時，然後裝進圓錐形的手繪袋備用。



# How to make a henna cone

## 如何製作手繪筒

- Take a rectangular piece of polypack foil.
- 拿一塊長方形的玻璃紙。
- Start from top left corner of the foil, gradually roll it into a cone shape.
- 從玻璃紙的左上角開始，卷成圓錐形。
- Now wrap on the rest of the foil around the cone so as to make a firm cone.
- 將其餘的玻璃紙圍繞在圓錐上，做成堅固的錐形。
- Pour henna paste into the cone.
- 倒入手繪膏。
- Fold the open end of the cone and seal it with tape.
- 把頂端折疊，並用膠紙密封。



### Materials:

1. Poly pack foil 玻璃紙
2. Henna paste 海寧草漿
3. Tape 膠紙



# SOME QUESTIONS USUALLY IN PEOPLE'S MIND

## 人們通常會想到的問題

Q1. How can I remove henna?

如何清除手繪?

Answer :

Henna is a dye, so you can't just remove it. But wash it regularly, rub some lotion or body oil on it to speed up the removal.

答:

海寧草是一種染料，所以不能一下子清除。但定期清洗、擦一些乳液或潤膚油可以加快速度清除。

Q2. How long does Henna last?

手繪能維持多久？

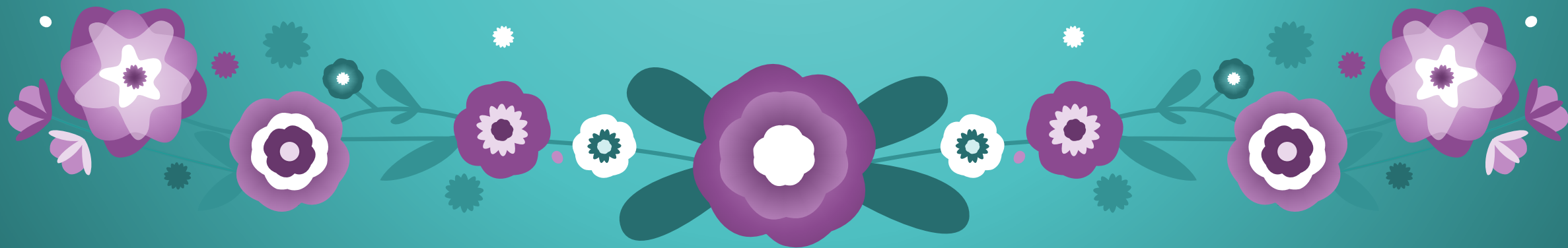
Answer:

Henna usually lasts about 1 to 3 weeks.

答: 手繪通常維持1 到 3個星期。

DEMONSTRATION TIME

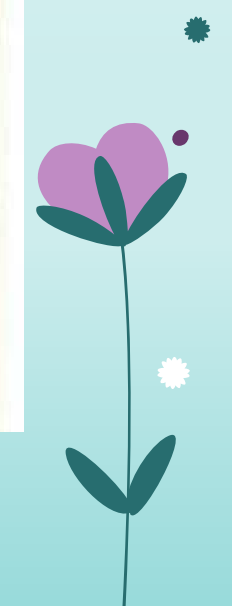
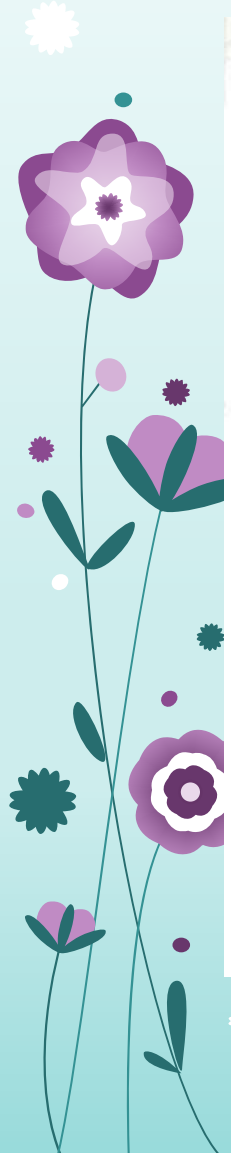
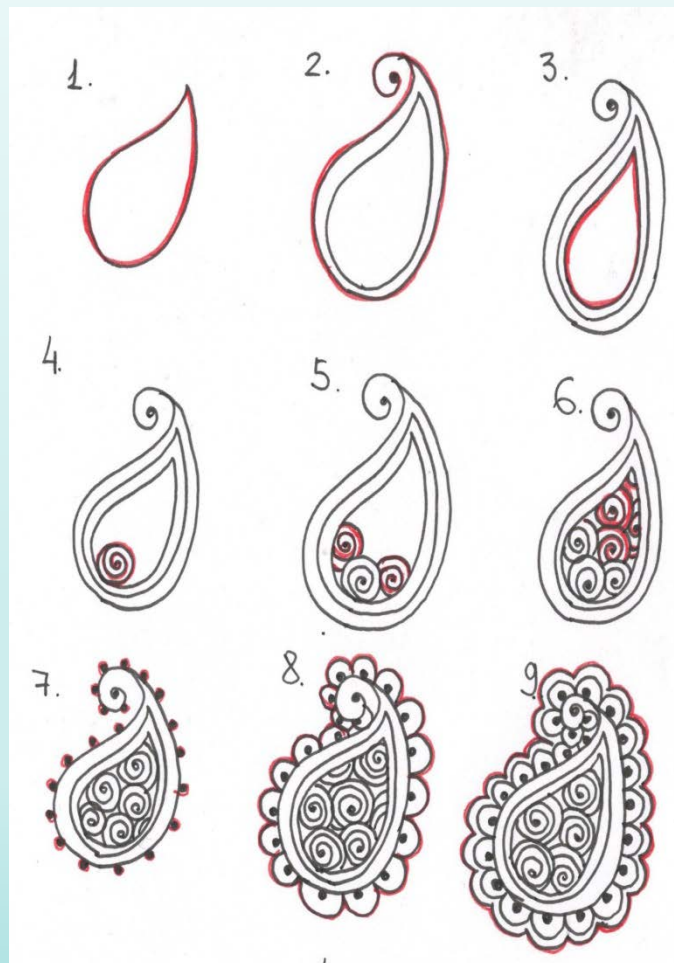
示範時間





# HOW TO DRAW BASIC DESIGNS

## 如何繪製基本圖案



# HOW TO HOLD THE HENNA CONE

## 如何握住手繪筒

**1) Grab the cone between your pointer and middle fingers in your dominant hand.**  
以常用的手的食指和中指，握住手繪筒。

- The cone should rest between your middle finger and your thumb like holding a pen.
- 手繪筒應置放在中指和拇指之間，像握住筆一樣。
- Your thumb should be the finger that is controlling the pressure on the cone.
- 用拇指來控制手繪筒上的壓力。



# HOW TO HOLD THE HENNA CONE

## 如何握住手繪筒

### 2) Rest your wrist on a flat surface to steady the cone.

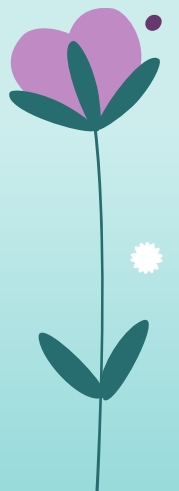
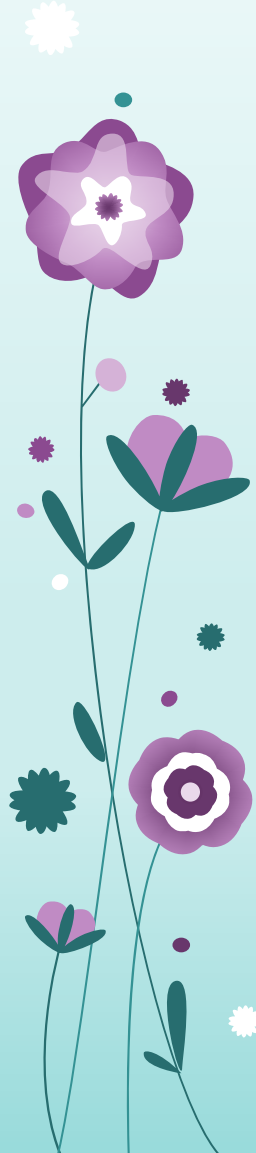
手腕放在平坦的表面上，以穩定住手繪筒。

- Having your wrist on a flat surface helps with control of the design and keeps your hand from tiring out. You will also get a better range of motion this way.

將手腕放在平坦的表面上有助控制圖案，防止手部疲勞，和提高手部運動的範圍。

- If you are drawing a design on someone's body, you can ask them to lay their body part on a table or countertop to create a flat surface for you to work on.

如果要在某人的身體上繪畫，可要求他們將該部位放在桌子類的平面上，以達至一個平坦的工作表面。



# HOW TO HOLD THE HENNA CONE

## 如何握住手繪筒

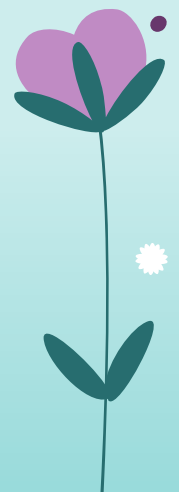
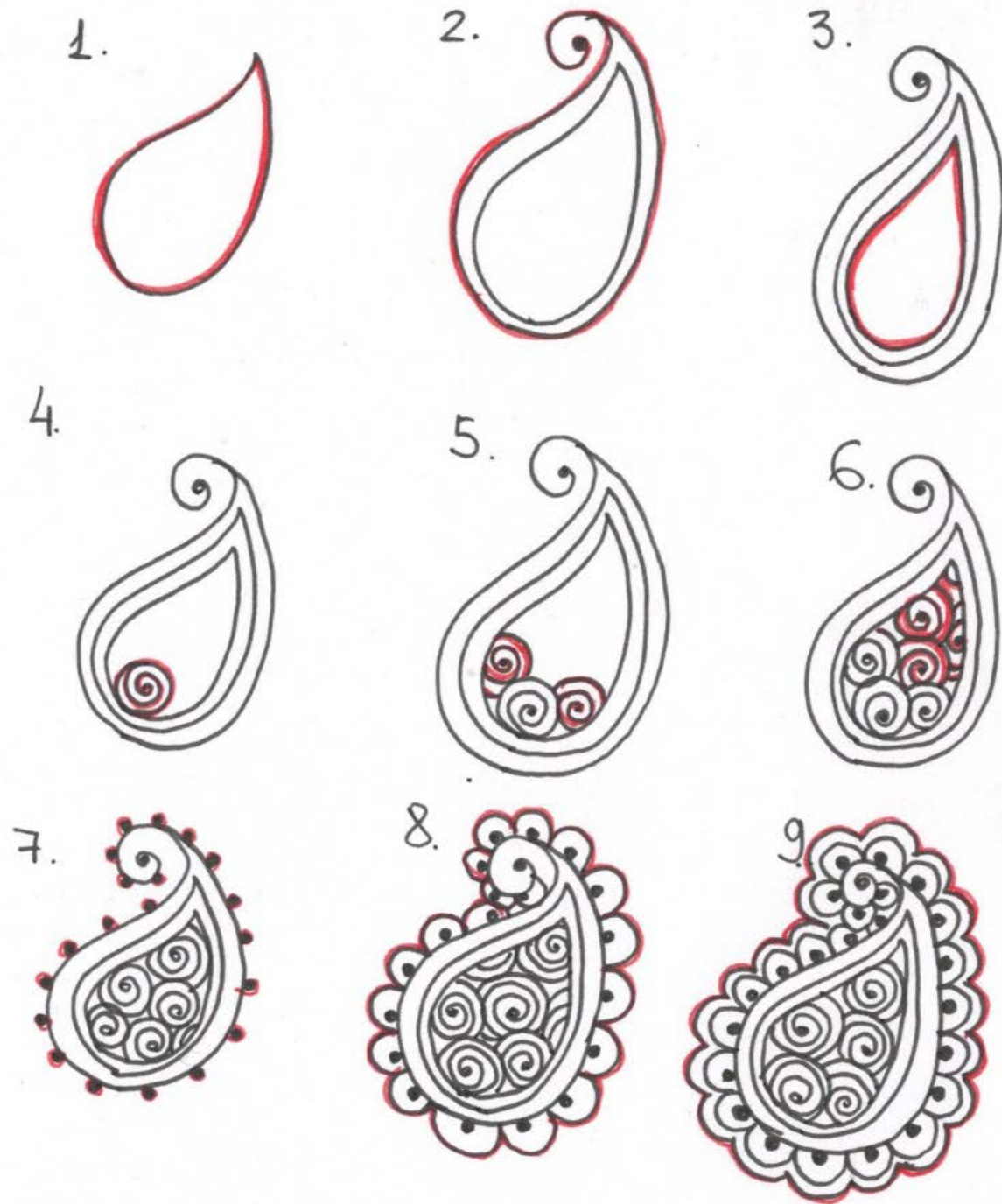
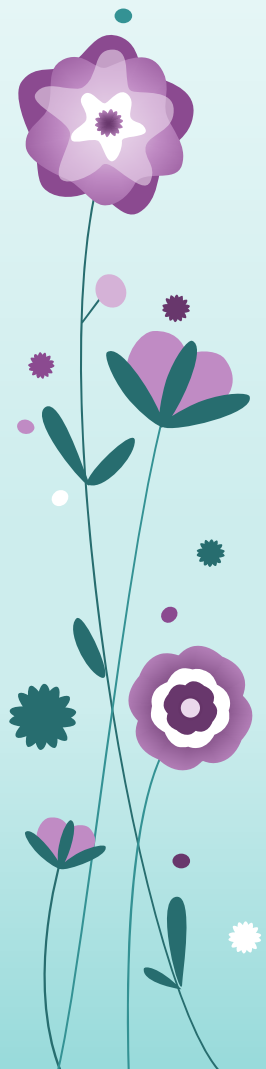
### 3) Squeeze the cone with your thumb against your fingers and palm.

用拇指將筒擠壓在手指和手掌上。

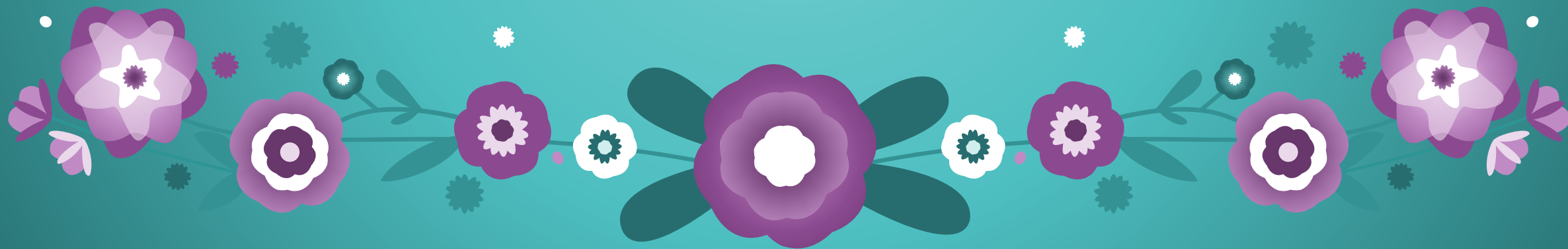
- Different pressure will affect the amount and speed of the henna that comes out of the cone. Try using a small amount of pressure first and slowly increase it until you get the amount that you like. Make sure the pressure is forcing the henna down the cone and out the pinhole end, not the top of the cone.
- 不同的壓力會影響手繪膏出來的份量和速度。先嘗試使用少量壓力，然後慢慢增加，直到所需壓力。確保壓力從上而下將手繪膏往下推，而手繪膏應從尖端而不是筒頂出來。



How to Hold a Mehndi Cone



# Q&A 問答時間





Website: <http://arts.cuhk.edu.hk/~ant//knowledge-transfer/multiculturalism-in-action/index.html>



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Thank You  
謝謝  
Shukriya

