

Redefining Health & Wellness

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Featured this episode: Shohreh Davoodi, Cora Mylene

Shohreh: Welcome to episode number 14 of the Redefining Health & Wellness podcast. I'm excited to have my friend and tattoo artist Cora Mylene on the show today. Cora has been tattooing me for several years now, and I'm lucky to call her a friend outside of the tattoo shop as well.

We had the chance to talk about why tattoos are so popular with this generation, how tattoos fit into body image and self-expression, the intimacy of the relationship between tattooers and their clients, and more.

To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/14. That's shohrehdavoodi.com/14.

[music plays]

Shohreh: Hey y'all. Welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor and a certified personal trainer. I help people improve their relationships with exercise, food and their bodies so they can ditch diet culture for good and do what feels right for them.

Through this podcast, I want to give you the tools to redefine what health and wellness mean to you by exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

Hey y'all. So today, I am so excited to have my tattoo artist, Cora Mylene, on the show. You might be thinking, "What in the hell does a tattoo artist have to do with health and wellness?" For me, my tattoos have definitely been a big part of my self-expression and well-being.

And I also think that if you are someone who has tattoos, you already know that you're entering into a very intimate relationship with your tattoo artist. And since we talk about social health and relationships on this show as well, I couldn't think of a better person than Cora to come on and talk about being a tattoo artist. So thank you Cora so much for being here today.

Cora: Thank you for having me here at your studio.

Shohreh: Yeah. So Cora is literally the first person ever who is recording in the same room with me. Usually, thanks to the wonders of the internet, I do all of my interviews online, but Cora is in town, and she decided to come over.

Cora: Yeah. I couldn't trust my drummer neighbor, so decided to come here instead.

Shohreh: [laughs] Fantastic. Well, why don't you start by just telling me how you ended up becoming a tattoo artist in the first place?

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- Cora:** I always loved art in general since I was a little kid, and I always admired tattoos and just people with tattoos. I don't know why, I just always was. And I always wanted to get into it but never had the courage to do it because I was always so fucking painfully shy that I just didn't allow myself to do it.
- Shohreh:** Awww.
- Cora:** But one day, I don't know. Something clicked. I think I was just over it, and I just decided to try, at least. And I reached out to a tattooer. His name is Michael Norris. He works here in Austin. And explained to him that I was interested in a tattoo apprenticeship, sent him some of my work, and he invited me over to the shop to get to know me and basically, like, try to discourage me from ever tattooing because he was telling me how hard it was, how much of a hustle it was etc. etc. And that didn't stop me, obviously, because here I am.
- But I ended up bothering him AKA showing up at his shop every morning and then leaving every time he left for about two months until he finally was just like, "Okay. Fine. I'll fucking teach you."
- Shohreh:** Wait. What were you doing during that time? Were you just, like, hanging out?
- Cora:** I was watching him tattoo and helping him set up, and I would go get him food. Like, I would basically be the shop bitch for a little bit-
- [laughter]
- Cora:** -and, you know, try to be on my best behavior so that he would have to teach me. And that's what happened. And yeah. We did the whole apprenticeship thing for a whole year, and here I am. I went from full-time apprentice to full-time tattooer. And I'm really lucky to be doing what I'm doing.
- Shohreh:** I feel like tattooing is so interesting because it's one of the few professions left where there is an apprenticeship period before you jump into it. Like, you don't need any other credentials. You just basically need to be a good artist and then find someone that you can apprentice with, and hopefully you're good at it. And then you can start doing it full-time.
- Cora:** So true. I really like that this is a trade instead of something you have to go to school for. I think there's obviously a lot of other careers that you'd have to, you know, learn in this way, you know? There's still, like, apprenticeships out there with all sorts of things, but I love that this is, like-- It feels so old school. Like, that hasn't lost its old school vibe at all, and I really like that about tattooing.

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Shohreh: Definitely. And obviously, you were an artist before you became a tattoo artist. I'm curious how your other mediums compared to learning how to tattoo.

Cora: Oh man. When I wanted to learn to tattoo, I originally wanted to do, like, realism, making it look as real as possible as a tattoo. I told that to Michael, my mentor, and he was not about it. He was like, "If you want me to teach you, it's gonna have to be my style," which basically is illustrative instead of realism. It's kind of hard to explain, but linework type stuff. It still could look realistic but not 100 percent like a photograph, basically.

But I did not start with the style that I have now at all. I just, like, copied my photographs on paper, basically.

Shohreh: Why do you think people, especially in this generation, are so attracted to getting tattoos?

Cora: I think that the media has made it more socially acceptable. I also think that people are always constantly looking for new ways to express themselves. I think it has a lot to do with people's egos as well which, I think, goes into self-expression.

There are so many different reasons why people come to get tattooed that I wouldn't be able to, like, list them all. A lot of times it's to be able to cope with something. A lot of people get tattoos to cope with something that has happened to them, somebody they lost. Maybe they're trying to cover a part of their bodies that they aren't fond of or really anything under the sun.

Shohreh: Right. Because I know that it's become more popular to get tattoos over scars or people who are in recovery from breast cancer, who had mastectomies. That has become a thing where I'm seeing a lot of art work covering those scars as well.

Cora: Yes. I think those clients are my favorite clients, not to pick any favorites but only because I really love--

Shohreh: Excuse you. I'm your favorite client.

[laughter]

Cora: Besides Shohreh, those are my favorite clients. I really love doing this for people because it's the last thing, at least physically for them, to get over, not fully, but, like, to at least accept themselves better.

They've gone through a lot of medical procedures or, you know, self-harm and a lot of other things, I'm sure. And, I don't know. It's like the final thing for them, at least physically. And they have always reacted in a really emotional and beautiful way which makes me really happy. And

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those are the kind of days that, like, makes me realize why I do what I do.

Shohreh: Yeah. I mean that's literally a life-changing thing that you get to do for people and help them with their healing, essentially. I mean, you're helping them to heal from a really hard experience. And of course, there are many different types of scars, but to take something that maybe to them isn't beautiful and turn it into something beautiful is so cool.

Cora: Exactly. The healing thing is huge for me. And I get it. I mean, when I lost my cat, I got a tattoo of his name. And as soon as it was done, I just bawled my eyes out. I mean, like it just all came out. I didn't expect it, but it just came out. And then, I just felt a whole lot better, not that that's going to happen to everyone who gets tattooed like that.

But it's just one of those things where if it's, like, permanent on you, it's something you have to think of less in a way. It's like it's on you, and it's permanent, so you don't have to, like, actively-- you no longer feel like you actively have to think about it because it's on you, and it's a reminder instead of, like, things reminding you in other ways. I don't know. It's kind of an abstract thought, but that's how I felt about my tattoo.

Shohreh: Yeah. I think memorial tattoos in general are-- There's, like, a catharsis to them. And that's why you see that release happening.

Cora: Yeah. That's basically what I meant.

Shohreh: I always find it so interesting the difference in generations when it comes to tattoos 'cause, for example, my mom- if you're listening, Mom, "Hi"- hates my tattoos.

Cora: Sorry Mom.

Shohreh: Sorry. Every time I get a new one, she gets increasingly upset to a point where...I always tell her, I'm like, "There's not really an end to this." Like, she's always like, "Is this your last one? Like, are you not going to get anymore?" And I'm like, "I don't think I can ever say with certainty that a tattoo is a last tattoo. Like, I have a lot of life left to live, hopefully."

And, you know, it's so funny because one time she said something to me like, "Well, I don't understand. Like, aren't you all about loving your body as it is?"

Cora: That is loving your body.

Shohreh: I know! She's like, "Well, if you help people to love their bodies as they are, like, why can't you just leave your body alone instead of, like, ruining it with tattoos." And I'm like, "You don't understand."

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- Cora:** Ruining it? Come on now.
- Shohreh:** I know.
- Cora:** You're decorating it. That's what that is.
- Shohreh:** Yeah. I'm decorating it. It's my self-expression. It is a way of, like, dealing with the things in my life that are meaningful to me. Like, for me, it's beautifying. It's enhancing my body. But it's just so interesting how there's this big gap I think between generations whereas, like, this generation, it's, like, much more common. I think the percentages for tattoos are, like, really high for people between-- I think it was like 18 and 30 or something like that.
- Cora:** Yep. Actually, this reminds me. I tattooed my grandma last summer.
- Shohreh:** That's so badass. Wait. How was your grandma when you did that?
- Cora:** She was 80, dude. Like, she is such a badass. I have a really awesome, supportive family. And obviously, she would have never gotten a tattoo if it wasn't for her granddaughter being a tattooer, but her and I have a matching rose now, and it's so fucking cool.
- Shohreh:** Aww. That's adorable. I mean, and that's the thing of course. We can't generalize. There are certainly people in every generation who are okay with tattoos. I love reading stories online about people who go get their first tattoos in, like, you know, anywhere between 50 and 80 because I just think that's so cool to be like, "Fuck it. I'm getting a tattoo."
- Cora:** It's so awesome to have, like, someone who is older come to me to get their first tattoo. Like, the amount of trust that they give to me is almost overwhelming sometimes.
- Shohreh:** Yeah. I'm sure. So I want to talk about how tattoos sort of fit into the whole body image picture because, obviously, you tattoo a lot of women and men too. And many of them are coming to you with insecurities about their bodies and just about the experience of being tattooed, right?
- Cora:** Yeah. Man. This one kind of breaks my heart, really, because-- I don't wanna generalize, but a lot of women and men, but mostly women will, you know, kind of apologize for their body or body shape or anything about their physical fucking shell basically that I'm about to tattoo. And it makes sense because I'm an insecure person as well for most of the time.
- And it's weird having to have your body being looked at in that way. But what's funny is that tattooers don't really pay attention. They just

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look at the skin, and they look at the stencil, and they just look at the tattoo. And that's all we see.

But I get a lot of people complaining about what they look like and how the tattoo might, you know, motivate them to work out more etc. etc. It's a little sad. And I don't know what to say most of the time. I just try to be as supportive as I can. And, you know, I just try to put a lot of love into the whole experience. And I feel that's all I can do, really.

Shohreh: I'm really glad that those people get to come see you because I know that that's important to you to make them feel seen and heard and have a great experience in being tattooed by you because it is hard.

In my line of work, obviously, I have women who come to me too, and they essentially apologize for having a body, you know, for different aspects of their body. And I'm like, "You don't ever have to apologize for your body. Like, it is your worldly vessel. Like, that thing is getting you through this life. And, like, it doesn't matter what it looks like. You deserve to have whatever art you want on your fucking body."

Cora: Exactly. I a hundred percent am on your side when it comes to that. And I am on all of my clients' sides. It's just that some people just aren't on their own side. So it's kind of hard to be around that. It's kind of hard to just reply to that. I don't know what to say, you know?

Shohreh: I get it. I think sometimes, like, it's not about even saying anything. It's about not making a big deal out of it, right? Like, the whole point is, like, to not agree with them and not be like, "You're right. Like, you should be apologizing for your body. Your body is disgusting." Like, whatever thoughts that they're having-- And I think what you just said is powerful enough that, like, as a tattooer, what's important to you is just like the skin and, like, how the style and the shape and all that stuff is going to look on them. Like, you just see them as a body that you're trying to tattoo.

Cora: I agree. I think that just more body equals more canvas. That's as simple as it goes.

Shohreh: I know that you've mentioned to me before that some people almost use their tattoos as armor. Can you talk about that a little bit?

Cora: Yes. Absolutely. I actually do the same thing for myself. I've been getting tattooed, a huge tattoo, on my body from my knee to my shoulder blade, and it wraps around. It's like maybe a third of my body. And I put it there on purpose because it's something that-- I basically have a lot of insecurities about my hips, my thighs etc. and putting something there, putting artwork there, makes it so that the attention is towards to the tattoo and the artwork instead of, like, my body shape.

And that's kind of how I'm dealing with my own insecurities. And I know that there are million ways that you can deal with insecurities because

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you're gonna have 'em. And it's a shame, but that's how I'm doing it. And I feel a whole lot better.

And a lot of other people, especially women, will feel the same way. They'll put tattoos where they feel like they don't really appreciate that part of their body, if that makes sense.

Shohreh: Yeah, it definitely makes sense because, if you think about it, if you're like, "Oh. I hate my arms" and then, you put beautiful artwork on your arms, like, that gives you a new appreciation for them that you didn't have before.

Cora: Yeah. And it really does, like, take away the attention from the body and rather just the artwork and the experience of getting the artwork etc.

Shohreh: Absolutely. I know you've mentioned that people will joke about how their sessions with you are kind of like therapy. So talk to me about the role that you play in the lives of your clients.

Cora: Yeah. As you said, I have a lot of clients that come in, you know, regularly, maybe once a month, maybe once every three weeks or so because they have big tattoos and it takes multiple sessions. Those people tend to joke about how they're here for their therapy session instead of their tattoo session. And I think the reason why is because when you start trusting someone to basically scar your body permanently and intentionally, you become vulnerable. And when you become vulnerable, you end up opening up. And a lot of people end up opening up to me as I start tattooing them. And I just love hearing people's stories.

I love telling people my stories and relating to people, and I think they appreciate that. And it's actually my ultimate favorite thing about tattooing is getting to talk to people. And my co-workers even call me the-- Oh. What do they say? The raging empath. That's literally the name that they have given me. And that's because they noticed that I just talk all the time to my clients, and we always keep in touch with each other. And I really love that.

Shohreh: I know some tattoo artists prefer to just sit in silence for four hours. But some of us cannot handle that.

Cora: Yeah. I can't even handle that, honestly. Like, I just want to talk. I just want to like share experiences and just, like, you know, shoot the shit.

Shohreh: Definitely. And like I mentioned at the beginning, like, I think your relationship with your tattoo artist is so intimate, one, because a lot of times, they're tattooing parts of your body that, again, maybe are not your favorite, that you don't show very often. Like, sometimes, people have to be tattooed in, like, a bikini or pasties or, like, have their whole

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ass out or whatever.

So, like, you have that level of intimacy, and then you have another level of intimacy because it's usually a long period of time. Like, somebody might be sitting there for hours. And you're also causing them pain, right? Like, it's not like tattoos feel amazing. So, like, you go from, like, zero to 100 your first time with a client, and I think that's very different from other professions.

Cora: Exactly. Actually, my mentor would tell me when I was apprenticing under him that tattooing people was kind of like dating people. And I know that sounds weird. It could just be like platonic dating, obviously. But he says when you sit with them, you sit with them for three to four hours, and you start talking, and you start getting to know each other, and you start getting vulnerable with each other.

And that's exactly, like, the relationship I have with most of my clients. And I honestly cherish that. And honestly, I really like that because it feels like my social cup because I'm kind of an introvert. I'm an introvert-extrovert, but that to me--

Shohreh: Ambivert, a fun term.

Cora: What was that?

Shohreh: If you're an introvert and an extrovert, it's called an ambivert.

Cora: Ambivert. Oh man. How did I not know that?

Shohreh: You got to look that up. There's all kind of great information about us ambiverts out there.

Cora: Okay. So you are too. It makes sense, actually. It's perfect because I like one-on-one conversations. I'm not a huge fan of big groups. And yeah. It really, like, works out the best for me.

Shohreh: Would you say it's those relationships with your clients that have kept you in the industry? Like, is that your favorite part of being a tattooer? Is it the art itself? Like, why are you still doin' this?

Cora: I'm doing this because of the connection I have with people first and foremost, and then second, I love the art, and I love the freedom I have with my career. I've gotten to the point where I can, like, pick and choose what I get to do now which is great. It makes it so that I can, like, really refine my style and where I want to go within my career.

And I'm my own boss, which is great. I only just pay rent at the shop. I don't have anyone to work for except for my clients, obviously. And that's great. I just love all of it, honestly, all of it.

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- Shohreh:** Because back when you first started, I assume that you had to pretty much take anything that came your way to gain experience. But now that you've been doing this a long time, you get to say no a lot more.
- Cora:** Yeah. When you start, you're kind of desperate in a lot of things, you know? Like, in any career, you just kind of do it all. And this one, I definitely just tackled anything that came my way. And I quickly learned the things I did not want to do and the things that were really fun to do.
- And nowadays, it's the opposite. I have to say no to a lot of people because my time is filled with a lot of clients already. And it's still weird for me to say no to people, but I think it's an overall, like, accepted thing in the tattoo industry, you know? A lot of potential clients already know that they may or may not be able to get in with their tattooer of choice. And I'm just thankful that people in general just know what's up with the tattoo industry. Shout out to all the shows out there, I guess.
- Shohreh:** Well, the other trick is to just become really good friends with your tattooer--
- Cora:** Sneaky, sneaky.
- Shohreh:** --and hang out with her outside of your sessions, and then you can get in for appointments, and she might do tattoos on you that maybe she wouldn't do on other people.
- Cora:** This is true. Yeah.
- Shohreh:** [laughs]
- Cora:** I definitely have a few of those clients that I really don't mind. Like, it makes me happy. Yeah. It's more of a personal thing at this point. It's not like a business thing, you know?
- Shohreh:** Actually, I wanna talk about RBG for a minute because this is a good example. So I really wanted to get a Ruth Bader Ginsburg quote tattooed on me and Cora doesn't normally do, like, script type tattoos, but again, we're friends, so she agreed to do this for me. And she didn't know much about RBG before doing this. And now, she, like, learned all this stuff about her and loves her.
- Cora:** I do.
- Shohreh:** And I'm like, "Aha. I've instilled this in her."
- Cora:** Man, I'm so glad that you introduced me to her because, you know, you told me a little bit about was her when I did the tattoo on you, but then, like, because that seed was planted and then all the documentaries came out about her, I knew what that was.

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So I was attracted to it because I was like, this sounds familiar. And then I looked into it and watched all the documentaries and the movies. And I'm just like, "I am so fucking in love with her." Thank you Shohreh for introducing me to her. It's awesome.

Shohreh: Well, Cora was noticing when she walked into my studio, I actually have a picture of me and other people with Ruth Bader Ginsburg on the wall because in one of my law school classes, I actually got to meet her and, like, sit on a couch next to her, and she signed a "Notorious RBG" shirt for me which is one of the coolest experiences in my entire life because she's just a badass bitch, you know? Like, she just resonates that.

Cora: She is. She is. And I'm looking at the picture right now, and I'm really fucking jealous. She's so little.

Shohreh: She's very cute and little. Well, this is actually a great segue because, obviously, RGB does not stand for sexism. And I want to talk about with your experiences with sexism in the tattoo industry because this is still an industry where women are hardcore outnumbered.

Cora: Yeah. So okay. It's a good thing and a bad thing in a way because, for example, I've had people walk into the shop, and for a long time, I was the only female in the shop, right? I'm the only chick, and then there's like seven dudes working with me.

So every now and then, people would walk in and assume I was the shop assistant just because I am a female. And it's very awkward because when I tell them, "Oh no. I'm a tattooer," they immediately regret everything they've just said. And I feel kind of bad for the whole situation, but it's kind of nice also to just kind of surprise people. So that's kind of like a shitty part of it.

The good part of it though is that when I work in conventions, for example, when I went to the Philly Convention a few years ago, I noticed that, like, women tattooers maybe, like, took up five or 10 percent of all the tattooers there.

And so guess what that did. It meant that all the women out there who did not choose to pick a male tattooer picked me or any of the other female tattooers. And that was great because I was busy the entire time. And yeah. It pays off.

Shohreh: Yeah. It makes sense. I mean, for me, it was really important to have a woman tattoo artist. I mean, like, I had worked with a woman before you, and ultimately ended up leaving to work with you because you're better. Let's just be honest. [laughs]

And, like, in general in my life, like, that's important to me. Wherever I can, I try to put my dollars towards women, towards people of color, and people in marginalized bodies because I think that's important.

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We're the people who aren't having as easy of a time. And, like, sometimes, people, and when I say people, I mean men, like, get upset about that when I tell them that, and they're like, "Oh. You don't, like, want to work with white men?" And I'm like, "Everyone is working with white men. They don't need my business. Like, they already have, like, ten thousand legs up in every industry. So, like, I get to choose where my dollars go."

Cora: Exactly. It's like, what do they say? They say every dollar you spend is a vote. That kind of thing?

Shohreh: Yeah.

Cora: Yeah. And I totally agree with you. But I will say, shamefully, that I have still not gotten tattooed by a woman.

Shohreh: Oh. You gotta do that.

Cora: Yeah. I'm going to change that. Because there's so few of us, and because I grew up in the tattoo industry with mostly men, I wasn't around them as much, so it took me a long time to, like, build connections with women tattooers etc.

Shohreh: Right. And I know you've had a really good experience with the dudes at your shop. Shout out to Art Realm Tattoo. But prior to that, have you ever had bad experiences with, like, your colleagues who are men?

Cora: Not really.

Shohreh: Which is lucky. That's great.

Cora: Yeah. Yeah. The guys at the shop kind of call me a bro. I've always been like this. I'm always been like a-- I mean, our friend Ian, our mutual friend Ian, called me, like, a tomboy because I hang out with the bros. I've always been like this. I have brothers. I just grew up with a bunch of dudes. I've always been able to set that in place at the workplace. So it's always worked out for me, personally.

Shohreh: Yeah. So you were maybe uniquely positioned to not be in a situation where people are going to treat you poorly because you are already used to being around men and spending time with them.

Cora: Yeah. And I think, honestly, the people that I work with, hopefully, they respect female tattooers in a specific way because it's harder for us. At least it was. It's becoming a lot easier now. But I think there's a lot of respect in the industry, at least growing respect, as far as that goes.

Shohreh: Definitely. I wanna talk about the charity event that you did for one of my favorite organizations in town, the Girls Empowerment Network which I have been volunteering with for probably three or so years

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now. I think it was so badass that you got to use your tattooing and your art as a platform to raise money for them. So tell me about why you did that.

Cora: Oh man. Let me tell you. I had just come back from a trip to Switzerland/France which is where my family lives, which is where I'm from. That's where my dad lives. And my dad has always been really sexist. Let's put it that way.

He's always been really sexist and always really demeaning towards women. And I had had enough this time. And in order to kind of get back, not at him, but just to feel better about me and women in general after spending some time with him, I just decided to do something for women for the first time ever which was super dope.

And yeah. I don't know. Like, it was a personal thing for me. And then, all at the same time, I was really happy to help girls and Girls Empowerment Network. And I think it's a really neat way to spread the word. Like, I was literally tattooing people permanently, and people now get to walk around. And if others ask them, "Oh. What's that for?" They get to fucking spread the word. Like, it's super cool to me.

Shohreh: And you did like a flash sheet of sort of feminist-inspired designs, right?

Cora: Yeah. So I did, like, I think it was six small designs that people could choose from. And they all had the female symbol on them 'cause I wanted something to tie them all together, you know? And I tattooed-- I don't remember. I want to say, like-- Because it was mainly just me tattooing and my coworker James, I think we only got to tattoo around 18 people that day.

Shohreh: That's a lot of tattoos in a day, though.

Cora: I guess it's a lot of tattoos, but I really wanted to do more, but there's always a next time. But yeah. We tattoo a lot of people, almost raised like a two grand or so in a day which was really great. And it just made me feel so good to do that.

Shohreh: Absolutely. That made me so happy just again because that's one of my favorite organizations. They do such good work here in town for girls. And I'm definitely gonna link to their website in the show notes so you guys can see what they're all about because if you are in Austin, and you're looking for a wonderful place to volunteer or donate, like, Girls Empowerment Network is just doing such beautiful work for girls. So I love that you did that.

Cora: Yeah. Guess where I learned about them.

Shohreh: Was it me?

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- Cora:** Yes, it was.
- Shohreh:** [laughs] See, Cora and I have a mutually beneficial relationship. I tell her about amazing things, and she puts beautiful art on my body.
[laughter]
- Cora:** It's true. It's true. And I will say, like, this is a very, like, different one because we're friend, but with my clients, I feel like I gain so much stuff from everyone. Like, I just learn a lot of things from everyone. It's like to going to school every time I go to work.
- Shohreh:** That's so cool. Well, I'm curious to hear how you define health and wellness for yourself at this moment in your life because I know one of the biggest things about being a tattooer of course is, like, you obviously spend a lot of time sitting to tattoo people. And I'm wondering how that might play into it.
- Cora:** Well, yeah. When it comes to physical me, I definitely have been trying to be as active as possible because otherwise I start going crazy, mentally. But as far as, like, how I'm defining wellness for myself right now, honestly, it's unlearning a lot of shit because I'm realizing that the way I grew up in society and people around me, not that they meant to, but really fucked me up.
- Shohreh:** Feel that.
- Cora:** Yep. And I'm having to unlearn a lot of things so I can start over and be my own parent, basically.
- Shohreh:** Aww. I love that you said that because I think it's so true. We really have to kind of parent our inner child as adults and, like, give ourselves what we needed at a time when we couldn't get it.
- Cora:** Exactly.
- Shohreh:** Well, thank you so much for being here, Cora. This was fantastic. How can people find you and get tattooed by you?
- Cora:** I am on Instagram at @cora_mylene, and my website coramylene.com, and every information you might need is on my website, so go take a look and hit me up.
- Shohreh:** Awesome. Thanks again. This has been wonderful. Guys, I cannot speak highly enough to Cora's tattooing ability. So obviously, you need to check out if you like her style, but if you do, I highly recommend her. I have art all over my body, and we literally just made like three more appointments.
- Cora:** I have marked. I have marked you.

Redefining Health & Wellness

#14

Featured this episode: Shohreh Davoodi, Cora Mylene

Shohreh: [laughs] She has marked me. We literally just made three more appointments for 2020 in February and March for a big ass piece I'm getting. That's right, Mom.

Cora: Fuck yeah.

Shohreh: Get ready.

[laughter]

Cora: Thank you so much.

Shohreh: Thank you.

[music plays]

Shohreh: And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast.

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Hope to see you for the next episode.