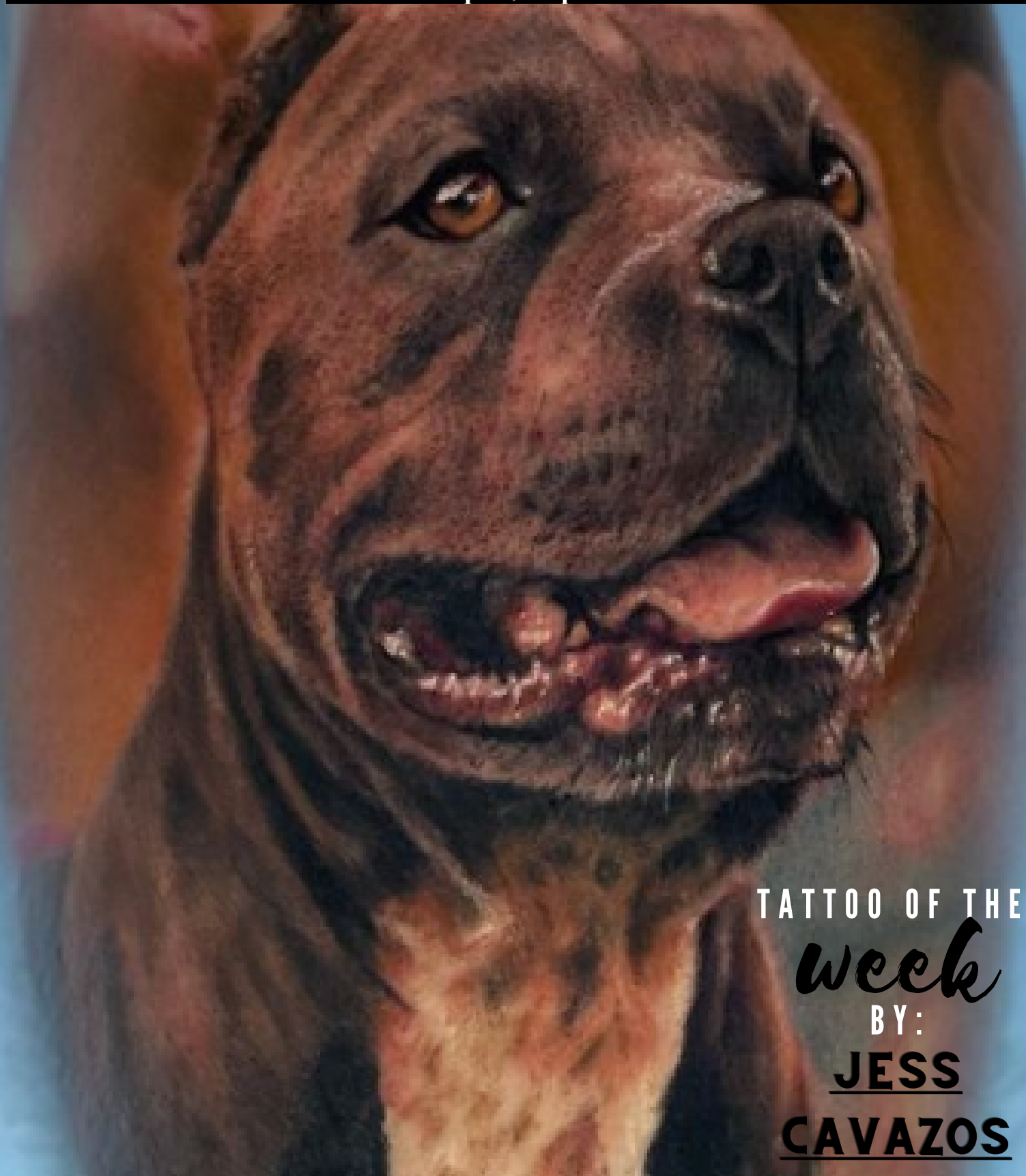


TEXAS INKED

Created to Inspire, Inspired to Create



TATTOO OF THE
week
BY:
JESS
CAVAZOS

EDITOR'S NOTE

We hope you enjoy this weeks issue.

Thank you to the staff involved in the content creation. We are always looking for additions to the team. If you are interested in writing, photographing, or advertising, hit us up info@texasinked.com

FEATURES



TATTOO CONVENTION

JUNE 4TH - 6TH 2021
NRG Center
NRG Park, Houston, TX 77054
COME GET TATTOO
VILLAINARTS.COM

Hydration THE MIRACLE

...component to start off... Water has so many... often overlooked when... yet, it is the most... component.

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...ying hydrated how do you... getting enough in?

...amino acids that are... eils levels your muscles... is found in foods such... grains, beans, and...

...ch have a bit of a bad... gain weight... which... arbs are found in... and they are broken... provide energy. The way id... of carbs. Foods like... e pure or 'good' carbs... include grains and sweet... refined carbs such as... es and white bread are... stay away from.

...ol, fats are essential to... ats are abundant in... avocados and good oils... but oil. Hydrogenated... typically used in fast... are about the worst... is your body. They key... e amounts of good fats... all costs.

...fiber is nature's way of... Great sources of fib... green vegetables such as... nists be found in grains and... sweet potatoes.

...So how much of these ea... eat? The proper amount va... persee - there is no univer... it comes to your body, a... nutritionist can decide w... yes. One of the first thing... with clients is measure t... Muscle, along with other c... will determine how much p... and fiber you need to c...

...So keep calm and chive o... these fear ingredients an... into the latest diet fad or... with the plethora of confu... you have questions ab... anything related to healt... me a line at strengthbody.

Cura

Stephanie Trevino, MBA,
nutritionist and life coach
and owner of Strength of
full service consultant
strengthening the body
coaching in all aspects
professional developme
mental health and welln
expertise include physical
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JUNE 4TH - 6TH 2021

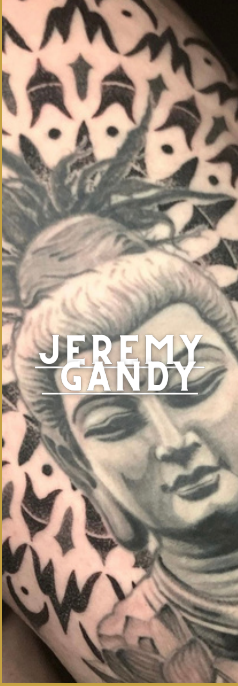
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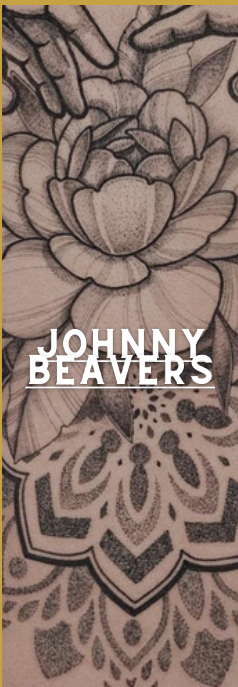
TEXAS INKED GUEST ARTIST



JEREMY GANDY



JAY JOREE



JOHNNY BEAVERS

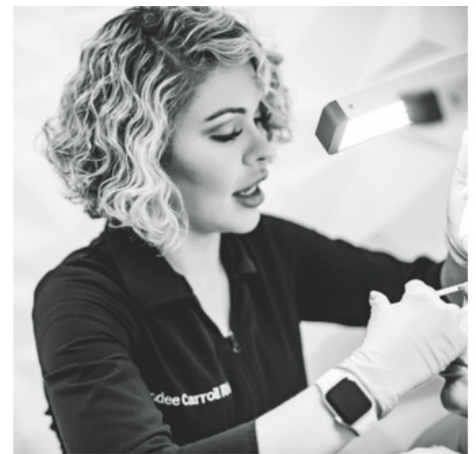
The Injection Room || San Antonio

- VULGAR VANITY



In the era of social media it appears that society has finally destigmatized cosmetic procedures and all things relating to beauty and aesthetics that were once exclusive to celebrities. More and more individuals have begun dipping their toes in the realm of cosmetic procedures, and here in San Antonio we house one of the most sought after "Injectionstas" of the Lone Star State.

Andee Carroll is San Antonio's "lip plug"; she is a registered nurse who founded the booming business: [The Injection Room](#). The Injection Room is San Antonio's first injection boutique for non-surgical facial artistry. Andee never envisioned her current success as a business owner, but felt called to the field after her working in the world of plastic surgery. Andee began her journey with injections while working in med spas and has developed her specific injecting technique over the years. Given her skill set as a nurse and her passion for helping people build up their confidence, she decided to break out on her own as a business owner. She wanted to provide a safe and cool space for anyone seeking to freshen up their aesthetic. Her vision was for a colorful and welcoming lounge style spa located in the trendy Southtown area of San Antonio. In 2019 she made her vision happen by opening up her new business and quickly became the number one location throughout central Texas. She initially opened up with one other nurse and their small list of clients, and today she has a full team and an overwhelming list of retuning clients and supporters. She has been incredibly exclusive when selecting her team members, and has trained each member with her specific application technique.



Andee

My nursing career started in plastic surgery and medical spas. Over the past four years, I've fine-tuned and expanded my knowledge of surgical and nonsurgical cosmetic procedures. The first time my hand touched a syringe of filler, I was immediately in love. Injectables have fed my artistic hunger. I believe everyone's face is a unique, beautiful canvas and I'm honored with the ability to enhance it! I've done advanced training with Merz, Allergan, Galderma and Nova Threads. Outside of work, I love spending time with the people who fill my heart. I enjoy motherhood, being outdoors, creating music and supporting other women in all their endeavors!

The Injection Room recently celebrated their 2nd year in business and announced that the city can look forward to a 2nd location by the end of the year. Very far ahead of schedule and breaking ceilings for women in business, the location and founder each continue to gain notoriety as the go to location and Injectionist for all non surgical touch ups. The primary service continues to be lip filler, but they offer a good verity of services ranging from skin care, facial and body contouring, wrinkle treatments. Still, the number one service that makes the boutique stand out is the amount of education provided to each client. Andee stated that educating was a big part of her business plan, and it goes hand in hand with her marketing technique. She decided her target audience would be younger individuals who do their research on social media. A quick browse through the boutiques Instagram account demonstrates how active she and team are with posting education content, writing out descriptive captions with details of procedures, and answering questions in the comment sections. The team is dedicated to making sure each client has all of their questions answered, all of their concerns addressed, and providing as many tips and alternatives as possible. Andee spoke about how her favorite part of the job is seeing the confidence her clients exude after they've freshened up, and the glow that comes from a client who feels truly happy with their results. Andee, and the entire team at the Injection Room, focus on addressing the concerns that a client would like to address and do their due diligence to provide the client with a complete treatment plan that works for each individual clients goals. Andee spoke about how we're all our own worst critique and we choose to tear ourselves own, so when I client comes in and makes themselves vulnerable, word selection and proper treatment is crucial.

"Society puts so much stress on us to look unrealistically perfect which is completely unnecessary. It's not all about vanity and sometimes, if not most times, it's truly for the confidence boost which transforms them to their best version!"

Any Texan seeking to freshen up their aesthetic, and experience a luxurious and proper tune up, needs to pop in to the Injection Room to level up their optimum version. The boutique and it's entire team are here for you and all of your non-surgical facial modifications. Andee Carroll continues to grow her successful business, help guide her clients towards their goals, support local entrepreneurs/ businesses, and she hopes to continue breaking ceilings for female business owners.



The Injection Room

Instagram: [@InjectionRoom](https://www.instagram.com/InjectionRoom)

Website: www.TheInjectionRoom.com

1010 S Flores Unit 117

San Antonio, Texas

(210) 729-0441

Keep your lips puckers for a new location opening up at the end of the year!

"We're not here to sell syringes were here to help you build your confidence."



Christina

@christinatattoome

Greenz

San Antonio, TX

**ARTIST
OF THE
*Week***

Hydration

THE MIRACLE PILL

Water is an amazing component to start off your healthy eating. Water has so many benefits that are often overlooked when people plan to diet, yet it is the most important component.

The first step is to plan!

How much water do you take in currently?
How much water should you take in daily during the winter months and the summer?
How often do you workout and do you sweat during the workout?

When it comes to staying hydrated how do you know you are getting enough in?

1. Protein, these are amino acids that are essential in life. Protein feeds your muscles, skin and hair. Protein is found in foods such as meats, fish, nuts, grains, beans and vegetables.

2. Carbohydrates, which have a bit of a bad rep for making people "gain weight," which isn't entirely true. Carbs are found in everything that we eat and they are broken down in our body to provide energy. The key is to eat the right kinds of carbs. Foods like fruits and veggies are pure or "good" carbs. Other complex carbs include grains and sweet potatoes. Simple or refined carbs such as those found in pastries and white bread are the ones you want to stay away from.

3. Fat. Believe it or not, fats are essential to weight loss. Healthy fats are abundant in peanut butter, nuts, avocados and good oils such as olive and coconut oil. Hydrogenated oils such as lard are typically used in fast food restaurants and are about the worst thing that you can put in your body. They key is to stick to moderate amounts of good fats and avoid bad fats at all costs.

4. Fiber is nature's way of keeping your body clean. Great sources of fiber include leafy green vegetables such as spinach. Fiber can also be found in grains and roots, such as sweet potatoes.

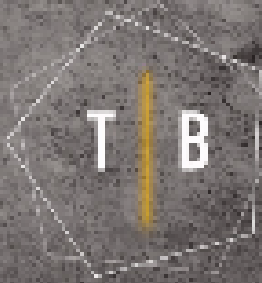
So how much of these nutrients should you eat? The proper amount varies from person to person - there is no universal formula. When it comes to your body, only you and your nutritionist can decide what works best for you. One of the first things I do when meeting with clients is measure their muscle mass. Muscle, along with other contributing factors, will determine how much protein, carbs, fats, and fiber you need to consume in a day.

So keep calm and chive on. Pay attention to these four ingredients and don't get sucked into the latest diet fad or feel overwhelmed with the plethora of confusing food labels. If you have questions about this topic or anything related to health and fitness, drop me a line at strengthbodymind@gmail.com.

Curator

Stephanie Trevino, MBA, PHR is a certified nutritionist and life coach. She is the founder and owner of Strength of Body and Mind, a full service consultancy dedicated to strengthening the body and mind through coaching in all aspects of life including professional development, physical and mental health and wellness. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness.

More information is available at www.strengthbodymind.com and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).



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