

Created to Inspire. Inspired to Create

SEPTEMBER 2020/5

TEXAS INKED



ShineOn Boudoir

||

@tatsandcurlz

Bye September...

Another week & another month in the books!

A little bit of normalcy returned this week, we went and visited Houston's heavy hitter tattoo shop Gold Rush Collective. Artists Drew Dimas, Cody Gibbs, & Gabriel Inked were grinding some amazing tattoos out that day. It was the closest we have been to others in a while, not to mention getting to hear some machines!

Keep an eye out for our announcements on convention dates! 2021 looks like its going to be a busy year!!!

If you are looking to be featured in our Mini Mag, use our @ & # on IG, or visit www.texasinked.com for information on formal submissions.

Here comes the real fun...



We Need YOU to get through...

As many others in the world, we are in the tough position of asking for help. It is sickening that it's come to this, but its the truth.

The cancelation of our tattoo convention circuit has brought us to our knees. If you have the ability please consider donating.

Help keep our little dream alive!

[Donate Here](#)

Check out what's droppin...

NEW BLOG



Texas Inked Pimpin @Stephanietacy || [Garden Seventeen Austin, TX](#)



Thursday October 1st www.texasinked.com/blog

PRETTY AND PIERCED

Interview By:
VULGAR VANITY

Tattoo parlors are the happy place for a lot of us; it's where we go to get our favorite pieces of art or get new piercings to make us look shiny and new. Tattoo parlors are inclusive to almost anyone looking for a body mod, but tattoo parlors do have age restrictions. While we don't advocate for underage tattoos, we understand "underage" piercings. ~
See more on the next page



Photos: [@prettyandpiercedllc](https://www.instagram.com/prettyandpiercedllc) on Instagram

PRETTY AND PIERCED

CHILDREN'S PIERCING BOUTIQUE

HOURS: Wed - Sun || Noon to 6:00pm

ADDRESS: OLD TOWN SPRING 417 Gentry St, Building C Spring, TX 77373

www.prettyandpierced.com

EAR PIERCING

this certificate is awarded to:

PRETTY AND PIERCED

Interview By:

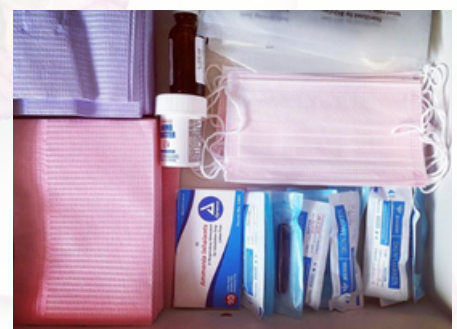
VULGAR VANITY

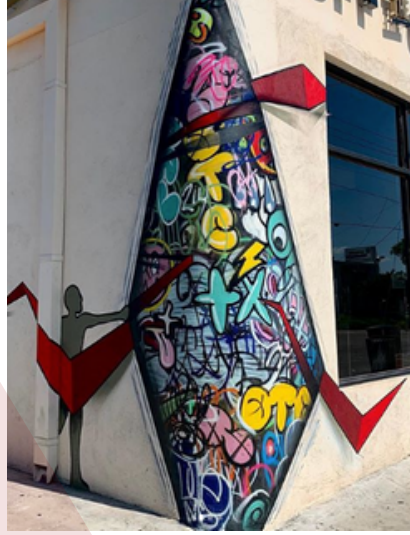
Over in Spring, TX, Kayla Hatch wandered around looking for a place to get her daughter pierced. For anyone under the age of 18, piercings are typically done in a friend's bedroom one random night with a safety pin, or at Claire's where they use the unsanitary piercing gun methods. Some tattoo parlors will allow minors to be pierced, but typically the age cut off is 13. With unsafe piercing methods being the only option available to younger kids wanting to get piercings (with their parents' permission), Kayla was left with no option but to open the business herself.

Pretty & Pierced has been around for 2 years, since March 2019, and is currently looking to expand into Pearland, Dallas & San Antonio. Pretty & Pierced is a piercing parlor tailored to a younger crowd seeking professional and safe piercings. Kayla stated she got into the business because her daughter had gotten pierced at the mall with a piercing gun, which resulted in an infection and the added expense of a gun-correcting piercing. Pretty & Pierced is the only piercing parlor for minors in the nation. The average client takes up to two hours to visit the Pretty & Pierced team in spring for the proper piercing experience.

Pretty & Pierced is dedicated to not only providing safe piercings, but a positive and joyful experience. Post-piercing customers receive a goody bag that contains proper care instructions as well as 1oz of aftercare ointment, and the link to purchase a full size tube if needed. The piercer will take a polaroid photo of customers with their new piercing, and hand them a certificate for those who come in for 'My First Piercing'. Pretty & Pierced has a small team of professional piercers who exclusively use Invictus Body Jewelry. This is to ensure each piece of jewelry is titanium to avoid infections or allergens, and all of their equipment comes in a pre-sterilized one-use disposable package. Pretty & Pierced creates welcoming environments for families to come in and build an enjoyable memory. They've pierced newborn babies and younger children getting their fist piercings, teenagers and adults seeking either a correction or new piercing, and rock-star dads who want to leave matching their daughters.

Kayla has created a very high standard for what to expect when you come into Pretty & Pierced. Clients drive from out of town to experience her services and small-tailored piercing parlor. You'll be able to expect the same high standard in the stores opening up across the state.





Freddie Trevino Art



THIRD EYE GALLERY

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Healthy Eating ON A BUDGET

STEPHANIE TREVINO, NUTRITIONIST, PERSONAL TRAINER AND WELLNESS COACH GIVES US ADVISE ON HOW TO SHOP HEALTHY, WITHOUT SPENDING ALL THE "DOUGH"...


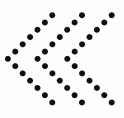
Eating healthy does not have to be expensive. There are a ton of "hacks" when it comes to eating healthy on a budget.

Most grocery stores have weekly deals and specials, better yet if you look online you can plan your grocery list based on the deals. This brings me to hack number two, have a list! Do not wander the grocery store aisles aimlessly or you will definitely spend more than you want to. Plan your meals for the week and write a list of ingredients you need.

When it comes to meat, we would all prefer to eat organic and grass fed, but sometimes that can come with a large price tag. An easy way to save money is to look for natural products that are made without additives or hormones but do not come with the organic price tag.

Higher fat meats are always cheaper but how much fat is too much fat? Chicken thighs are high in protein and moderate in levels of fat, opt for the skinless. Beef has nutrients that other proteins do not have but can become costly pretty quickly. Opt for sirloin cuts or if purchasing ground meat 90/10 is a lower cost and healthier alternative. Steer clear of the 80/20 and 70/30 products, these meat are made up of 20% or 30% fat!

TIPS FOR EATING HEALTHY ON A BUDGET!

- 
- ~ PLAN YOUR WEEKLY MEALS
 - ~ MAKE A MANDATORY GROCERY LIST
 - ~ LOOK FOR OFF BRAND ITEMS & SALES
 - ~ NATURAL MEATS ARE A CHEAPER ALTERNATIVE TO ORGANIC
 - ~ ALWAYS BUY SKINLESS TO AVOID UNNECESSARY FAT
 - ~ 90/10 IS A GOOD PROTEIN TO FAT RATIO FOR MEATS
 - ~ FROZEN MEATS AND FRUITS LAST LONGER AND SAVE MONEY
- 

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

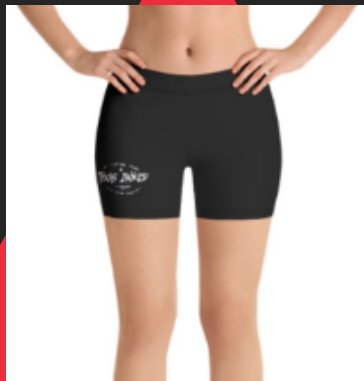
If you have questions about this topic or anything related to health and fitness, drop me a line at stephanie@strengthbodymind.com

Stephanie Trevino, 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.

FEATURED

Product

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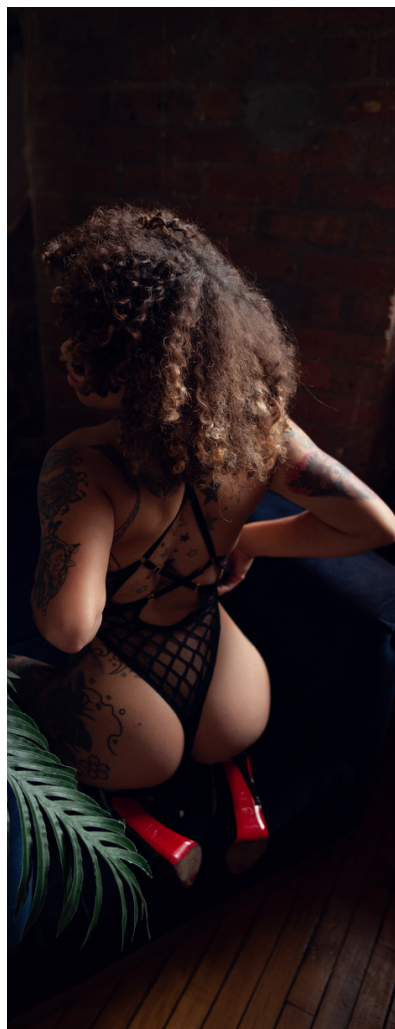
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*PICTURES LINK DIRECTLY TO PRODUCT PAGE!

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Digital Icon 1:1 Nathaniel P. / VitaliTree

D: What's a creative work day look like for you?

N: Well, it starts with coffee I can tell you that much. But to be honest, my days are spent juggling quite a few different mindsets, and I wish just the creative one was all I had to employ. With VitaliTree we do everything ourselves, from all aspects of manufacturing to distribution. We're a small company with just a few people so a straight forward "to the grind, hustle mind" gets employed often. That being said, I'm really starting to restructure some things so I can devote more time to creativity within some personal projects, which is really part of why I started VitaliTree in the first place.

D: Who/what inspires you as an artist?

N: I've always been drawn to people who use their art as a method of self reflection, and a way to dig deeper into themselves and also the collective unconscious, and coming back with some type of archetypal representation... doing work beyond just what the results provide on the surface. I believe everything in life is really just a vehicle for self-evolution, and when we can consciously take part in that process, great strides can be made for the whole gig. I've always said for myself that "the salve was just the lube for penetrating new realities", as VitaliTree has always been a purpose that's kept me dedicated to personal growth.

D: What got you started into the salve game?

N: Well, you could say it was a "divine moment of truth" that put me upon the path of exploring some of the amazing things plants have to offer. At the time the idea was born for what became VitaliTree, I was deep upon a path of soul searching and spiritual seeking, and I was discovering all kinds of things related to natural healing. I was at that time also really getting into tattooing and beginning that artistic path myself, so the two realms just became symbiotic at one point.

D: What's the secret to creating innovative visuals for products in a culture of artists?

N: From the beginning, all aspects of VitaliTree have been an artistic expression for me, whether it be the combinations of ingredients used, or the visual aspects. The presentation has been fundamentally as important to me as the quality of the product itself. I wouldn't say there is much of a "secret" other than setting high standards for a project and sticking to them. I felt that the brand as such needed to have a soul, and not just be another product company. I've always done my best to create a look that best represents that soul.

D: Not only do you do amazing work, help others create amazing work, you also house some amazing work on your body as well. Who are some of the artists you have collected?

N: Goethe, Jondix, Zack Slinger, Star Kealoha, Li'aifaiva.

D: What does 2021 bring for you as an artist and as the owner of Vitalitree?

N: I am set on getting VitaliTree as a company as much on autopilot as I can, so that I can dedicate my time and energy fully to my own tattooing, which has been on hiatus for roughly the past 8 years. Long overdue, but all in due-time.

D: What's the secret ingredient in Vitalitree?

N: Third eye drops of divine nectar from the cosmic wellspring of the primordial essence of existence itself.

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AD SPACE PRICING

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Monthly \$175

1/3 Page:

1 week at a time \$25

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