

Preparation for Your Divina Tattoo Journey

Appointment Preparations

I invite you to take a few moments to observe what has been arising in this preparation time. Take note of what curiosities are revealing, what thoughts you are believing, and what intentions you are seeding. *What have you been noticing? What are you dreaming of? What are the themes for you of this time, as we step into this tattoo journey? Notice how your body has been feeling. Check in with your nervous system. Have you been sleeping well?*

Everything you've been experiencing may be relevant, and all of it is welcome with you as we step into a transformational sacred space. You are most welcome exactly as you are. We will take the time to begin with opening space in reverence and activating your energy field to create a container for inviting intentions, weaving your heart's beautiful medicine, and ultimately to support the conscious evolution that is awakening through you.



How You Can Best Prepare for Your Upcoming Tattoo Journey

In the Week Prior to Your Tattoo Session:

Skin Preparation

- Consider gently exfoliating the area a few days ahead, only if your skin feels okay with exfoliation. Moisturize afterwards. *Do not exfoliate over the area two days prior to our appointment.*
- Please moisturize your skin *during the week prior* to the tattoo appointment. *Do not use moisturizer on the morning of our session.*
- Make sure your skin is not sunburnt or heavily exposed to sun prior to our appointment.
- Please make sure your body is clean before our appointment. *The body perspires during the tattooing session and we want to avoid any dirt/oils from leaking in during or after the session.*
- Do not use numbing ointments prior to our appointment! *This can dramatically shift how your skin receives the tattoo.*

Energy/Soma Preparation

- Please arrive at the appointment well hydrated, fed, and rested.
- Limit sugar, alcohol, caffeine and NSAIDs 24 hours before and



after tattooing, (you can have a coffee in the morning of, just don't go crazy with it) it is best to come relaxed, and hydrated.

Excess sugar will cause unhelpful inflammation. Alcohol, NSAIDs (advil/aspirin) and caffeine will thin the blood. Tylenol is a better option if you need an anti-inflammatory for avoiding blood thinning.

Do not take it for the tattoo though (only if you need it for other reasons). These are not strict NO's, but very helpful to avoid for the benefit of a happy tattoo.

- I recommend **eating whole and nourishing foods** this week. Have a quality meal the night before and also the morning of your appointment. Be prepared with a quality meal afterwards too. / *suggest protein-rich and anti-inflammatory foods.*
 - *Tend to your immune system & relax your nervous system.*
- Make sure you get a **good sleep the night before** and perhaps a good stretch. This can make a real difference in your experience and in your body's healing. *You will be asked to relax in a still posture throughout, which can be hard if the body is sore/tired.*

On the Day of Your Appointment:

You are invited to bring with you

- Bring one piece of **photo ID** for the waiver form.
- **For payments:** I take cash & etransfer. Alternatively I can invoice you if you prefer to pay by credit card.



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- **Any sacred/supportive pieces** that you might feel called to have with you. These can be meaningful items, resources, any means of support. *Optional.*
- Wear **comfortable, loose and clean clothing** over the area you are getting tattooed. *Bring layers and cozy socks!* While getting tattooed, the body may sweat and get cool/clammy while also feeling hot in the area of the tattoo, layers are helpful for comfort. *Please wear dark/black clothing around the tattoo if possible, which makes for a better photo afterwards.*
- *Please bring your own water bottle* with you to keep your body fluids and systems harmonic. Drinks are fine, just easy on the caffeine.
- *Receiving* a tattoo is energy work - it is intensive. It is important to be prepared. I recommend (especially for longer sessions) to **bring snacks or a meal with you:** *Proteins as well as light carbs/sugars* can be very supportive to your energy (therefore how you feel) *during* our session. We can/will take a midway stretch/ snack break(s).

I always have tea/water/light snacks available for you, as well as herbal elixirs to support you.

Additionally

- Please attend the appointment on your own. Having guests may distract from an introspective/peaceful experience, which is what makes this experience unique compared to other studios.
- Leave plenty of time for your appointment so you're not in a rush to arrive or to be anywhere afterwards. We want to avoid stress as much



as possible. *Stress affects the nervous system, which can affect your blood and energy & in turn can affect your tattoo.*

- The appointment itself can take a while **please give ample time for our session, especially for any sessions we are drawing/ stenciling prior.** If you have an unavoidable commitment afterwards, *provide me with that information at the beginning of our session.*

After Your Tattoo

- After our session, try to give yourself time for rest and **stay out of the sun.** Eat blood building, wholesome and nourishing foods, and avoid any strenuous/sweaty activity. Drink lots of water.

You will likely leave feeling altered. Be gentle.

Aftercare

Please review the Aftercare Instructions at DivinaTemple.com/Tattooing under Guidelines & Care.



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