**Body Arts**

*Did You Know?*

The term Body Arts refers to the many different ways in which people around the world have chosen to change their physical appearance. Some of these are temporary, like scent and body painting, while others are more or less permanent, like scarification and tattooing.

**Ta moko**

Ta moko is a New Zealand Maori tattoo that leaves permanent grooves in the skin. Traditionally ta moko was applied to the face by dipping a blade in black pigment and then tapping the blade to create deep incisions into the skin.

**Body painting**

Australian Aborigines paint their bodies to take part in rituals. The colours that they use to paint their bodies have different meanings. For example: red ochre means blood, energy or fire.

**Body reshaping**

The corset is an item of clothing used to change the shape of women’s bodies. Corsets constrict the waist to make it look smaller. According to fashion they can also be used to either flatten or push out the breasts. In eighteenth and nineteenth century Europe corsets were so stiff and tight they permanently changed the shape of the skeleton and the internal organs, causing serious health problems.

**Scarification**

Scarification is the permanent marking of the skin by cutting it to create scars. It is most widely carried out in Africa and is often used to make a person appear more beautiful. Scars can also demonstrate group identity, or mark stages in a person’s life.
Example sketchbook