



WELCOME  
*Sweet Heart*

OUR MAGICAL  
JOURNEY STARTS HERE!



# SUNA SPACE

How wonderful that you are here and want to learn more about me and my work!

In the following pages you will find all the information about the whole process as well as a questionnaire that helps me to get to know you better as a person.

*Dive deep into my universe*

**and find yourself within.**

**Discover the potential of yourself and show yourself exactly as you are.**







# SACRED SYMBOLS & EFFECT



I will translate your soul's desire, your dreams and visions, your intention and your life path into a geometric form. Together we will create a Sacred Symbol that radiates exactly the energy you want to manifest in your life.

**It will be a great reminder and guide you to your innermost truth.**

My gift to feel into you allows me to sense the essence of your soul and make it visible on the outside.

**It's time to realize how beautiful and powerful you really are!**

*Come... and let me show you!*



# TIME, OPENNESS, TRUST & DEVOTION



Take your **time** for a self-reflection and be **completely open** with yourself and me.

**All information between us is CONFIDENTIAL.**

I am open minded, honest, approachable and transparent in my communication with you. Please be the same with me - you are invited to express everything that comes up inside.

Together we'll cocreate your individual Sacred Symbol. Trust the process just like I do and don't try to control it. It's all about letting go and surrender to the flow of creation.

It is possible that the result is not yet clear for you. You can completely trust and share any fears, doubts and worries that arise. In this moment, everything is perfectly right the way it is.





# CEREMONY & LETING GO

Take enough time for the tattoo appointment. I heartily recommend to gift that day to yourself, and your body. Make sure your system has time and space to integrate it all.

We will talk about the exact duration needed after the final design is created.

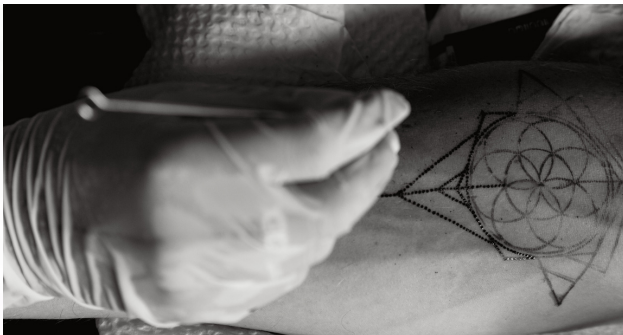
If you wish, you can book an extra ceremony for your tattoo session. This consists of a smudging ritual and a guided meditation. This helps to deepen your process And allows you to sink deeper into the body and the present moment.



**We prepare your**  
*Body, Mind and Soul*  
**for the tattoo.**  
**You can completely let go.**



# TATTOO SESSION & HANDPOKE



All tattoos get tattooed by hand. This technique is called handpoke. I use professional and sterile tattoo needles. The same type of needles are also used by machine tattoo artists. The tattoo process is identical. The only difference is that the needle is guided point by point directly by my hand - no machine at all.

This technique has many advantages. The process is more gentle on the skin, less painful and ensures faster healing of the skin. In addition, there is no unpleasant noise or vibration.

**The pain can therefore be more easily accepted and processed by the body and mind.**





# HEALING & AFTERCARE

The tattoo needs about 14 days to heal completely. Under certain circumstances the period of time is longer or shorter... It depends on your personal healing conditions.

In order not to disturb the healing process, you should avoid bathing, going to the sauna or steam bath, water sports and sun exposure for at least 14 days. Make sure to keep the wound clean and avoid touching your tattoo.



To take care of your freshly inked tattoo I recommend a natural wound healing cream (e.g. Hustle Butter), which provides your skin with sufficient moisture and care.

Especially for reddened skin, I recommend antiseptic wound healing creams from the pharmacy (such as Bepathen, Panthenol or Pegasus (vegan)).



# HEALING & AFTERCARE

## CARE INSTRUCTIONS

### CARE INSTRUCTIONS

#### **The first 4 days 3x daily:**

First wash the tattoo with lukewarm water and a pH-neutral perfume-free soap.  
This cleans the wound in a gentle way.

Then apply the cream of your choice on your tattoo. Be careful not to use too much cream. Your tattoo needs enough oxygen to heal.

**Repeat this process morning, noon and night time for the first 4 days.**



#### **From day 5:**

Every skin heals differently. Dry skin usually needs more care than oily skin. So check individually how often you need to take care of your wound. I recommend at least 3x a day until the tattoo is completely healed.





# RATES & PRICES

## SOUL TATTOO

You can choose if you want an already drawn **Wanna Do tattoo** (check out my Instagram profile and pick a suitable one) or if you want a **personalized Sacred Symbol design**.

**Personalized design 165,- €**

**Wanna do tattoos included in hourly rate**

**Hourly rate of 165,- €**



Payment for the **first hour is mandatory**, even if your tattoo is less than an hour. Prices may vary if we work together **outside of Germany**. Please contact me for more information.

Choose a **suitable budget** for your tattoo. I like to keep it in mind before I start creating your design.



# RATES & PRICES

## SOUL TATTOO

Take a look on my social media pages or my homepage and pick out some examples that are appealing to you. Let me know what aspects you like so that the **design process** is easier for me.

If you have your **own ideas**, feel free to share your thoughts, ideas and sketches with me. I love to create together.



I will definitely let you know an estimated price range after we agree on the design and placement. Please be aware that I cannot estimate the total cost with certainty beforehand.

The price depends a lot on the placement on your body (different places have different skin textures). An important time factor is how your skin takes the ink in.





# RATES & PRICES



XS 165,- €

These prices serve as illustration, so that you can better estimate your budget.



S 330,- €



M 495,- €

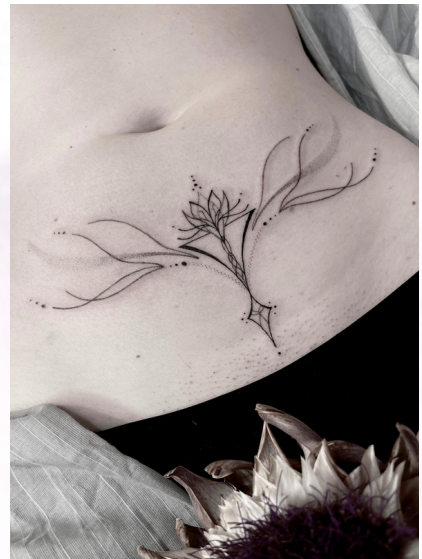


# RATES & PRICES



L 810,- €

These prices serve as illustration, so that you can better estimate your budget.



XL 990,- €



XXL 1950,- €





# RATES & PRICES

## CEREMONY

Together we create a sacred space where your body, mind and spirit can dive deeper into the present moment.

**Smudging & Meditation**

ca. 1h: 100,- €

**It is time to set your intention consciously.  
Be fully connected with yourself.**



## SPECIAL CASES

Are you a student, a low-income earner or are you financially limited for special reasons?

Feel free to contact me about it... We will find a suitable solution.

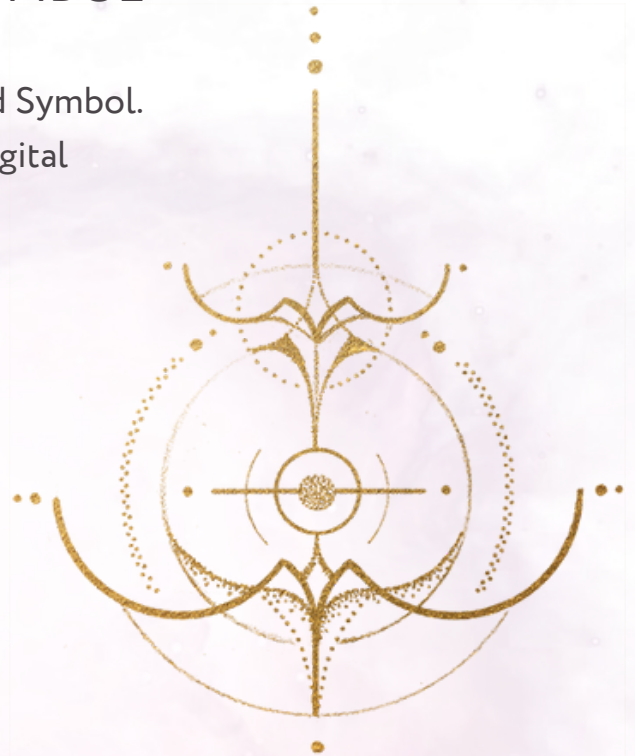


# SYMOBL & LOGO

## SACRED SYMBOL

I am open to draw you your personal Sacred Symbol.  
You can choose to have your symbol as a digital drawing or as an original drawing on paper (different sizes available).  
Send me your 3-5 words....  
and I will surprise you!  
Color is also available upon request.  
Prices vary depending on the order.

**Digital: from 165,- €**  
**Original: from 200,- €**



## SOUL-BUSINESS LOGO

Logo design, incl. 3 adjustments,  
digital version, 2 different colors (b/w)  
**750 ,- €**

Color combinations available with surcharge.





# QUESTIONNAIRE & DEPOSIT

*Are you ready?*

Then send me your completed questionnaire to the following email address:

**info@suna-space.com**

and send a deposit of 165,-€ to the following account:

**SUNA**

**IBAN: DE70 1101 0101 5142 1013 47**

**BIC: SOBKDEB2XXX**

**CONCERN: SYMBOL DRAWING**

The deposit is used to create your symbol and secure an appointment for your tattoo session.





# SUNA SPACE



I hope you got all the information about the procedure you need.

Take the time to let all the information sink in.

If you are ready to go explore what your soul truly needs...

... I am here for YOU!

*I'm looking forward to us!*



*With love Denise*





# QUESTIONNAIRE

## *Self-Reflection*

YOUR WAY TO YOUR  
SOUL TATTOO



# PRACTICAL QUESTIONS



What ist the **reason** you want to get a **tattoo**?



Why exactly do you want to work with **me as an artist**?



How did you get in touch with **my work**?





# PRACTICAL QUESTIONS



What **personal process** are you in right now? What is currently **present in your life**?



Give me **3 - 5 words** that describe the **essence of your process** and the intention of your tattoo. What do you need right now?



What **vision** do you have of **your tattoo**? What ideas have you already gathered?



# PRACTICAL QUESTIONS



Do you have a **specific body part** for your tattoo in mind?



What is the **maximum budget** you want to invest in your tattoo?



Which **kind of style** do you prefer? Do you like **playful, flowery or ornate** shapes or do you prefer **minimalistic, straightforward and simple** designs. Do **round or angular** shapes appeal to you more? Do you imagine a **compact or an elongated** symbol?





# PRACTICAL QUESTIONS



Feel free to collect **1-5 images** from my site that particularly appeal to you and send them to me. You can also include your **own ideas, sketches and images**.



Here is free space for **further thoughts and impulses** from you to me.



# SELF-REFLECTION



Is it easy for you to get in touch with yourself and share your **feelings and thoughts** with others?



Do you to take **time for yourself**? If so, how do you spend this time?





# SELF-REFLECTION



What was a big **challenge** for you in life?



What kind of **growth** could you take out of it?



# CEREMONY



Would you like to book a **ceremony** in addition to your tattoo session?  
(Additional cost)



Do you have **meditation** experience?







# THANK YOU



**Take your time** to answer all these questions with an open heart.  
**Thank you** for taking the time to **connect deeply with yourself**

**I very much look forward** to reading this wonderful information  
about you and getting to **know you better as a person.**

Please send the completed **questionnaire + your images**  
to the following email address:

**INFO@SUNA-SPACE.COM**

*With Love,  
Denise*