

---

**INTERNATIONAL A-LEVEL**  
**ENGLISH LANGUAGE**  
UNIT 4 LANGUAGE EXPLORATION

---

## Insert 2

This insert is for use with **Question 2**.

The three texts that follow are:

**Text 4:** Introduction to henna tattoos

**Text 5:** Recipe: Henna Paste

**Text 6:** 'This is not harmless fun'

**Please open the insert fully  
to see all three texts**

---

**Text 4**

## INTRODUCTION

My henna saga began with a trip to the Middle East in 2000. Unlike the henna tattoo artist you may find on the beach in summer or in your favorite theme parks, henna artists in the Middle East apply tattoos behind the blacked-out windows of a beauty salon. The windows are blacked out to preserve the modesty of the ladies inside; the henna application is a complete experience.

A friend (the sister of the man who would later become my husband) and I entered the salon and were led up a dark, steep, narrow stairway. When we re-entered the light at the top of the stairs, we were in another world. Aromas assaulted us – cardamon spice in Arabic coffee (the essential oils used in henna paste) and burning incense.

The room, which comprised the entire upper floor, had no stations where a guest would sit in a specific chair for her henna application. Instead the space was nearly empty in the center with banks of ornately decorated pillows along the sides. We simply sat on a mass of these overly soft pillows and the work began.

Since both my hands and feet were being done, four young girls worked through the designs, one on each hand and each foot. These four girls talked and giggled amongst themselves, only occasionally putting together a few words to ask me questions about my prior experience with henna tattoos (at that time, I had none). Something about those moments ignited a spark in me that continues to burn.

---

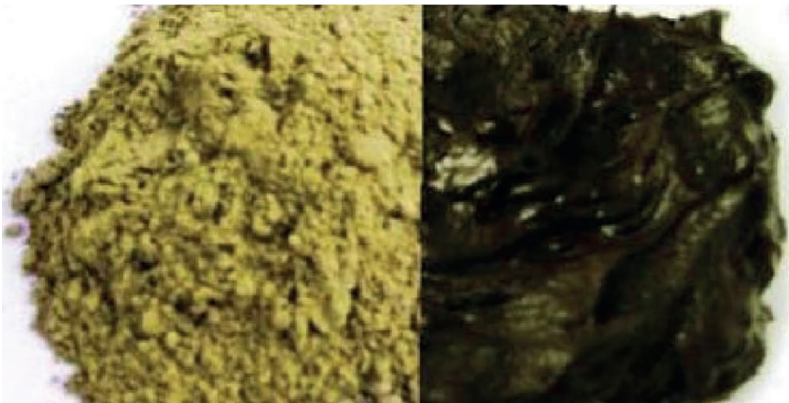
**Text 5****Recipe: Henna Paste**

- 6 oz. (177 ml) brewed coffee, black
- 1 tbsp. (15 g) each of peppercorns, whole cloves, and whole cumin seeds, mixed together
- 2 cinnamon sticks
- 1.75 oz. (50 g) henna powder
- Juice of 1 lemon, or about 2 tbsp. (90 ml) reconstituted juice
- 2 tsp. (10 g) granulated sugar
- 2 tsp. (30 ml) tea tree oil

**Tip**

Not quite ready to tattoo yet but have already mixed your paste? Simply keep it in the zipper-top plastic bag and pop it in the freezer. It will keep there for two to three months. Thaw it at room temperature when you're ready to tattoo.

1. Brew 6 oz. of strong black coffee.
2. Drop a good-sized handful of peppercorns, whole cloves, and whole cumin seeds plus a couple of cinnamon sticks into a hot cup of black coffee. Let it steep for 3 to 4 minutes.
3. In a 2- to 3-cup (.5 to .75l) plastic container with a lid, put about 1.75 oz. (50 g) of henna powder (half a box of Jamila if you chose this brand).
4. Pour the coffee mixture, a little at a time, through a strainer into the henna powder, mixing the liquid in at each interval until the mixture resembles mashed potatoes.
5. Squeeze the juice of 1 lemon through the strainer into the henna paste.
6. Add sugar, and mix well. Let the mixture stand covered at 70°F to 90°F for about 10 to 20 hours. After it has rested, the paste should look very dark green and the surface of the paste will have a light sheen.
7. Add tea tree oil, and stir. The paste should be similar in thickness to cake frosting, whipped butter, or toothpaste. Adjust the consistency if necessary by adding more lemon juice.
8. Spoon the paste into a zipper-top bag to let it rest 72 hours at 70°F to 90°F. Store the paste in the plastic bag until it is time to tattoo. If the tattooing will not occur within the next several days, freeze the paste in the bag and thaw it when you're ready to begin tattooing. Premixed paste will keep for 2 to 3 months in the freezer.



The henna powder (left) turns into a paste (right) that will stain the skin temporarily.

**There are no texts printed on this page.**

**Turn over for Text 6.**

## Text 6

# ‘This is not harmless fun’: Doctors issue urgent black henna tattoo warning to Australian tourists as thousands of families flock to Bali for the school holidays

- Australian holidaymakers are too often getting burns and scars from tattoos
- Children as young as five are given tattoos on holiday with black henna dye
- Allergic reactions mean many get chemical burns that can scar forever
- Victims shared horror stories as doctors issued warning to parents on holiday

By [NIC WHITE FOR DAILY MAIL AUSTRALIA](#)

PUBLISHED: 07:41, 9 July 2019 | UPDATED: 21:14, 9 July 2019



Doctors are warning tourists to avoid letting their kids get black henna tattoos on school holidays or risk horrific burns and permanent scarring.

Australian holidaymakers to Bali and other Asian destinations often get temporary tattoos on their trip, even for children as young as five.

However, some artists use a black dye laced with paraphenylenediamine (PPD) which can cause allergic reactions, blisters, open sores, and scarring.

Dr Ryan Harvey from House Call Doctors said patients suffered extreme allergic reactions that caused chemical burns to the skin.

‘Unlike here in Australia, there may not be any regulation of what goes into the dye, and children in particular can have extreme reactions that can cause blistering, open sores and a chemical burn,’ he told Daily Mail Australia.

‘While many parents think getting a temporary henna tattoo is harmless holiday fun, it can lead to permanent scarring.’

Dr Harvey said natural henna never contains PPD, it is entirely made of plant-based ingredients, including eucalyptus.

'The clear difference is real henna is never black, but rather an orange colour with a red or brown tint to it,' he said.

'Any very dark temporary tattoo should be treated with caution. Black henna tattoos are readily available in many countries, therefore it is important to be extra vigilant as many tattoo places will not inform tourists that black henna is being used.'

**Share or comment on this article: Doctors issue school holiday warning to parents not to get children black henna tattoos in Bali**



**END OF TEXTS**

**Open the insert fully  
to see all three texts**

#### **Copyright information**

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from [www.oxfordaqaexams.org.uk](http://www.oxfordaqaexams.org.uk).

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and Oxford International AQA Examinations will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2022 Oxford International AQA Examinations and its licensors. All rights reserved.

