

# SOUL ADORNMENT

WELCOME TO THE ALTAR OF CREATIVITY

*Treat this like a Ceremony.*

*Before each Soul Adornment session, create a sacred space where you can meet your reflection & access all of your colorful tools.*

## KEY ALTAR ITEMS

MIRROR

BODY PAINT/PIGMENTS

BRUSHES

TOWEL

WATER CUP

CANDLE

INCENSE/SMUDGE TOOL

CRYSTAL/FLOWER



# INTENTION

Body Paint is such a powerful & transformative art form in itself. What makes it even more meaningful is when you go into your session with a prayer in heart & a focus in mind for what you are dedicating your practice to. This could be themes like cultivation more self-love, letting go of the perfectionist, connecting deeper with your inner child, stepping into a new chapter of being, etc. Your Intention is the Magic that gets infused within your Design.



# SETTING

Creating a Sacred Space where you can drop into your creative zone is essential. Treat your paint station as an altar, where you have all clutter cleared and can easily access your colorful ritual kit. On your Art Altar, have a representative from each element present-

Fire (Candle)  
Water (Vessel for Painting)  
Earth (Crystals, Flowers.)  
Air (Incense, Feather )



# IGNITE THE SENSES

Activate your senses by beautifying the space for your eyes,  
Listen to inspiring Music for your ears,  
prepare a nourishing snack to nibble on for your tastebuds,  
Light an incense for an aromatic experience.  
Have Fun getting creative with enlivening your Senses,  
while Celebrating being in a Human Body





# BODY PAINT

The pigments we'll be working with are skin-safe,  
water-activated body paint.

Of the MANY brands out on the market, these are a few  
that I have first hand experience using & can recommend :



TAG  
MEHRON  
GRAFTOBIAN  
DIAMOND FX  
NARRATIVE COSMETICS  
SUPERSTAR  
& FUSION

In this choose-your-own-adventure experience, you decide  
how far 'down the body paint rabbit hole' you wish to go.

This will determine what kind of paints you invest in.

If you are just dipping your toe in for this experience,

I recommend a small starter palette.

# MATERIALS

The following sites have a vast variety of supplies :  
Look for Water Activated paints, Refer to brand names above,  
Find the colors you love & Have Fun Exploring!

## SUPPLY SITES

[FACEPAINT.COM](http://FACEPAINT.COM)

[JESTPAINT.COM](http://JESTPAINT.COM)

[SILLYFARM.COM](http://SILLYFARM.COM)

## STARTER PALETTES

[NC12-COLOR PRIMARY & METALLIC](#)  
CODE CHROMA10

[FUSION SAMPLER PALETTE](#)

[PARADISE AQ 30-COLOR PALETTE](#)

[BUILD YOUR OWN CUSTOM PRO PALETTE](#)

## INDIVIDUAL COLORS

[BROWSE SINGLE COLOR 'CAKES'](#)

[BLACK](#)

[WHITE](#)

[GOLD](#)

# MATERIALS

CONTINUED

## NATURAL EARTH PIGMENTS

ECO FRIENDLY FACE PAINT SET  
(A BIT MORE CHALLENGING TO WORK WITH  
BUT SIMPLY EARTH BASED.)

## POWDER PIGMENTS

12-COLOR EYE SHADOW PALETTE

CODE CHROMA10

CONCRETE MINERALS

CODE CARENCHROMA10

## BRUSHES

Set yourself up with your personal brush set

ROYAL SOFT GRIP SET

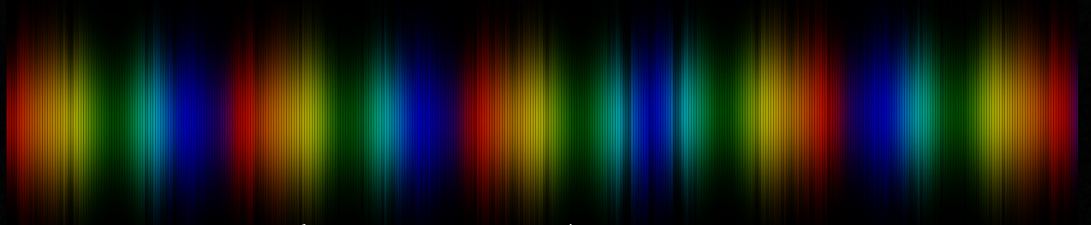
SPECIAL FX BRUSH SET

CODE CHROMA10

KABUKI BRUSH

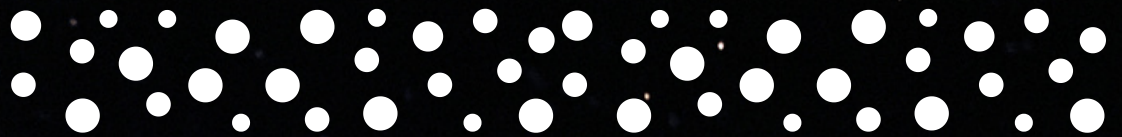
# ELEMENTS

COLOR



Vibration & Mood

DOTS



Points of Presence

LINES



Connection

SHAPES & SYMBOLS

Meaning



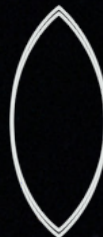
Wholeness,  
Completion



Trinity  
Body, Mind, Spirit



Grounded  
Material Realm



Feminine  
Creation



Cycles,  
Evolution



Illumination

# PRINCIPLES

## VALUE

Attention to full range of Contrast & Depth of color  
Shadow - Midtone - Highlight  
Makes design pop & has stronger impact

## SPACE

Utilize & consider the full canvas by Zooming Out.  
Be Mindful of the Positive & Negative Space  
created by your shapes and patterns.

## REPETITION

Create patterns with dots, lines, & shapes  
to create a visual story with continuity

## BALANCE

Utilize Symmetry within your design to add visual  
Harmony. Practice tying elements together by  
mirroring them or creating asymmetry.

