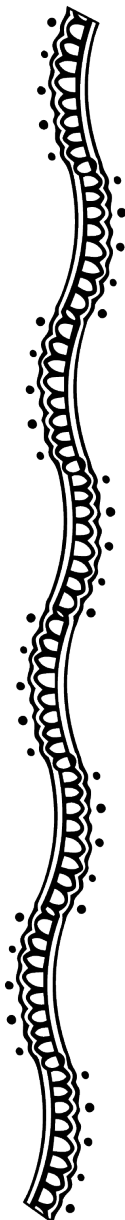


# H IS FOR... HENNA (OR MEHNDI)...

Mehndi is an artform that uses a paste made of plants as the ink and the body as the canvas.

It's a joyful display of family bonds and blessing. With each of the swirls and whirls and intricate patterns, mehndi feels like hope, spirit, and loving celebration.

- Gina Yu



**ARTWORK BY MARIAH ZIA**

*"Mehndi adorn the hands and Life takes on a new color"*

- Anonymous

