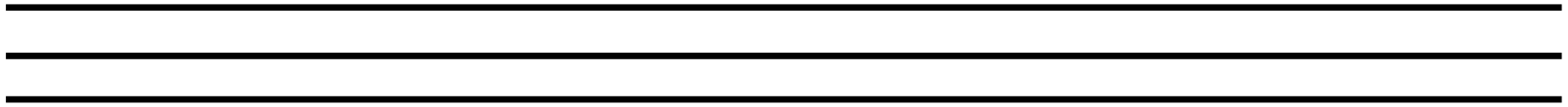
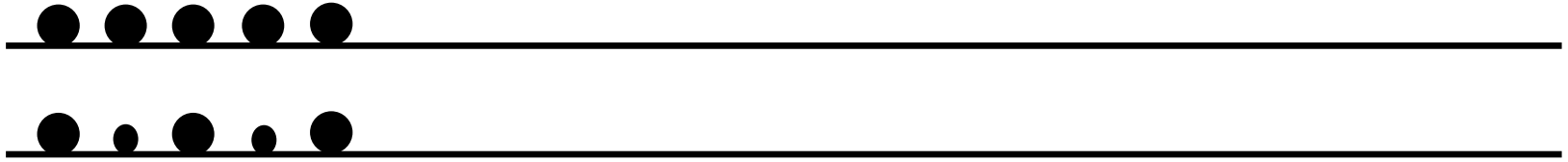


First: Trace these lines

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Second: Add dots to the lines



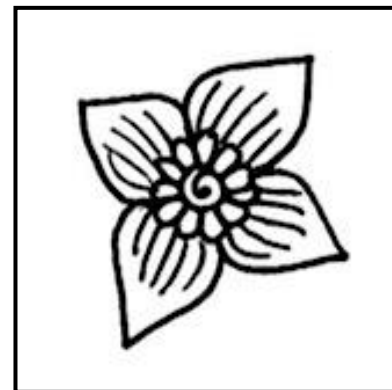
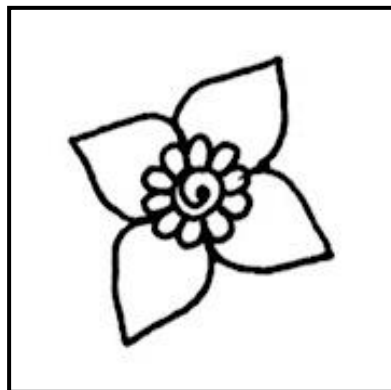
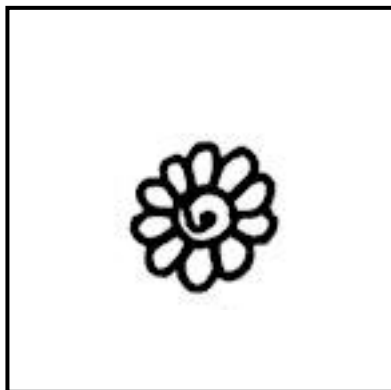
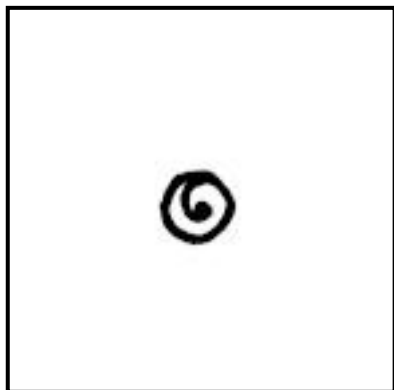
Third: Trace these shapes



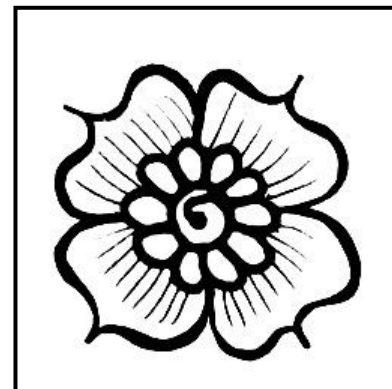
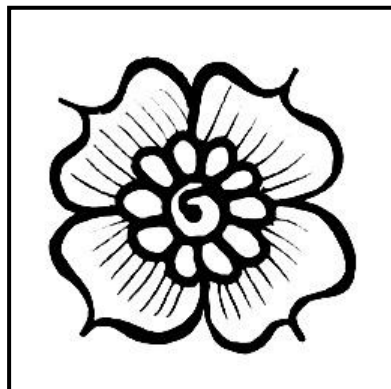
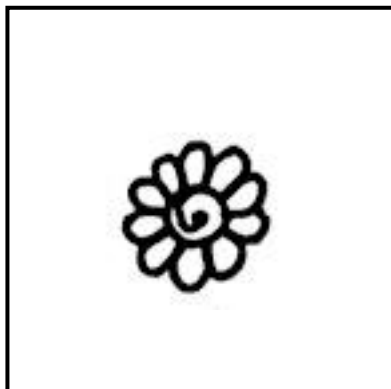
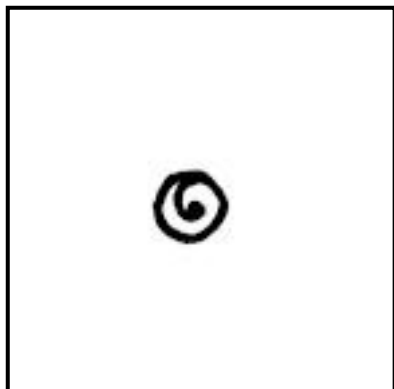
## Fourth: Follow the steps to create flower designs

There are many different flower styles in henna. If these seem easy to you, make a flower with 5 petals, 6, 7 and so on...

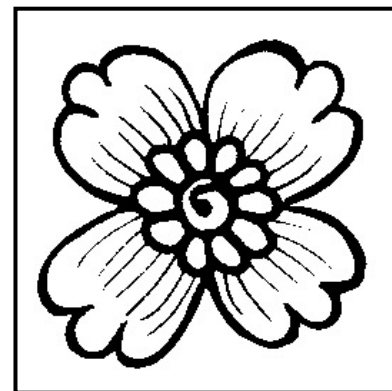
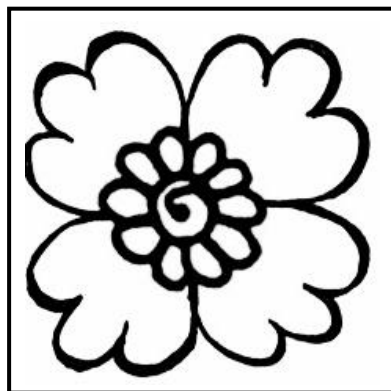
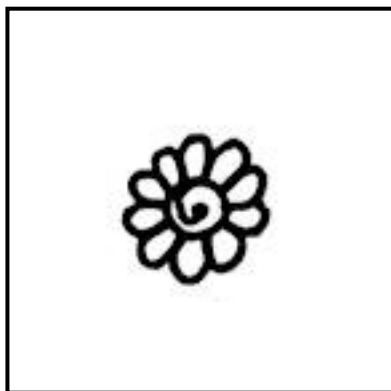
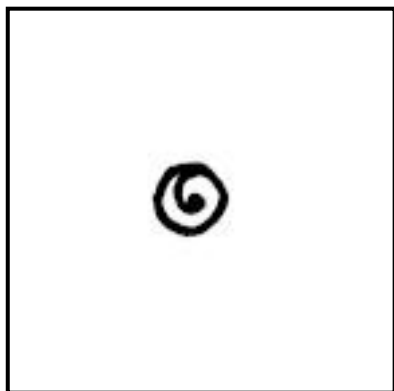
1.



2.



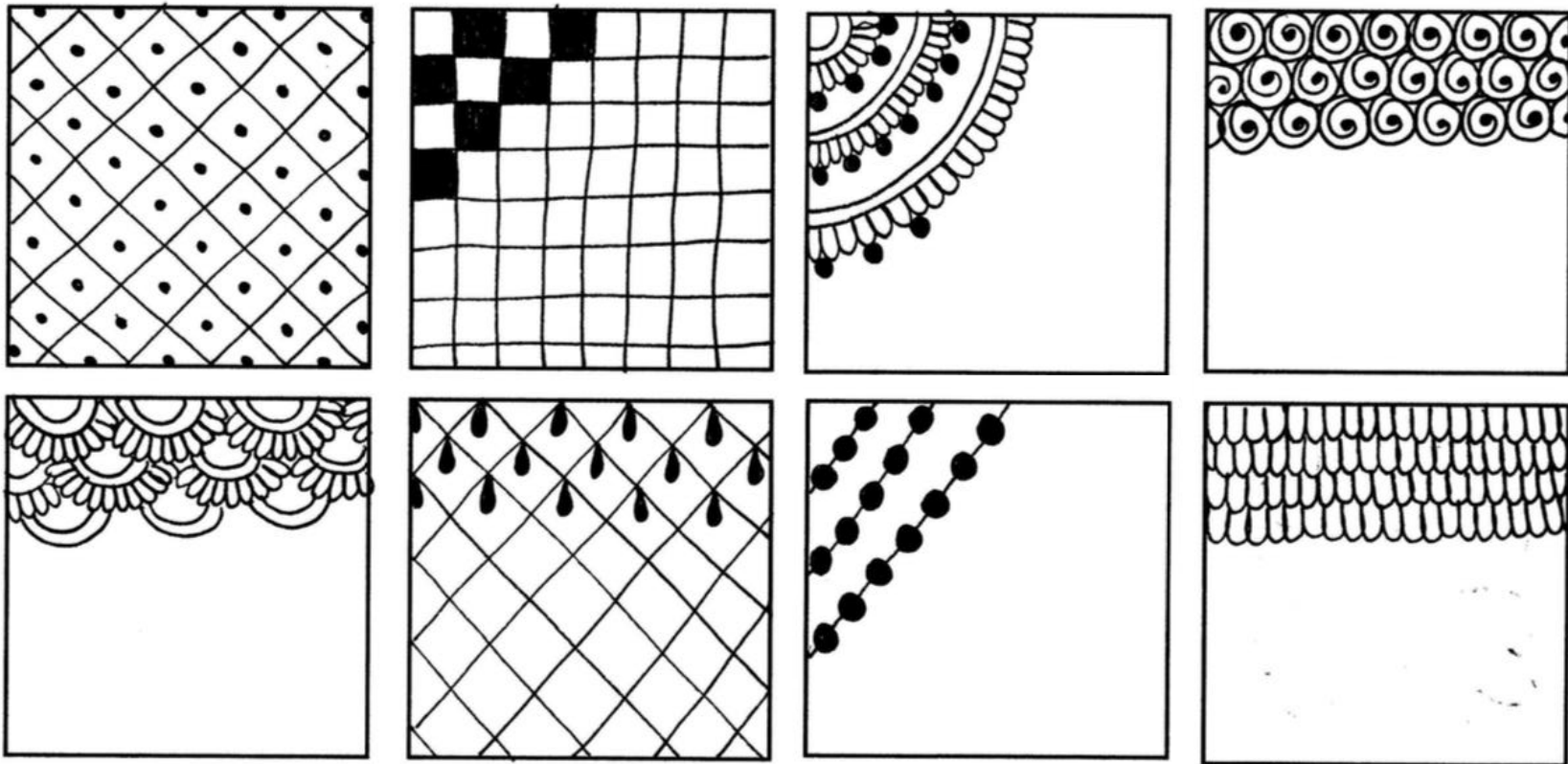
3.



## Fifth: Practice these fills

Fills can be used to fill leaves, paisleys and shapes

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## Sixth: building a design

Start with the most basic parts, i.e. the center of a flower or largest shape, then



Seventh: Try these designs on yourself or others

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