



Girlz Ink Gazette

STORE

ACADEMY

STUDIO

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#69 JENNIFER BEHMLANDER

New Tatter-a-fact® Episode!

Recovery from Addiction as a Small Business Owner
Episode #69 with Jennifer Behmlander

Jennifer Behmlander joined me for this first in Tatter-a-fact PMU Podcast history – an especially sensitive topic we've never covered. Jennifer reached out to me a few months ago on her 2-year sobriety anniversary to see if I'd be interested in having her on the podcast to discuss addiction recovery as a small business owner. It was an honor to get that request and to do this podcast with Jennifer; we get incredibly candid about addiction, recovery from varied substances, and how to handle substance abuse recovery in the workplace when it comes to employees.

These are topics we talk about:

- [PMU Artist Jennifer Behmlander Discusses What Led to 2 Years of Sobriety](#)
- [Teryn's Own Struggles with Addiction](#)
- [What Does the Path to Recovery Look Like?](#)
- [Learning to Cope with the Depression While Sober](#)
- [How to Talk About Addiction in the Workplace](#)

👉 Make sure to follow us! 👉

💙 Teryn @tatgirlzink on Instagram

💖 Jennifer Behmlander @benviedpmu on Instagram

💖 Tatter-a-fact Podcast @tatterafactpodcast on Instagram

💖 Girlz Ink Studio @girlzinkstudio on Instagram

[VIEW FULL EPISODE](#)



JANUARY 2024 PRO TEAM ARTIST SPOTLIGHT JORDAN LEE

@J_BROWS_UK



PIGMENT OF THE MONTH
AQUA CLASSIC BROWN

Li Pigments Aqua - Classic Brown

Temp: Neutral to Slightly Cool

Fitzpatrick: III & IV

Base: Cool Yellow & Green base, contains a small amount of Red.

Type: Inorganic

A rich, medium to **deep medium brown color**. A beautiful color all by itself right out of the bottle. This is Teryn's favorite color and mixes it with Beautiful Blonde to create different tones.

[Add Classic Brown To Your Collection](#)

Numpot: Your Pain-Free Pass to Golden Procedures!

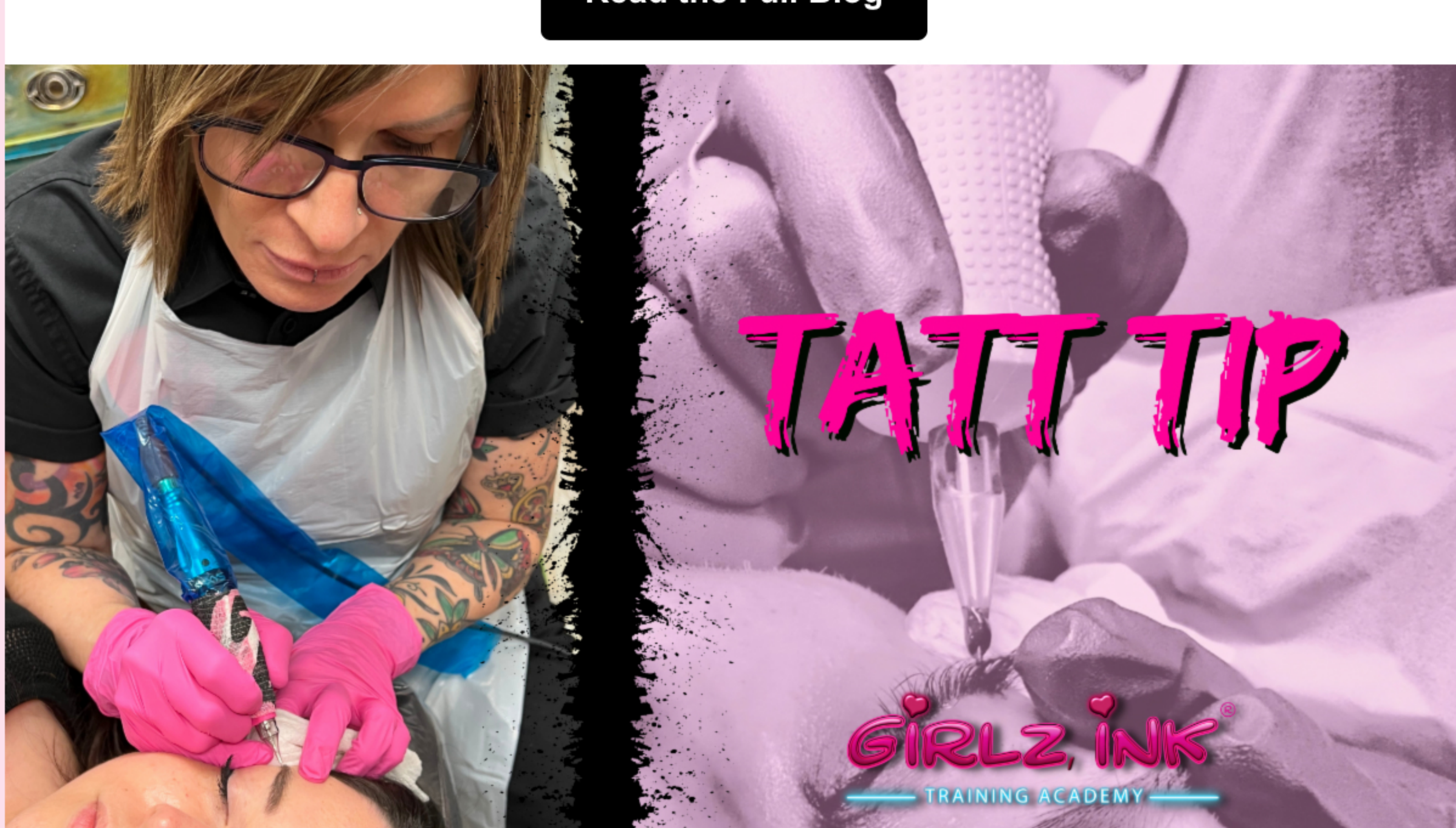


Numpot Gold Numbing Cream: Your PMU Pain-Free Pass to Golden Procedures

We've seen many artists freaking out that their favorite **Face and Body numbing agents** leaving the industry for good. We understand, but we have **stocked up** and have the alternatives you've been looking for when our inventory of **Face and Body** does sell out!

Are you ready to elevate your permanent makeup (PMU) game and ensure your clients experience maximum comfort during their procedures? Look no further than **Numpot Gold Numbing Cream** – the gold standard in pre-numbing solutions that will leave your clients feeling golden! Numpot Gold Numbing Cream is ...

[Read the Full Blog](#)



Unlock Needle Knowledge

Still struggling with needle selections and getting that desired result? Get unstuck and unlock your needle knowledge! Join Teryn Darling on February 24th at 10am PST to elevate your permanent makeup skills with her LIVE webinar on needles!

Choosing the right needle is crucial – it impacts your work's appearance, procedure time, and skin reaction. Imagine achieving your desired saturation levels swiftly, reducing touch-ups, and allowing you to serve more clients in a day.

Teryn did an 18-month body tattoo apprenticeship after her PMU apprenticeship, which gave her even more insight to needles and how they work. Body tattooers understand needle theory to a level most PMU artists wish for, partially because of the length of their apprenticeship, and partially because they have to create their own needles! Teryn, with over 25,000 successful healed procedures, will share her needle expertise gained from years of experience.

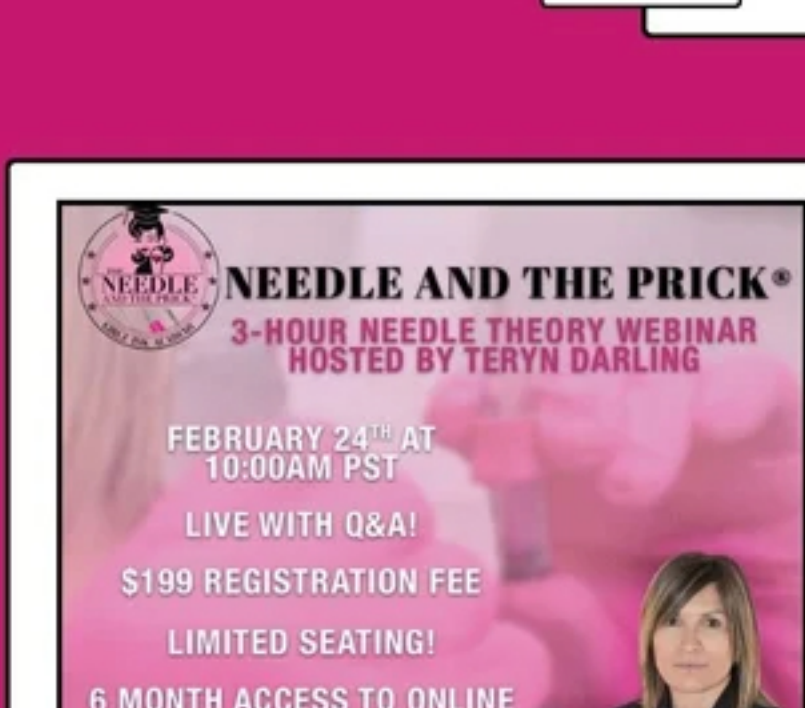
Gain a deeper understanding of needles for versatile choices and predictably artistic results. Don't miss this chance to enhance your permanent makeup game!

Register now – limited seats available, and each registrant gets 6-month access to Teryn's **The Needle & The Prick Online Course** and the recorded webinar for endless rewatches!

Stay safe and happy tattooing!

[Register for the Webinar](#)

UPCOMING WEBINARS!



Needle Theory Webinar

February 24th
Only \$199
with Live Q&A +
6-month course
access!



Skin Undertones Webinar

March 23rd
Only \$275
with Live Q&A +
6-month course
access!

[FOR MORE INFORMATION ON WEBINARS GO TO GIRLZINK.COM/ARTIST-TRAINING/LIVE-RECORDED-WEBINARS/](#)



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