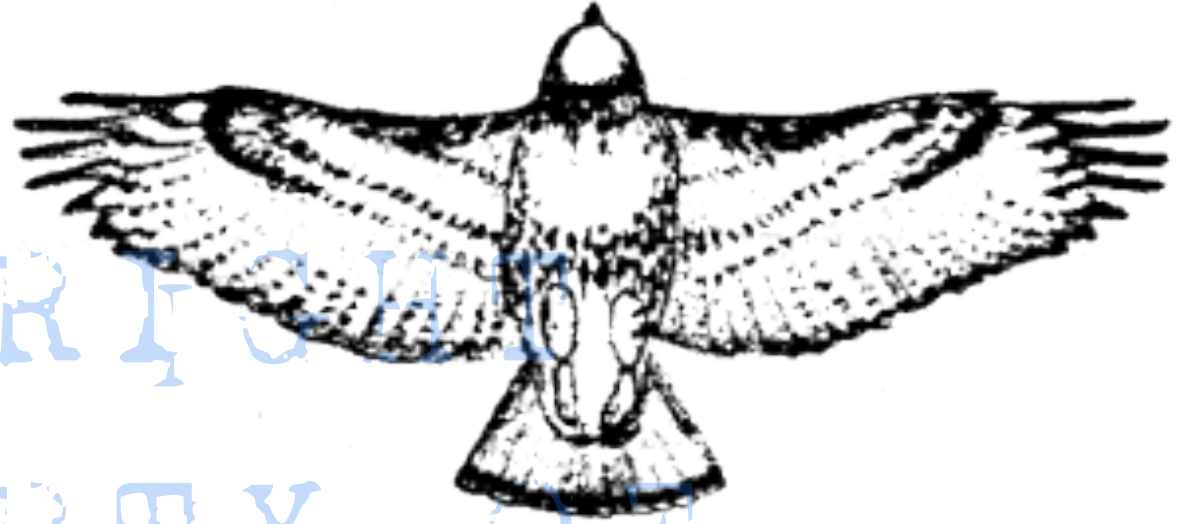


the original

stick & poke

tattoo™



STICK AND POKE LLC

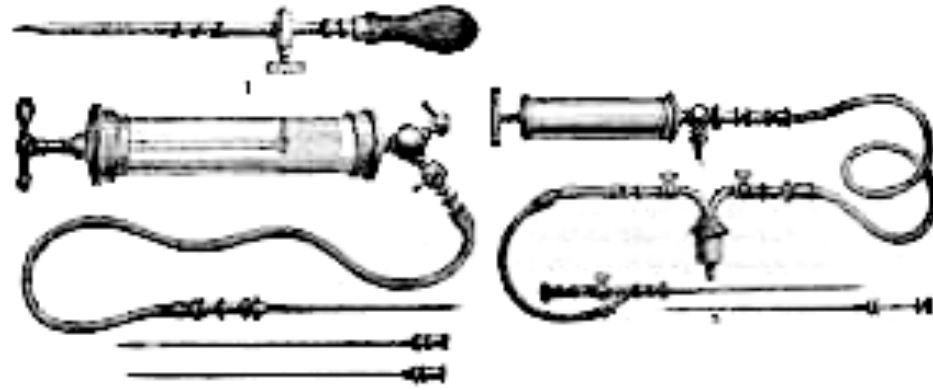
A 'zine on stick n' poke tattooing

This kit contains everything needed for the creation of a permanent 'stick and poke' tattoo. The makers of this kit believe that home tattooing can be made safer with access to medical & professional materials designed specifically for tattooing. This is a harm reduction product for those who will practice a very common & ancient form of body modification. This kit does not replace professional tattoo services.

Obviously poking into skin with a needle and ink can be risky. Please follow all instructions.



Poke Safely!

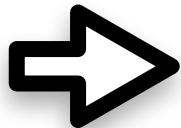


Our /blog and other sites are regularly updated with helpful info:

StickAndPokeTattooKit.com

STICK AND POKE

8 NEW Videos on YouTube



stickandpocketattoo\_kit



stickandpocketattoo



stickandpokekit



stickandpokekit



stickandpocketattoo

stickandpocketattoo

LLC

# warnings

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Tattooing can be dangerous.

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Read this before you start...

# BEFORE STARTING...

Consult your physician before getting a tattoo.

Tattoos are permanent! Laser removal is painful and may leave a scar. Think about it first. Be sober!

Some people may have an allergic reaction to different ink pigments. Make sure to do a small test poke before completing a tattoo.

If ink gets into eyes, flush eyes immediately with room temperature water for 5 minutes.

This kit is for one time use. Discard kit contents after use. Do not attempt to heat sterilize ink or needles. Ink will change form and will no longer be safe.

You must be 18 or older to purchase or use.

WARNING... . .

If you experience bleeding, rash, hives, pain, throbbing, prolonged discomfort, vomiting, or numbness -

**CONSULT A PHYSICIAN IMMEDIATELY**

A word about...

## BLOOD BORNE PATHOGENS (BBPs)

**HIV and Hepatitis B and C** can be transmitted super easily when you are messing with bloody needles. These are super small viruses. Some of these viruses live in dried blood out of the body for days - even in a thin smear! These diseases totally suck (as you may have heard), therefore, please make sure that you are paying attention to what you touch when you are poking.

**EXAMPLE:** You are poking yourself and it's going great. You pick up the ink bottle to refill the cup. That bottle is now contaminated with blood. If someone else touches it later, you will have possibly spread a BBP or diseased blood. That could end up within the body of another person.

This is how disease spreads.

**Be careful. Pre-plan. Sanitize the environment & dispose of used items safely and immediately after poking.**

galloper

of ideas

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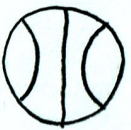
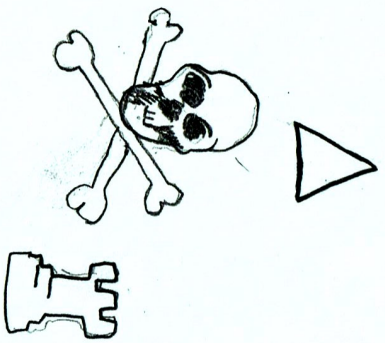
BFF  
Pin 1234  
• Diabetic •



## Tips for your design:

- The simpler, the better.
- If you can simple-line draw it, it can be poked.
- Get an artsy friend to help you design.
- Choose something you REAAAALLY like
- Be sober.
- Avoid symbols/designs that are a part of a different culture than your own.
- Consult a professional.

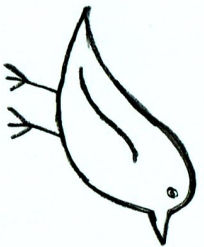
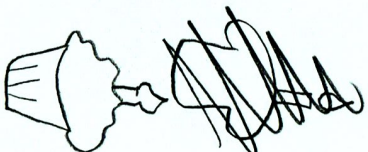
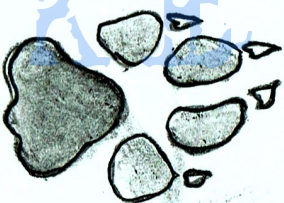
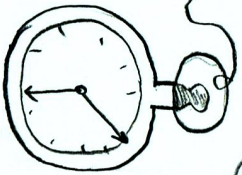
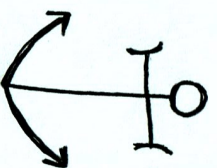
more genius tips can be viewed on our website  
at: [StickAndPokeTattooKit.com](http://StickAndPokeTattooKit.com)



Pin 1234

BFF

Diabetic.



RIGHT

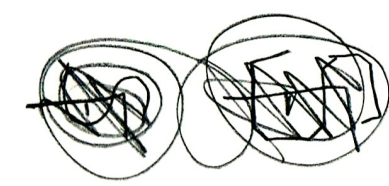
POKE

POKE

LO

Draw it first

~~first~~

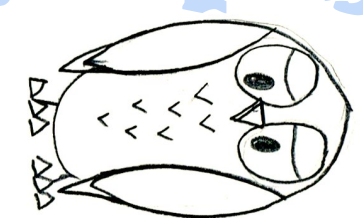
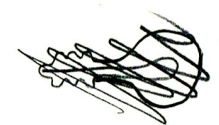
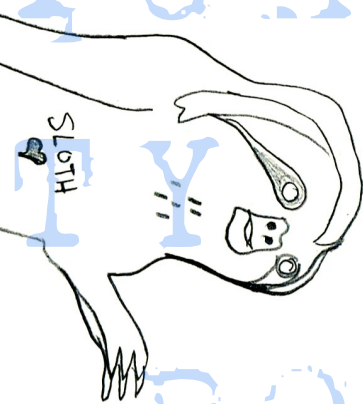
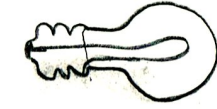


6

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@



# contents

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What's in here anyhow?



- bottle(s) of ink
- sterile tattoo needles
- medical gloves
- wipes & ointments & soaps
- cute glass ink jar
- bandage & aftercare stuff
- medical surface covering
- this cool 'zine
- stenciling & aftercare stuff

\* Vegan Professional Tattoo Ink \*

1 Sterile 1/2 oz. All-purpose Black Bottle contains:

Distilled Water:

C.A.S. #7789-20-0

Isopropyl Alcohol:

C.A.S. #8013-70-5

Witch Hazel:

C.A.S. #68916-39-2

Black Pigment

7. CI #77266

NOTE: Ink may drip through the top, under the cap during pressure changes while processing or shipping.

The MSDS for this and our color ink is available on our website at:

<http://StickAndPokeTattooKit.com/msds>

instructions

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1. Read all warnings before beginning.
2. Create a clean area for the materials. Make "green soap" with provided S8 Packet in a sanitary squeeze bottle
3. Wash hands vigorously with antibacterial soap.
4. Lay out medical covering. Open and place materials on this clean surface.
- 5a. Choose an area to tattoo, not near a mucus membrane.





## 5b. STENCIL TRANSFER YOUR DESIGN

Remove loose paper from between the top and bottom stencil papers. Draw atop the stencil so that the inky paper transfers to the underside of the top paper. This will give you a stencil of your exact drawing (and not a mirror image). Practice if necessary.

Prepare skin area for stencil - wash with soap and water, and sterilize with an alcohol wipe.

Wipe a small amount of stencil transfer gel on the skin, spread this around until skin is damp, but not wet - or at all shiny (wet areas will make the stencil ink smudge).

Place the stencil on the skin and press firmly for a minute. Remove the stencil and allow area to dry for 8 minutes. This will keep the stencil ink on the skin for longer.

Wipe the skin with alcohol again and begin poking.

6. Shake ink bottle and squeeze ink into the mini glass jar provided.



7. Use an alcohol wipe to clean the skin around the area meant for the tattoo (if it's hairy, shave first).

8. Put on eye protection and medical gloves.

9. Dip tip of needle(s) into the ink. A little bit of ink should remain on needle(s). Avoid touching the tip to jar (that dulls it).

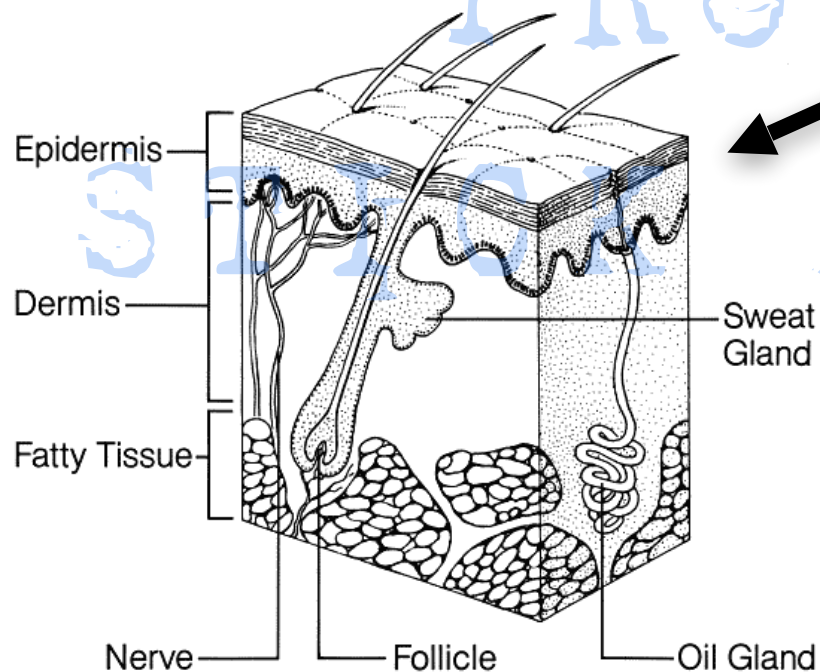


10a. Poke skin with amount of pressure enough to puncture only the top few layers of skin, but not enough to get through the whole thing (0.2-1.5mm, depending on skin thickness). You will feel some resistance and then a slight tug as you withdraw.

There should NOT be much blood! Start light. Ink will not deposit if it is too light. Too deep will cause scarring/raised tattoos and ink to "halo".\*\*\*

\*\*\*Feel it out \*\*\*Stop if you suck\*\*\*

Warning: Do not poke beyond the skin's top layers.



IF YOU ARE CONFUSED ABOUT THIS PART, PLEASE REFER TO OUR WEBSITE FOR HELPFUL TIPS, VIDEOS, ADVICE and EXAMPLES!

# 10b. pokin' on deep skin tones

Dark skin tones contain many undertones. This results in ink colors showing up differently - almost like adding a filter.



A color swatch tattoo is a helpful tattoo of lines or dots of many colors. It can help a person see how colors show up on their skin.

(Racist) Myths: Colored ink won't look good on darker skin & you've got to poke harder. Dark skin always scars.

Truth: Everyone's skin is different. Some dark skin requires more care & intention because of the added tendency to produce collagen after trauma. Most often, skin scars because of overworking or poking too deep. Earth tones often look great on dark skin (deep reds, olive greens). Take time & care to find what works for your skin.

Note: Historically, white male shop artists have acted as gatekeepers to tattoo industry access & knowledge and contributed to many myths about tattooing.

\* Check out our website for videos and articles on dark skin tattooing \*

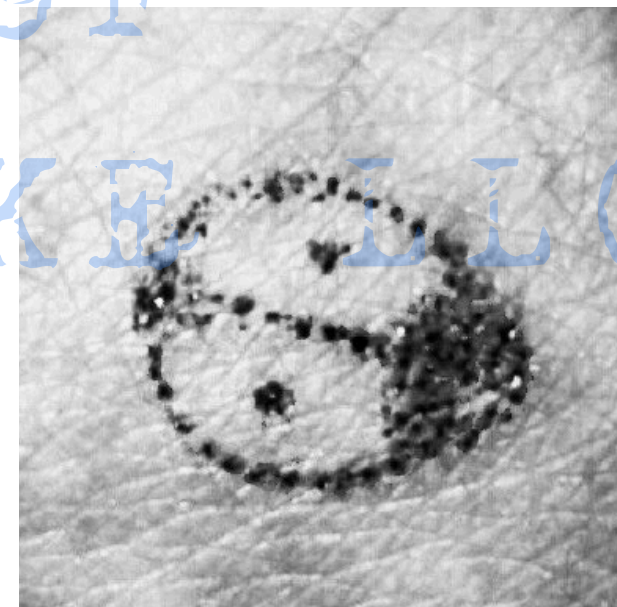
11. Clean area with gauze wipe and green soap as needed to clear ink and to see the stencil. A dot of ink should remain where you poked within the skin. ps. professional artists use paper towels to wipe.

**PRO TIP:** Dab on some AfterCare balm now to prevent ink from spreading all over the surface!

12. Repeat #9-12 until a small tattoo is formed.

Don't touch anything else with your dirty gloved hands during this process!

13. Clean with new alcohol wipe (#2). Then, put on soaker pad and secure with tape.





14. Put the needle back in the plastic needle package. Carefully close, and put in a plastic bottle for safe transport to your local sharps disposal facility (ask pharmacies + hospitals). See our website for more information on this process.

15. Collect all soiled items in the box provided. Remove gloves by pinching the wrist area on one glove - pull to turn it inside out half way. Then with clean side half exposed, pinch the other wrist and pull until both gloves are inside-out in a bundle. Add to the box. (HOW TO Video on YouTube)

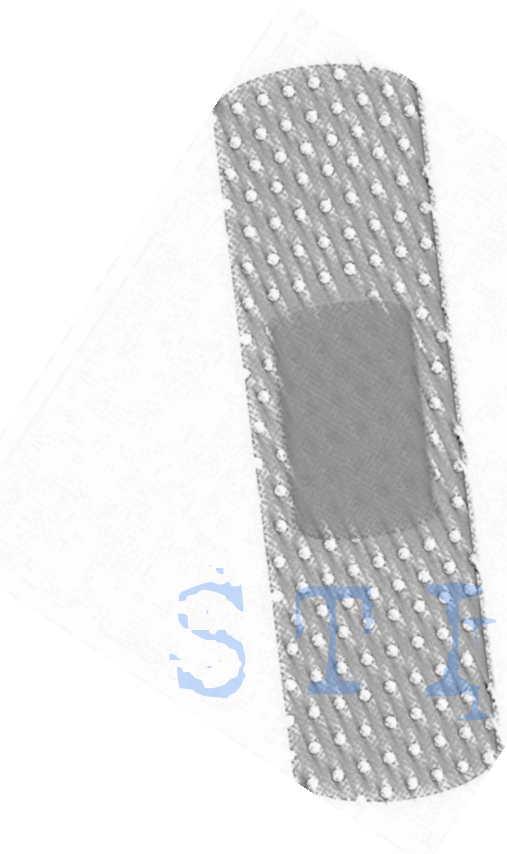
16. Seal box with tape, write "Biohazard" on it and throw it into the trash. Wash hands with vigor and clean the table surfaces you used with a bleach-water solution.

17. Snap a pic and tag us!

(see pg. 3)

18. Read After-care Section





care for

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your

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stick and poke

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## Aftercare

\* Apply the black plastic soaker pad (white side down to the tattoo) and leave on for 6-8 hours. This will collect plasma and ink that seeps out. Then, remove and wash area with mild liquid soap and warm water. Pat dry with clean paper towel.

\* Keep the area clean (wash it with mild liquid soap) and moisturized (with aftercare ointment provided) 2x per day for 7 days to allow successful healing. Protect with breathable bandage if the area will be exposed to dirt or rubbing on clothes.

\* Don't soak it or swim or expose to sunlight until it is healed (12-15 days)



AFTER HEALED: Always apply sunscreen before sun exposure to prevent fading.

\* \* \*

Note: Large and high density tattoos will take longer to heal



\* NEVER use the same needle or same ink for two different people.

\* NEVER re-use a needle later. Harmful bacteria will grow in re-dipped ink and on any used needles.

\* Dispose of the needle at a local sharps disposal facility.



\* Consult a physician immediately if your skin hurts, blisters, breaks out, throbs, turns red, bleeds, weeps puss or shows signs of infection or allergic reaction (rare).

\* \* \*

some history

\* COPYRIGHT \*

tattoo

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More fun stuff on our site:

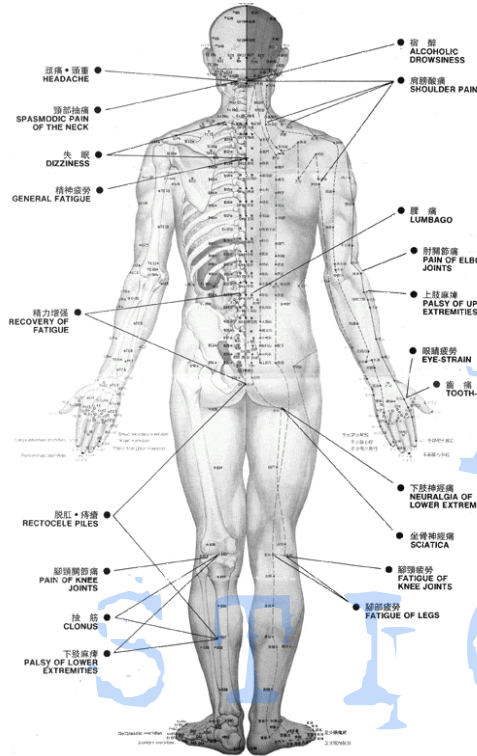
[StickAndPokeTattooKit.com](http://StickAndPokeTattooKit.com)

The word "tattoo" was brought to Europe by the explorer James Cook, when he returned in 1771 from his first voyage to Tahiti and New Zealand. In his narrative of the voyage, he refers to an operation called "tattaw". Before this it had been described as scarring, painting, or staining.

In ancient Egypt tattoo ink was made with smoke black (from wood or oil) mixed with breast milk. The practice was reserved for women alone, and served to protect them against complications in pregnancy and childbirth.



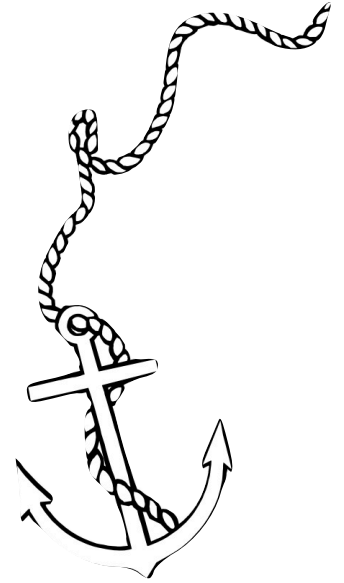
# Who's tattooed?



Tattooing is common in Asian history and has been a Eurasian practice at least since Neolithic times. Ötzi the Iceman, dating from the 5th to 4th millennium BC, was found in the Ötztal valley in the Alps and had some 57 carbon tattoos consisting of simple dots and lines on his lower spine, behind his left knee, and on his right ankle. These tattoos were thought to be a form of healing because of their placement, which resembles acupuncture

## Reasons for tattoos

Tattoos serve as rites of passage, marks of status and rank, symbols of religious and spiritual devotion, decorations for bravery, sexual lures and marks of fertility, pledges of love, punishment, amulets and talismans, protection, and as the marks of outcasts, slaves and convicts. The symbolism and impact of tattoos varies in different places and cultures.



People have also been forcibly tattooed. A well-known example is the identification system for inmates in Nazi concentration camps during the Holocaust.

In the period of early contact between the Māori and Europeans, the Maori people were hunted for their moko tattoos and decapitated to provide souvenirs of the New World. Moko tattoos were facial designs worn by women and men to indicate their lineage, social position, and status within the tribe. The tattoo art was a sacred marker of identity among the Maori and also referred to as a vehicle for storing one's tapu, or spiritual being, in the afterlife.





\* Sailors got bird tattoos to signify the completion of voyages. Sparrow, swallow and/or blue bird tattoos were used to signify 5,000 miles sailed.

\* In the late eighteenth and early nineteenth centuries tattoos were as much about self expression as they were about having a unique way to identify a sailor's body should he be lost at sea or impressed by the British navy.

\* Mattel released a tattooed Barbie doll in 2011, which was widely accepted, although it did attract some controversy.

\* In 2012, tattooed women outnumbered men for the first time in American history - according to a Harris poll, 23% of women in America had tattoos in that year, compared to 19% of men.

stick & poke  
tattoo kit . com



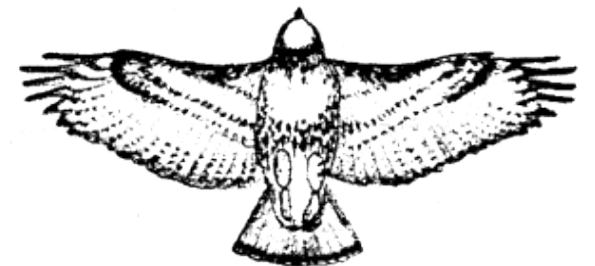
Congrats!

After buying this starter kit, you are now eligible to get inks & needles from us in the form of the Expert Kit:

- needles\* (& more sizes!)
- inks (pretty colors)\*+
- Green Soaps & Aftercare balms\*+
- Medical coverings\* & Ink Jars\*^+
- StencilStuff & Stencil paper +\*
- Practice Skin^+\*

\*professional / sterile supply  
+vegan & made in the USA  
^recyclable

POKE  
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Do you love your new tattoo?

Share the  on social media (TAG US)

&

Go to our /photo-gallery  
to submit your design. You may win some  
free ink, needles and more!

Love this kit?

Use the code LETSPOKE  
to get \$7USD off your next purchase.

Share with a true friend!

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