



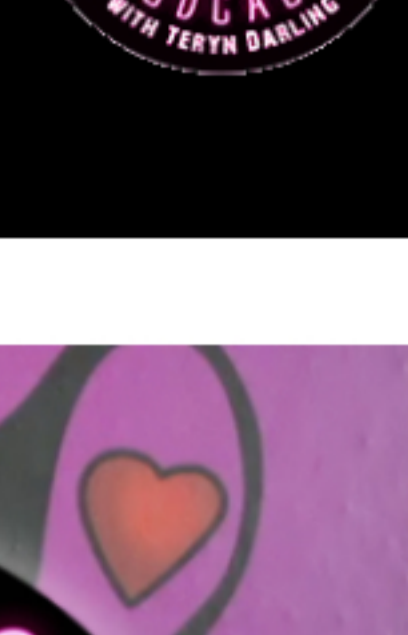
Girlz Ink Gazette

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#33 TERYN DARLING

New Tatter-a-fact® Episode!

Episode #33: Changing the Trajectory of Your Life in 10 Steps

On this new episode of Tatter-a-fact® I talk about the 10 steps you need to take to change the trajectory of your life! Maybe you know *what you want*, but do you know *how to get it*? I'll guide you through the 10 steps and how they will change your life. Ready to start? 🌟

These are topics we talk about:

[Welcome to the new Tatter-a-fact® Podcast studio!](#)

[Be brave enough to decide what you want and go for it](#)

[Goals without specifics are just wishes](#)

[Fuel the fire with persistency.](#)

[Consistency is born from discipline](#)

[Have fun and enjoy the journey!](#)

[View Full Episode](#)

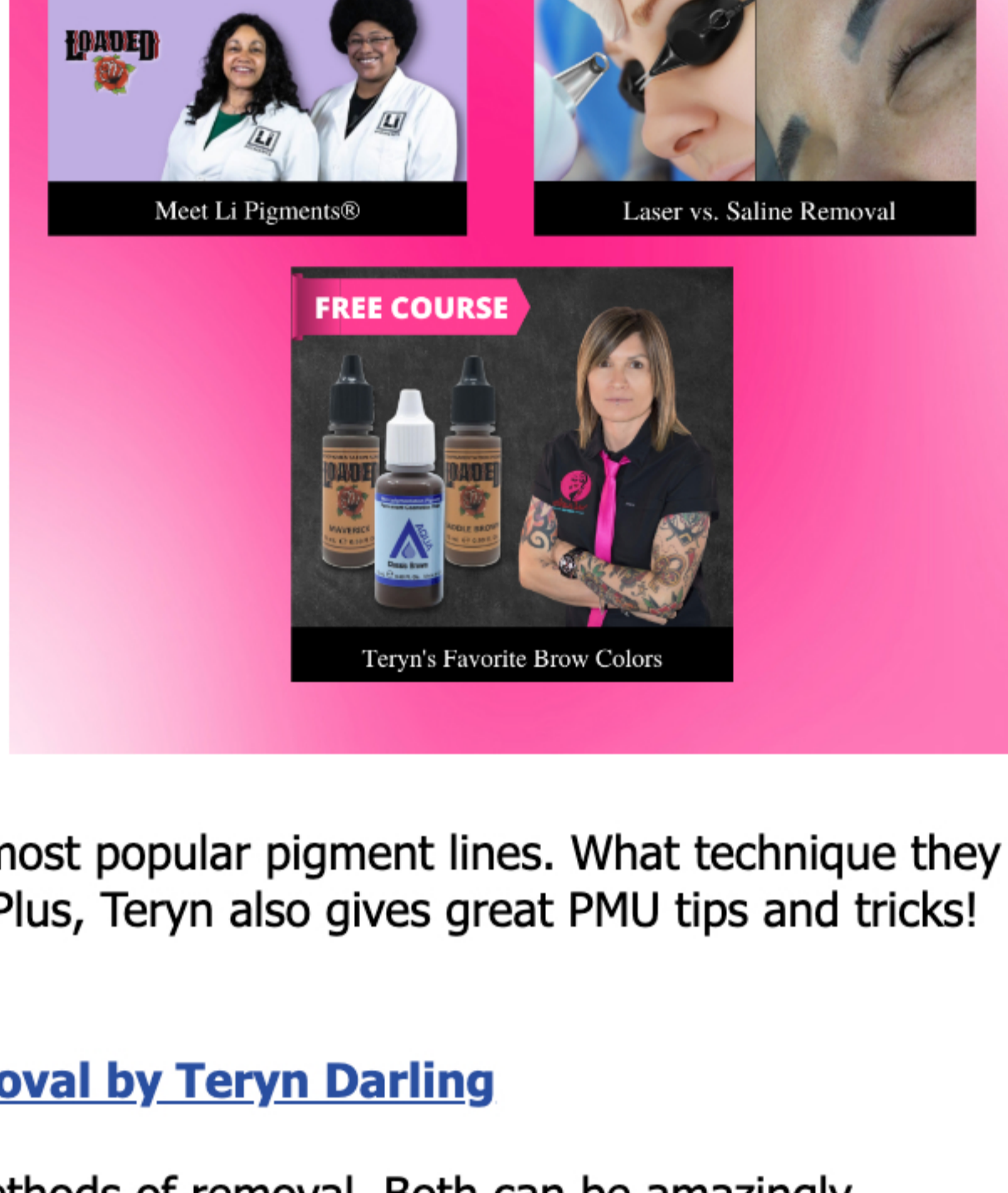


Check out these free resources!

We now have 3 FREE courses available on the Academy that were created as a resource for beginning and advanced PMU artists. These courses are FREE to enroll for 12 months! Continue reading to learn more!

[Meet Li Pigments® by Teryn Darling](#)

As artists we should develop a trust and a bond with our pigment line or at least that's the goal. We spend countless hours, weeks and months learning our pigments and using them on all our clients with the hopes that they heal beautiful and age with stability. In this FREE Course I will go over The Manufacturing Process and the qualities of the most popular pigment lines. What technique they are best for, and how to dilute these pigments. Plus, Teryn also gives great PMU tips and tricks!



[Laser vs Saline Removal by Teryn Darling](#)

Laser and Saline Removal are well-respected methods of removal. Both can be amazingly effective and provide the results you are hoping for. Saline and laser couldn't be more different so how do you know which method would be best and most effective for you and your particular case? This FREE Online Course will hopefully provide some insight and help you to choose the method of removal that will best suite your needs.

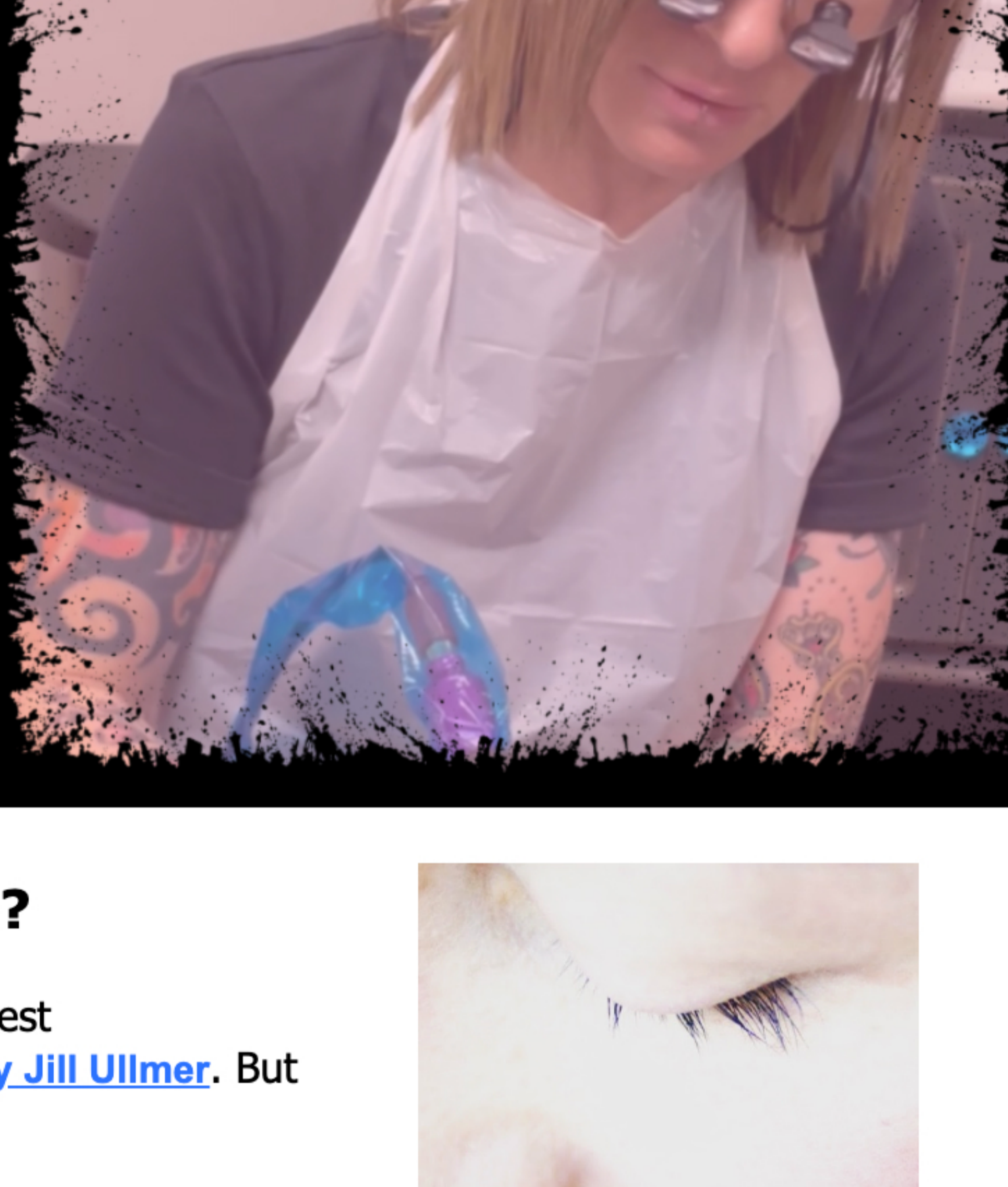
[Favorite Brow Colors by Teryn Darling](#)

In this FREE Online Course, Teryn will go over her favorite brow colors. Her favorite combinations and the modifiers she uses for all the different skin types. Teryn refers to these colors as our "core colors". This allows an artist to learn their core colors exceptionally well. So well you can start to predict the healed in color result with pretty good accuracy. Once you learn your colors you trust your colors and your choices. Teryn sometimes uses these colors right out of the bottle and she also loves to mix! By mixing colors she can create custom tones...in between tones if you will.

We hope you enjoy these courses! More courses are on the horizon, so keep an eye out!

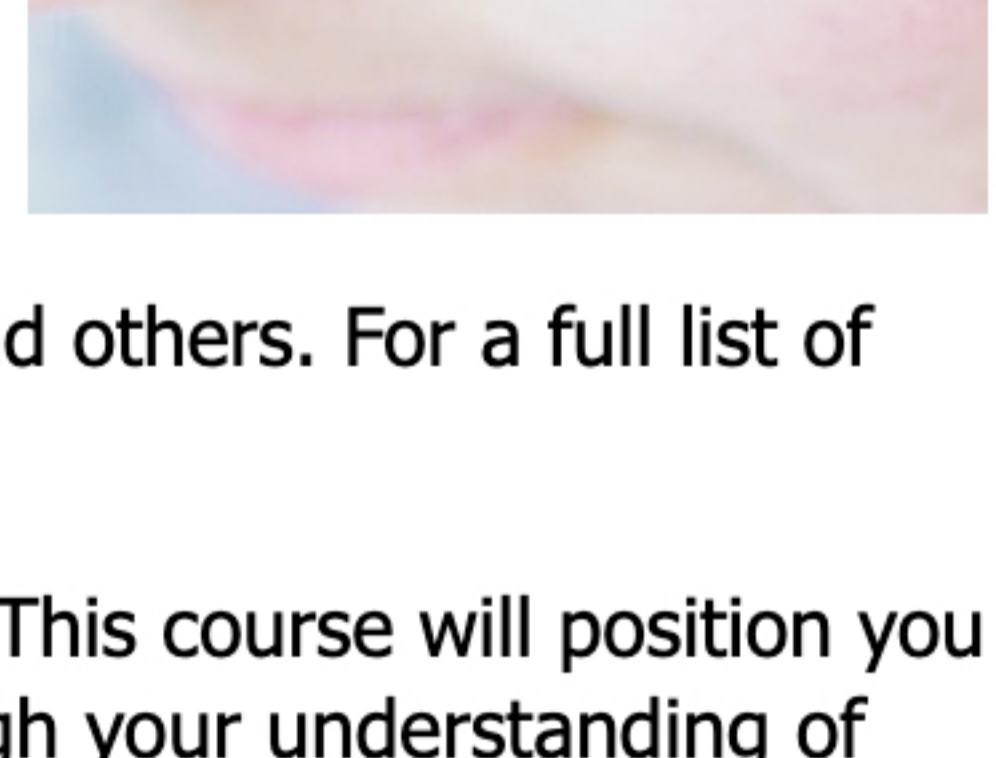
Happy tattooing, everybody!

[View the Free Courses](#)



What is a BFRB?

Yesterday marked the launch of our newest course: [Understanding BFRBs in PMU by Jill Uillmer](#). But what is a BFRB?

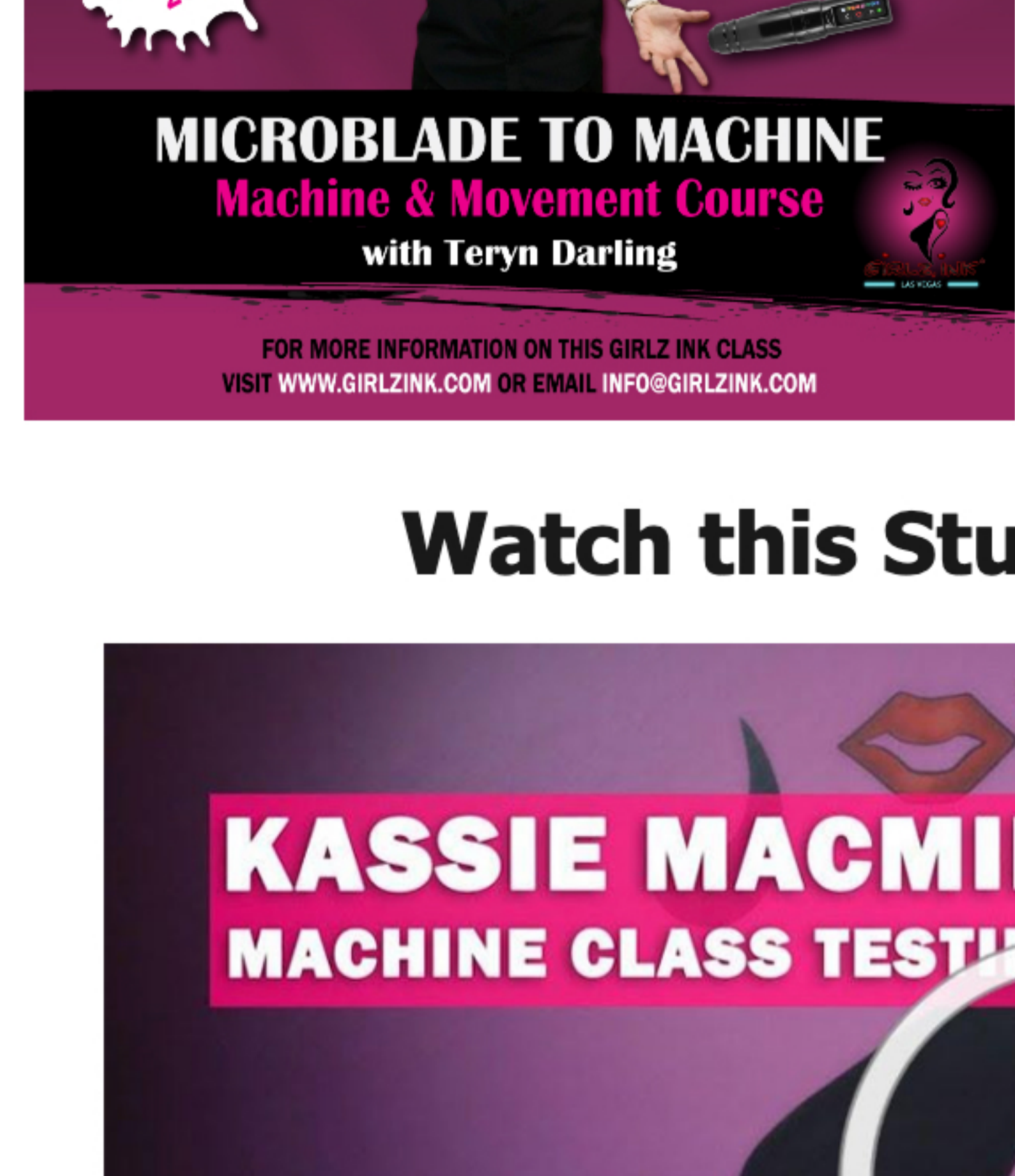
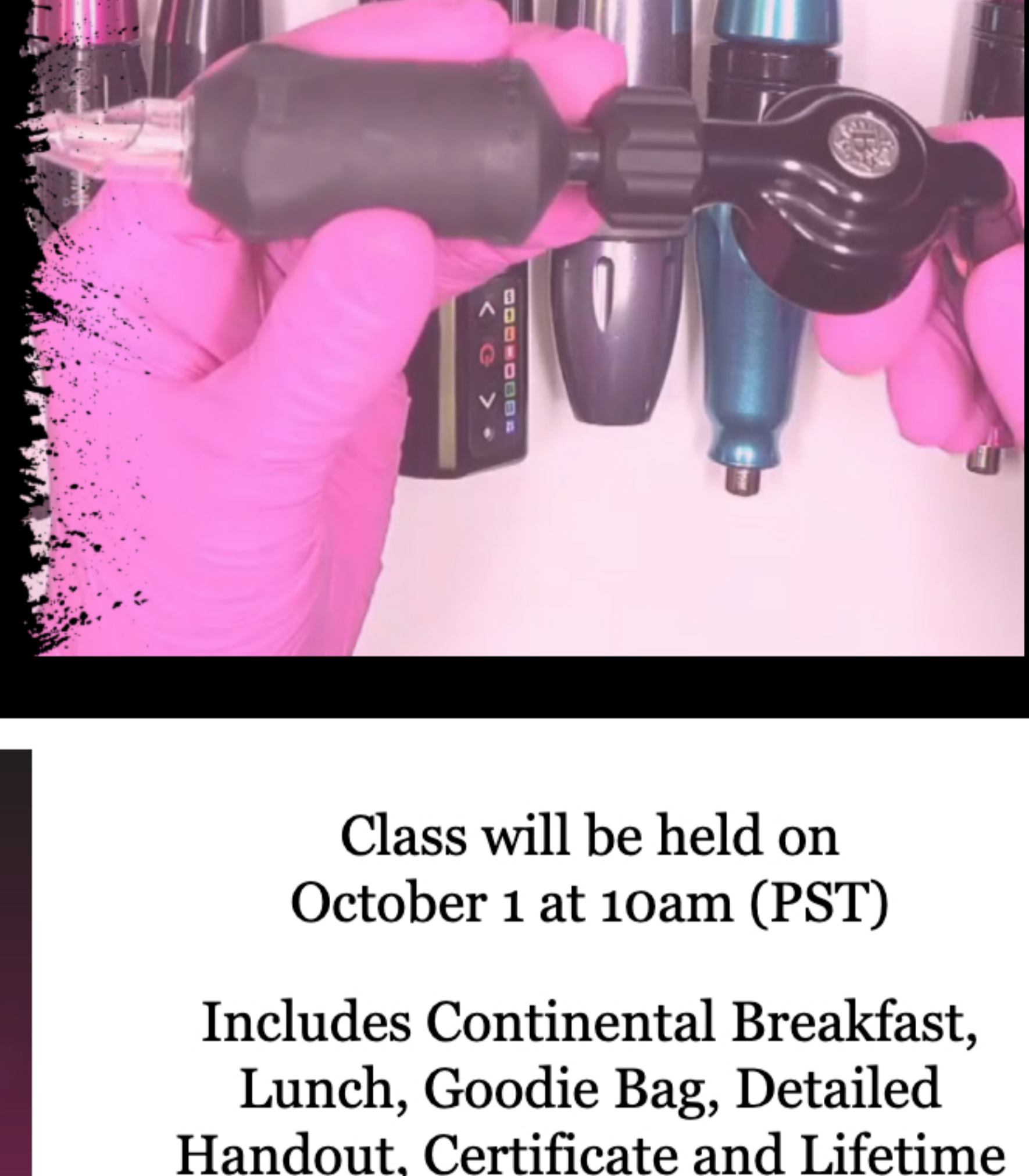


A BFRB is a Body-Focused Repetitive Behavior. This is a general term for any repetitive self-grooming behavior that can lead to physical damage to the body such as trichotillomania/hair pulling, trichophagia/hair eating, dermatillomania/skin picking, lip/cheek chewing, nail biting, and others. For a full list of BFRBs please visit www.bfrb.org.

BFRBs are not uncommon. 1 in every 20 people have a BFRB. This course will position you as a diverse artist with the ability to attract more clients through your understanding of BFRB disorders.

You'll learn how to have a successful consultation with a BFRB client as well...

[Continue Reading the Full Blog](#)



Class will be held on October 1 at 10am (PST)

Includes Continental Breakfast, Lunch, Goodie Bag, Detailed Handout, Certificate and Lifetime Support!

Plus, 12 Month Access to Teryn's Machine & Movements Online Course!

Watch this Student Testimonial!



Call now to reserve your spot!

