Henna painting is an ancient form of body art still practiced in Africa. The artist makes a paste from the leaves of the henna plant, and uses the paste to create designs on a person’s hands and feet. Both males and females wear henna designs during important events in their lives, like marriage, and initiation into adulthood. In Sudan, the bride is decorated with henna as part of her wedding preparations. The designs are thought to bring good luck and wealth to the wearer.
An example of North African henna painting on the hand beginning with a simple X mark and progressively adding more lines and shapes.