

Created to Inspire, Inspired to Create

November 2020/1

TEXAS INKED



ARTWORK BY:

Vivienne Dang

SEE MORE ON PG 5

Hello November

It's time to give, be thankful, and EAT!!!

With travel being limited and the number of guest being regulated we wonder how everyone will spend this Thanksgiving. Our Thanksgiving plans are totally different than last years... How about yours?

Don't worry the turkey shall be fried, the potatoes mashed, and the pumpkins pied, but this year we will be celebrating at home. Without going into too much detail... Our last Thanksgiving was cut short and celebrated a couple days after it should have been, but it turned out full of love and good food, non the less. This year our extended family will be missed, but sometimes life dictates a little more than we care to admit. Growing older and more mature forces us to realize what our family's needs are and how we should go about fulfilling them. Trust me, it isn't easy putting all that good food on the table. The cost, stress, and drama sometimes cloud our minds... This year lend a helping hand, if money is not an option, then a couple hours of your time to prepare food, or just hang out and entertain the people putting your meal together. Remember it's the time you spend with people that makes the holidays, not the IG posts, not the grand decorations, time and love!



Art throughout this issue provided by:
Vivienne Dang

If you would like to make a donation to help us get through these tough times, we would greatly appreciate it. As many in 2020 Covid has had a terrible impact on our business, and we could use all the help we can get.



FALL SKIN CARE – NOT JUST FOR YOUR FACE!

Skin care in the tattoo industry is more than just making sure we stay hydrated (although that is one of the best ways to show your skin you love it), we also have to think about the thousands of dollars we have invested in our tattoos! Here's a few ways to keep a healthy glow during the fall/winter months.

- **Water - Stay hydrated!** (This is a must) Your skin is made up of 30% water. The water our skin needs is used to maintain it's elasticity. Without water your skin will appear dull and is destined for WRINKLES!
- **Vitamins** - Vitamin C, Vitamin D, Vitamin E, and Vitamin K are the most important vitamins we can take to promote healthy skin. You can take a supplement to ensure you get what your skin needs. Don't forget to soak up some sun too!
- **Sunscreen** - I shouldn't have to explain this one but put the damn sunscreen on! One thing we know is your skin feels like it is melting away when it hits those tattoos. Imagine the damage it is doing...
- **Stay Clean** - This is very important for those of us who wear makeup or work in a dirty environment. Cleaning your face can be simple just like cleaning your body. Use a mild facial cleanser daily, and don't forget to do a deep cleaning weekly.
- **Moisturize** - This one is a little trickier. You will have to identify your skin type (face, and body).
 - Dry Skin? - Use a moisturizer with more oils.
 - Oily Skin? - Look for products containing water
 - Sensitive Skin? - Find "soothing" ingredients like Aloe!
 - Or... (Ask a pro if you can't identify your skin type).
- **Sleep** - We all love to do it, but only when it's time to not be doing it! Not only is getting your, "8 hours" in the easiest way to drop some pounds, but it can also help you maintain your youthful glow. So get some sleep!

Remember to protect your investments this fall!

Check out a couple of our business partners if you have skin care questions.

www.VitaliTree.com
www.AdamahClay.com



Vivienne Dang

Tangob



VIVIENNE DANG – INTRICATE MIND DESIGN

Vivienne Dang has been on our radar for a couple years now. We needed to know more about what inspires this Houston based Artist. Texas Inked Curator @vulgarvanity hooked us up with the deets!

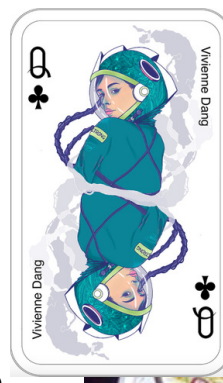
Vivienne is a mixed realism/manga-inspired/surrealism artist from Houston, Tx. She has been designing for about 14 years, and her style continues to evolve. Her art is unique in the way it focuses and depicts mental ideas and human emotion. Vivienne states that "art is a universal language"; her murals are unique because they reflect and translate the natural emotions we experience.



Continued on next pg.

Vivienne Dang, Continued...

Vivienne creates a lot of work for personal reasons, and sometimes those transition into projects larger than originally imagined during creation. Her work has reimagined into art on traffic boxes, mural, and large installations; giving them a second life. Vivienne's recent group project called the "House of Cards in Houston, Tx" is an example of projects becoming much larger than the original scale. This is a life size structure consisting of 126 giant, five-foot tall double-sided playing cards. The structure had a projected animation creating the illusion of the entire house of cards rising and falling to the music of an original soundtrack. After years of creating and evolving as an artist, Vivienne reports that her art style has given her more confidence and she can now better translate what's on her mind onto the paper. Once she started creating art for herself and posting it, people reacted very positively and responding. "Art is my therapy allows me to cope with my day to day".



Vivienne has been creating art for over a decade, she states the artistic process varies for her, but it usually starts out as an inspiration that occupies her mind. She stated that she takes ideas and sketches out some really rough thumbnails. Sometime she takes photos of herself for reference if she needs to refine a pose or facial expression. Once the final sketch or composition that she feels "translates" her message, she'll prep her final canvas and draw the image onto it, this is where she will create the final piece. Depending on the project, she'll seal the work so that it can withstand any type of handling involved. People tend to show the most appreciation to the messages or emotions that they can relate to. Vivienne stated that for a while the most exciting aspect of creating used to be the process of coming up with ideas, but I've grown to get so much more excited when the actual project takes off and started. Along side, she stated the most stressful aspect is when projects don't go as planned. She focuses on murals, and a lot of times something comes up; either the weathers not cooperating, lifts malfunction, or something unexpected occurs and she has to improvise.



At this time Vivienne is only taking mural commissions, but always aspires to create custom art when time allows. Currently she showcases and sells few pieces at art markets, but focuses on her online shop. She has a passion project that she wants to get started on. It involves a lot of illustration work and will probably take some time, but she's always wanted to do it. She'll release more details on her social media, stay tuned. When asked what the most exciting thing her art has done for her, Vivienne sated, "it has helped me find a voice and connect with others. Art is universal and is easier for me to express with than words."



Where to find Vivienne:

Website: VivienneDang.com

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

Online Shop: <https://VivienneDang.Square.Site/s/shop>





DETERMINATION

By Stephanie Trevino, MBA, PHR, Certified Nutritionist

Determination is firmness of purpose. Many times along our fitness journey we may lose determination and lack discipline. It is important at those moments to get connected to our purpose.

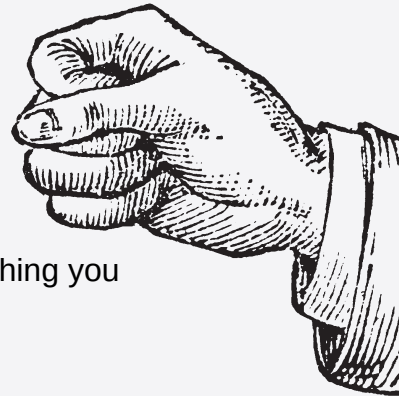
When we start our journey our reason why is evident. When life happens and stress comes into the picture we tend to resort back to old habits. Somewhere along the way we lose our focus, we lose our way. It is because we forget the reason why we wanted this change. We need to rewire our brains to associate the change of being healthy with positive reinforcement.

Keys to success when talking about rewards? It should get you closer to your goal not further away. Accomplished working out for a few days in a row, buy something new for the gym. This way you get excited to go back to workout. Humans associate pleasure with positive change. So reward good behavior.

Stay Determined

These tips will help you stay determined.

- **Vision.** Write the ultimate vision for your new healthy life.
- **Set weekly and daily goals.** Start a wish list for rewards.
- **Reflect.** At the end of the day ask yourself what was one healthy thing you accomplished?
- **Look for inspiration.**



Determination is the thing that gets you out of bed even when you don't feel like it. It is the driving force behind doing what needs to be done. Determination and will power will take you to new heights in your fitness journey. Do not take them lightly. Work and train them daily like any muscle.

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

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).





FALL
FALL
FALL



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