



The Art of Henna training course

Programme information for 2008

Course Title:	The Art of Henna
Duration of Course:	6 hours split over 3 sessions
Cost:	£250 per student (discounts available for group bookings)
Course Dates:	Arranged to suit
Course Venue:	Slough, Berkshire (25 miles west of London)
Tutor:	Riffat Bahar
Contact details:	07944 341 563 / www.riffat.co.uk / info@riffat.co.uk

Course aim

The course is taught on a one to one basis. Each student will have the full attention of the tutor. Students gain the knowledge and skills to mix and apply henna paste onto the body safely. The course provides an introduction for those new to henna or is for those wishing to improve their existing henna techniques. The course consists of discussion of techniques, theory, demonstrations and individual guidance.

Learning outcomes

By the end of the course you will be able to:

- Show awareness of what henna is
- Source the best henna powders and how to store them
- Make your own safe, natural henna paste and hand-rolled cones
- Apply basic shape: Dots, Arc, and Lines
- Primary designs and techniques: Flowers, Vines, and paisleys
- Explore various henna designs from around the world
- Get the best possible stain from your henna paste
- Client management and aftercare
- How to make your own transfers
- Identify the dangers of so called 'Black Henna'

Additional information

Students will be required to provide a note pad and pen to take notes if necessary and be able to understand instructions in English.

The following are provided as part of the course:

- Step by step henna training manual (*copyright of Riffat Bahar*) containing over 40 designs
- Henna Kit containing henna powder, oil, templates, glitter, bindis, tattoos, carrot bag and plastic glove
- All materials used while attending the course: filled cones/cone materials, scissors, sellotape handouts & practice sheets
- Additional materials are available for sale at any time: henna powder, oils, glitter, transfer paper, tracing pencil etc

Qualifications

All students completing the course receive a Certificate of attendance



Feedback from Riffat's henna students

"Riffat you were a great teacher and inspiration for me! You made it easy for us to learn as well making it enjoyable. You show such passion in mehndi, it makes it more interesting for us."

Ramandeep / Feb 06

"I found Riffat through the Asiana website and was instantly interested in joining her course!! Compared with other courses I enquired about, Riffat's website was brilliant. The course was much cheaper than other courses and I particularly liked the 1-1 tuition. The henna kit/training manual are excellent value for money!!"

Suki / March 06

"I learnt more than I was expecting. Information that only years of experience can provide. You can't get that from books and manuals."

Tina /April 06

"I just wanted to say 'thank you' for all the fun I had at my mehndi class – I never expected to learn so much in such a small amount of time. I would highly recommend your classes to anyone wanting to learn."

Roveena / April 06

"I found you very approachable, friendly and knowledgeable. You were very patient with me when I found it difficult to roll cones initially for which I am grateful. The course provided me with all the basic information required to train as a henna artist and I know I can approach you in the future if I have any questions"

Dijinder April 06

"You are softly spoken which made me feel welcome. If something went wrong, you gave a different way or advice on how to practice it. You are very knowledgeable and I felt very comfortable talking or asking anything.

I really enjoyed the course; it gave me the information I never knew, thanks."

Anjana / Aug 06

"Thank you so much for the first part of the course yesterday. I really enjoyed it and it's the first time I've felt so excited about learning something new in a while. I can't wait till the next session and learning how to mix the paste."

Lisa / Oct 06

"At first I thought it wouldn't be long enough, but covered quite a lot without rushing."

Mona / Nov 06

"Very friendly and accommodating. Was an honour to have been taught by somebody with so much great experience in the henna world."

Negat Lodhi / Nov 06

"Years of experience has obviously helped in making you a good teacher."

Maninder Khattria / Dec 06