

AUGUST 2020/1

TEXAS  
INKED



**Tattoo Artist**  
*Tiffcer Wright*

**COLORIST**  
**Lana Kelso**

*Workout*  
**With Stephanie Trevino**

**Animals!!!**

CREATED TO INSPIRE. INSPIRED TO CREATE

# Editor's Note

What in the world 2020?



I can't have a pet issue without including my babies!

OMG. after my week, I just need a little belly rub!

I am a huge puppy lover. I like animals more than most people. I literally had a dog pee on me and wasn't even mad. I have always had dogs in my house, and don't see that changing in my future.

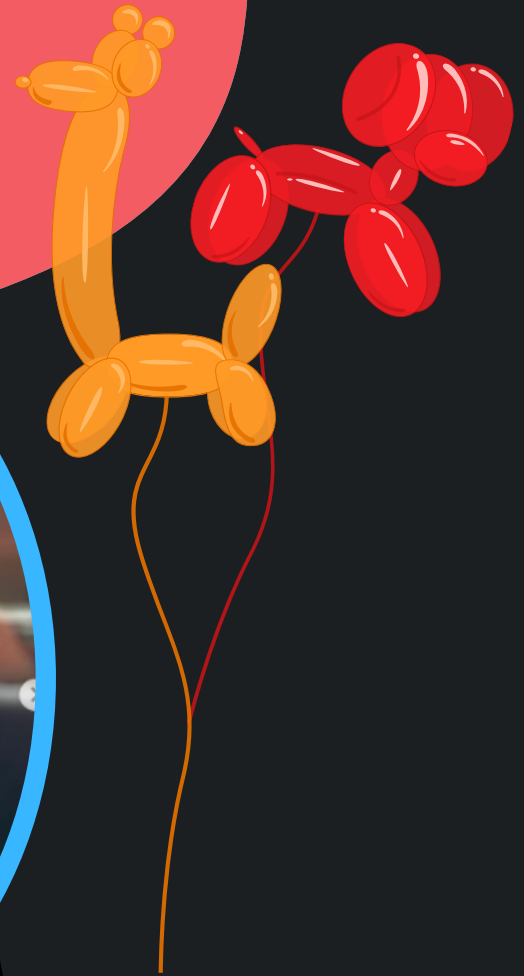
So this week I am focusing on the pets in our lives.

Actually I am just using y'all for the animal love, but I really need it! -N

I'm dedicating to this weeks newsletter to those little furry (or not furry in some cases) friends who always seem to hold it down!

Don't worry, If you are not a pet lover, we still have some great content in here too.

**HAPPY BIRTHDAY**



**RUCRA**

Proud puppy owners - @jayjorée & @ciryder

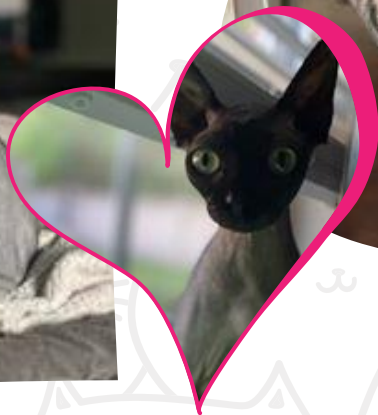
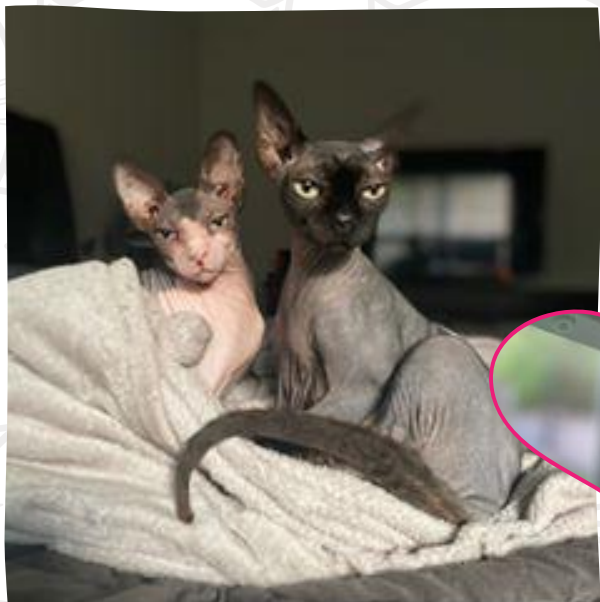


Neo Trad Artist Tiffer Wright is based in Dallas, TX. He is Part owner of Folklore Trading Co., where he also tattoos full time. He has the talent to tattoo pretty much anything, but his animal tattoos are the "Bees Knees".

Check out more of his work on IG or the web.

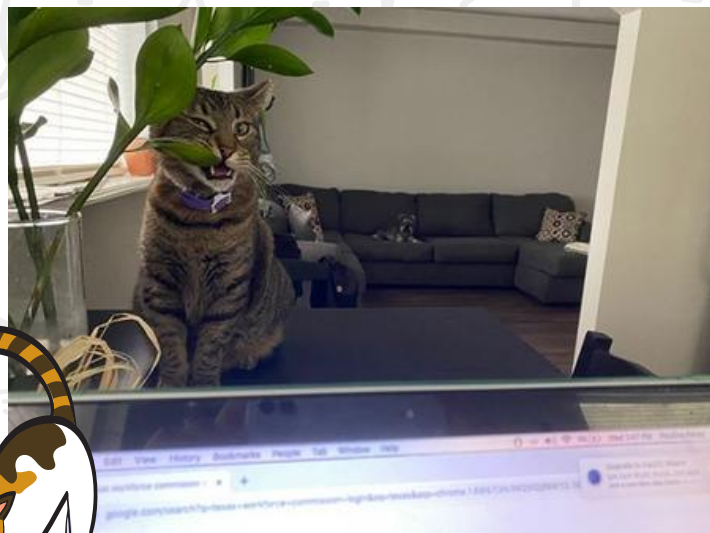


# Send Nudes...



# Meow!

When you ask a girlfriend to cheer you up! She sends you all the nudes! Thanks [@shessavage](#)



Theres also days when all you need is a nap and maybe some greens... [@vulgar.vanity](#)



Not sure whats going to fix your attitude... Forget the greens! NAP NUDE!



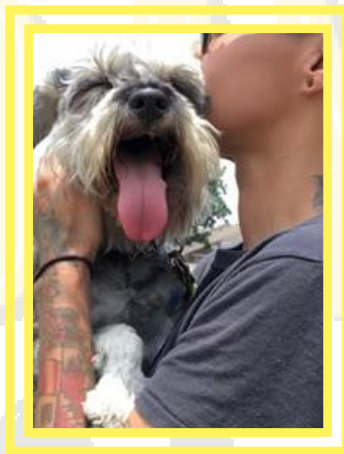
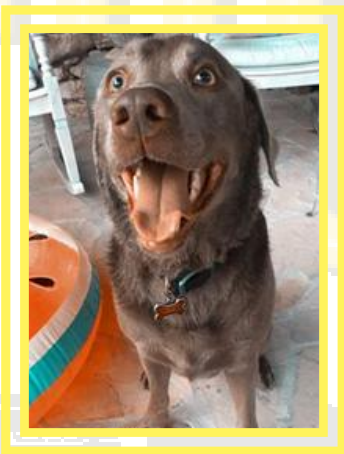
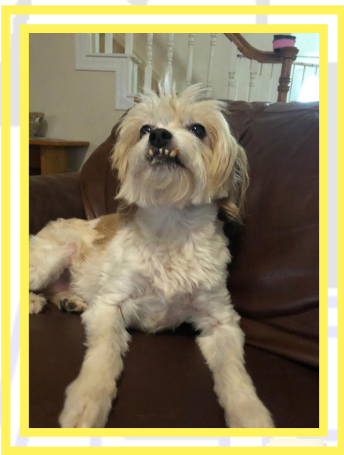
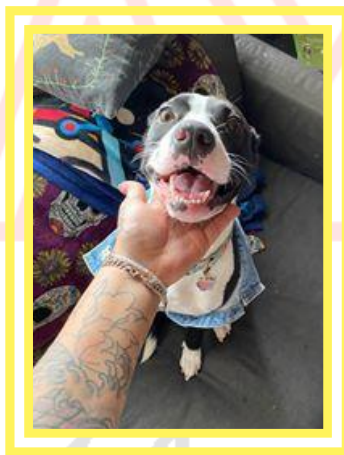
If you are looking to add a little or a lot of color to your hair, we have the person for you. Lana Kelso @leveluplana on IG, owner and colorist at Level 101 Hair Studio in Dallas, TX. Here's a little about Lana and her studio.

My name is Lana Kelso, I'm a stylist who specializes in fashion colors, and I own Level 101 Hair Studio. I started doing hair in 2011, and after working in several different salons, I decided to create my ideal alternative workspace. Combining both my love of hair and my passion for design, the brand Level came to fruition. At Level, as a stylist/barber, you are encouraged to be constantly growing as an artist and improving your skill. As a client, you are welcomed to come as you are, because we have just the artist for you. Level is a LGBTQ+ safe space; we believe hair is a form of self expression, not limited to gender, and we are here to create with you.

FOLLOW LANA



The Dog Days of Summer



# DJz Morgan Horse Farm



This is just a glimpse of the creatures and excitement at DJz Morgan Horse Farm in Iowa Park, TX! Garrett and Dj Madson are utilizing sustainable and humane farming practices to grow their small homesteading operation. Garrett and Dj ride and show Morgan horses, but spend most of their time chasing after their two young children. Dj has been a part of the Texas Inked Family since 2016, and operates a horse-based business selling animal CBD products, tack, and riding accessories. The family is committed to equine community education, and their store hosts several nonprofit events and seminars every year. Their production animals are given comfortable, happy lives. Even their elderly laying hens enjoy a long retirement on the family farm!



# MOVE IT OR LOSE IT

With Stephanie Trevino

Who says working out has to take hours?

Here's a quick and easy workout that can be done in under 5 minutes!

Tabata is one of the fastest ways to burn calories. You work out at a high intensity which burns more calories than a regular workout and helps build cardio endurance.

You work out for 20 seconds followed by a 10 second rest and repeat 8 times. The entire workout only takes 4 mins.

You do not take breaks in between movements.

*keep pushing the entire 4 mins.*

*Non-Stop – Only 10 second rest allowed*

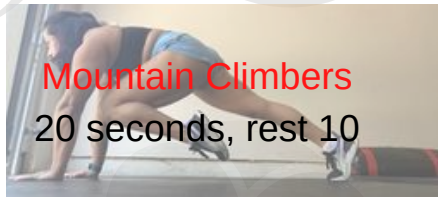
## Jump Squats

20 seconds, rest 10



## Mountain Climbers

20 seconds, rest 10



## Toe Taps

20 seconds, rest 10



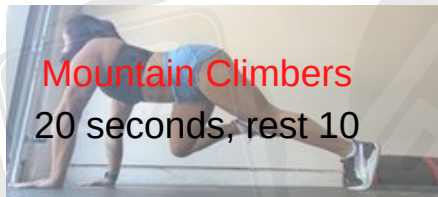
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20 seconds, rest 10



## Jump Squats

20 seconds, rest 10



## Toe Taps

20 seconds, rest 10



**STEPHANIE TREVINO**

**STRENGTH OF BODY & MIND**

**IG: STRENGTHBODYMIND**

**WWW.STRENGTHBODYMIND.COM**



# BRAND AMBASSADOR SEARCH

Dank Beards is a new facial grooming products company specializing in CBD-infused beard oils and beard balms. We're looking for creators from all walks of life!

Jeff@DankBeards.com

DankBeards.com

INSTA dankbeards

DANK BEARDS CBD BEARD OIL

Congrats to this weeks winners!!!

Mr. Nice Guys  
2d · Instagram · 🌐

Taylor Lambert ❤️ our Weekly Friday Giveaway 🥳  
🥳!!! And we ❤️ our supporters 🥳🥳!!! Who will be smiling 🥳 next Friday?!? Don't forget to l... See More



A promotional graphic for Mr. Nice Guys. It features a yellow smiley face with a lit cigarette in its mouth, set against a background of blue water splashes. The text "Mr. Nice Guys" is written in a stylized font above the smiley face. Below the smiley face, it says "Wellness Center Superstore" and "Weekly Friday Giveaway". At the bottom, it says "WIN \$100 WORTH OF MERCHANDISE".

Mr. Nice Guys  
19h · Instagram · 🌐

Vanessa Mendoza ❤️ our Weekly Friday Giveaway 🥳  
🥳!!! And we ❤️ our supporters 🥳🥳!!! Who will be smiling 🥳 next Friday?!? Don't forget to e... See More



CHECK OUT MR. NICE GUYS IG FOR MORE GIVEAWAY DETAILS