

ADULT COLORING BOOK

Their Fascination And How To Use Them



relaxation4.me

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CHAPTER 1

INTRODUCTION TO ADULT COLORING BOOK

Coloring books are not only meant for the children as adult can also use it as a form of relaxation, and an avenue to ease their stress. Coloring book emerges from art and art serves as a means to appreciate the nature, the world at large and even our lives. Art involves the skills and techniques used in producing a virtual representation in creating beautiful and breathtaking object which can be achieved through painting, drawing, and many more.

Everybody, anybody can and should appreciate the nature's uniqueness, expressing it through any forms of art part of which includes the coloring book. Our deepest thought can be expressed through our painting, coloring and drawing.

Inspired by nature or completely surreal, these drawings and coloring differ from mandalas because they are not concentrated on a single point. It is often repeated patterns, coloring style known for its soothing properties. Search the overall harmony of your coloring rather than focusing on each element individually; try to balance the colors so that they are a reflection of your emotions of the moment.

Do You like Zentangle? These complex adult coloring pages of a new kind are more than doodles ... They are based on a variety of harmonious abstract models, inspired by nature, and sometimes giving a disturbing impression of relief.

This book features tips and strategies to coloring, the tools to use to make a fantastic coloring, how coloring serves as a means of relaxation for adults, how to choose color to express your emotions and thought, how to create coloring books pages using your photograph or the photograph of the people you love.

I am sure by the time you are done with this book you will find coloring an interesting and a stress free thing to do even while relaxing.

CHAPTER 2

TIPS AND STRATEGES TO COLORING BOOK

Here are some tips and strategies on how to color book like a professional.

✓ **Consider colored pencils.**

“I like high-end pencils, which allow you to do shading,” says Erik Siuda, a professional tattoo artist. High-end pencils are very good in making a nice shading and I often recommend investing in Prismacolor pencils, it is a very good high-end pencil.

✓ **Keep things light.**

“My top tip is not to press too hard with your pens or colored pencils,” says Millie Marotta, author of *Animal Kingdom*. “Instead, try to build up color gradually.”

Coloring involves creating a plain mind and focusing on your expectation with applying enough time and taking it easy. You don’t have to press too hard on what you are painting. Take it light and gradually you get the very best of the color you desire.

✓ **Always Stay sharp with your pencil.**

A well-sharpened pencil is the key to getting into tight spaces in intricately designed adult coloring books. Any pencil sharpener will do to keep the general edge. But “if you have trouble sharpening the softer, thicker lead without breaking it, try carefully carving the point with an X-ACTO blade,” suggests mandala artist P.C. Turczyn. “You can refine the point without losing more of the wood by using sandpaper. Art supply stores sell little sandpaper blocks for this purpose.”

✓ **Be a savvy penman.**

If pens are your thing, “try to find some that have a fine nib and are not alcohol based as these have a tendency to bleed, as do those with a heavy ink flow,” says Marotta. Ask for help at your local art store.

✓ **Splash around.**

Watercolor pencils offer special effects. “You can use them like regular pencils, then wash clear water over an outlined area and—presto—get a watercolor effect,” says Turczyn. “Avoid applying the water with a brush that is too big for an area; if you inadvertently mix a green area and a red area, for example, you will get brown.”

Other techniques include wetting an area before you color it in. Or, you can try dipping the pencil in water before you draw with it, she says. “Craypas, Derwent and Prismacolor all make good-quality watercolor pencils.”

✓ **Do what you like.**

Or, forget all of the above and do what feels good to you. Glitter glue, Sharpie markers, Crayola, charcoal, oil pastels, tempera paint, inside the lines, outside the lines—it’s all good. “One of the great things about coloring is that there are no rules,” says Marotta. “And it’s amazing for me to see the hundreds of variations of the same illustrations all colored in so differently. I love it.”

CHAPTER 3

HOW TO CHOOSE COLOR TO EXPRESS YOUR EMOTIONS AND THOUGHT

Colors themselves carry therapeutic qualities, according to licensed clinical professional art therapist Lacy Mucklow, an author of coloring books. Selecting colors can literally affect your mood. Here's a guide to how you can use colors to rev up or calm down—or combine them for a total mood makeover.

I've been asked this question a lot. The question I hear when I read between the lines is that people don't feel particularly artistic and are fearful that they don't have what it takes to color something beautiful. To which I say: IT'S COLORING. 2 year olds can handle this. There is no wrong way to do it. And almost any color combination will look good. But in the interest of actually answering this question, there's several ways to tackle color choices:

1. Go with a rainbow spectrum. Who doesn't love rainbows?
2. Go in blindfolded. Meaning: just pick up a color and go. Let the spirit of spontaneity take over.
3. Go hip. Pantone releases its trend forecast twice a year. Admittedly, they are pretty good at it.
4. Go overboard. Find an image with colors you love (I have a Pinterest board full of them here) and upload it to this free online color palette generator. I take no responsibility for the hours you will lose once you start playing with this tool.

Cool colors like blue, green and purple have a calming effect. Use them to literally chill out. Warm colors like red, orange and yellow are pepper-uppers. Try them when you want to brighten a bad mood. Bright colors are energizing, so turn to them when you want a little inner lift. Dark colors carry a relaxing energy and can be used to ratchet down an overactive mind.

Pastels and light tints communicate softness and help soothe the soul.

CHAPTER 4

TOOLS USED FOR COLORING

Adult coloring books are intricate and have tiny details. Even if you have an attachment to the waxy smell of Crayolas, they are too fat to use for filling in tiny spaces. My number #1 go-to material for coloring is colored pencils. But I have a soft spot in my heart for art markers. There is a WIDE range of art supplies you can use, here are my favorites at every price point:

Sargent Art 50-Count Assorted Colored Pencils

I had a book signing at a local bookstore and ordered these for people to use so that they could play with some print outs and test the merchandise. I really didn't want to bring my expensive colored pencils for strangers to use and abuse. I have to admit, for a cheap set of pencils these are astonishingly awesome. This is a GREAT beginner set for adults or teens. The colors aren't quite as vivid or blendable as the higher priced pencils, but they are solid decent quality at a tiny fraction of the price. I've bought them for under \$10, but the price fluctuates up to \$14 or so.

Prismacolor Premier Soft Core Colored Pencils, 132 Colored Pencils

The best of the best when it comes to colored pencils, I'm always raving about my Prismacolors on Facebook or Instagram when I'm posting pictures of my works in progress. Smooth, blendable, layer-able... they just rock. They are also kind of expensive (currently \$80). I actually have the 150 color set, but the price of that set is almost \$50 dollars more than the 132 color set. That's not very cost effective for an additional 18 colors. Wish I had noticed it before I made the purchase!

Derwent Inktense Pencils in Metal Tin, 72 Count

I am also frequently raving about my Inktense colored pencils, which are actually like watercolor pencils. They aren't ideal for straight coloring, but are definitely ideal if you want to add a little water to your page. Inktense pencils are bright, bold colors that once wet turn to liquid ink that is permanent when dry. I used my Inktense pencils when I created my colored mandala prints for my Etsy shop. If you use just a tiny bit of water, they can be used in coloring books with normal paper, and they will make your colors super-smooth and jump off the page. Side note: they also work on fabric. On. Fabric.

Copic Ciao Art Markers, Set of 36

I hesitate to recommend these art markers to anyone but the most serious of coloring fanatics because they are redonkulously expensive. Like, \$3 bucks PER marker expensive. I actually buy them at a local art supply store a few at a time and pay more than that each. But seriously? They are like coloring with liquid velvet. Smooth. Blendable. And you can color large areas in one solid color with no worries about overlap. The alcohol based ink takes slightly longer to dry than regular markers, which means you can color somewhat sloppily and still get even, smooth color. Prismacolor makes art markers that are slightly (only slightly) more affordable, and I've heard they are comparable to Copic markers, but I haven't tried them so I can't say for sure.

By the way, if you're looking for a recommendation for cheaper markers that are good for coloring, I can't help you. I don't like coloring with cheap markers. I like drawing with them (hello, Sharpies!!), but not coloring. The way the color darkens when you overlap while filling in larger areas bugs the crap out of me and I get all twitchy. Also, Sharpies bleed. A LOT. I've colored with them perfectly in the lines and literally watched the ink spread into adjoining areas – super frustrating.

Sakura Gelly Roll Gel Pens

I was happy to leave this post up with my favorite materials above – but then I tried these gel pens and I HAD to come update this post to rave about them for coloring. They came highly recommended to me by other colorists, so I ordered a set. I heard lots of complaints about other gel pen brands = that many of them skip or dry up, but I didn't have either problem with these. What I like best about them is that they are easy on the hands to use. I love my Prismacolors, but you have to press pretty hard on the paper to use them and after a few hours that can really mess with my carpal tunnel syndrome. These are like having opaque gouache paint in a pen – heaven! My only complaint is that they aren't really blendable. For blending colors, stick with the Copics or the Prismacolor pencils.

CHAPTER 5

HOW ADULT ARE USING COLORING BOOK FOR RELAXATION

One of the main reason adult coloring books are getting so popular lately is because they are a major stress-buster and tension reliever.

You know how artists create art to stay sane and get into The Zone? That's what coloring does for non-artists. Personally, I don't think that there is any wrong way to color for relaxation. I've heard of people coloring on planes, in front of the TV, in coffee shops, and even in therapy sessions. It's all good.

For me personally, I like to color in my studio, which is an enclosed porch and has tons of natural light. I try to do it when I know I won't be interrupted for at least 30 minutes. I also like to color with my favorite music playing in the background.

You can just decide to color at your leisure time and relax your nerve. Just create interest in it and find it an interesting thing to do. Anyone can color and there is no specific way to do it. Just feel it and express it through your color book. Interpret your emotions through coloring and feel free to appreciate the nature.

It is a wonderful thing to do to relax I must tell you. Feel it and express it.

CHAPTER 6

HOW TO CREATE COLORING BOOKS PAGES USING YOUR PHOTOGRAPH OR THE PHOTOGRAPH OF THE PEOPLE YOU LOVE

Envisage a world where you can color on your friend's faces and not get in trouble for it. Now you can by making your own coloring book out of photos! With a little help from your photo editor, you'll be able to turn your very own snaps into a stack of ready-to-be-colored in images.

You may not be able to control the color of your photos while you're taking pictures, but with this coloring book tutorial, you'll have the power to make your photos any little color you want. Also, your friends will thank you for not taking a sharpie to their face in real life.

List Materials You will Need

- ✓ Photoshop or a similar photo editing software
- ✓ A photo with an easy to see subject
- ✓ Non-photo paper
- ✓ Crayons or any coloring medium of your choice
- ✓ Stapler

THE STEPS YOU NEED TO MAKE IT WORK

Step 1: Gather The Troops!

Collect photos you would like to make into a coloring book and open them in Photoshop. Over exaggerated open mouth photos are highly encouraged—nobody wants a snooze-fest of a coloring book.

Step 2: Hey I Almost See It!

Here comes the fun part! This is where your photo really starts to take on that “coloring book” look.

First make sure your foreground color is set to black (those 2 colored squares towards the bottom left of your document in the tool panel). Go to the “Filter” menu and go to the sub menu “sketch” there should be a “photocopy” option there. Depending on what version of photoshop you are running the “photocopy” filter may be in a different sub menu—don’t fret!

Most versions have this filter so you might have to do a lil searching. It’s ok though, think of it as an exciting adobe scavenger hunt! (You like scavenger hunts, right? Yeah, we thought so). Once you go to the “photocopy” menu you’ll get 2 slider bars, one for “detail” and one for “darkness”. Each photo is different and unique (just like you!) so there is no real science between picking which numbers will look best for your photo.

Slide the sliders over till you get a result that looks similar to the photos below. Don’t worry about a “psychedelic” background or those pesky lil specs that may appear on your friend’s faces, we’ll get rid of those we promise.

Step 3: Out Darn Spots!

Now we’re going to take care of the background and bizarre spots on your friend’s faces.

Go to the brush tool and make it white. Simply color in the background and go over any unsightly spots and gnarly shapes.

You can also do the same thing with the black areas. We colored in this little guy’s stylish shades with the black paint brush to make it look more “hey you can’t see his eyeballs, this makes him mysterious and cool” and less “hey, where did the rest of their glasses go? Is that why they were on sale?”

Step 4: Time For The Refrigerator Art Gallery! (Awww Yeaah)

Now go get “yo’ print on”, grab those crayons & get to town! If not for us do it for your inner child.

When done coloring in your way awesome coloring book pages you can slap those bad boys to the fridge.

Everyone knows only the best art work gets to be showcased in the refrigerator art gallery. We here believe that your coloring book is so grand that it deserves to grace those giant white doors that are your fridge.

Also, while you’re there you can grab a snack and take a nap—all that coloring really works up an appetite and wipes you out!

Our Books

All our books include 50 illustrations which will benefit you with weeks of coloring fun. Check them out at www.amazon.com or visit us at www.relaxation4.me Additional you will find 10 tips and advices plus 10 inspirational compliments which will enrich your life.

★ **MAGIC FAIRY TALES and AWESOME FANTASY CREATURES**

A magic coloring book full of cute mythical creatures like fairies, mermaids, demons and monsters. If you dreamed of being Alice in Wonderland this is the book of your choice.

Includes: 10 Magic Sleep Better Techniques

★ **RELAX and CALM, HEALING and STRESS RELIEVING and JOYFUL**

Are you looking for a way to feel relaxed and calm? Every single one of our coloring books will help you feeling this emotions. But this one with its lovely motives is hiding a treasure. Is it going to become your treasure?

Includes: 10 Health Boosting Superfoods Suggestions

★ **AMAZING WINTER ANIMALS for RELAXATION, MEDITATION, CALM and HEALING**

The most famous winter creatures of the whole world, all featured in this book. Beside many more you will find a cute baby owl, a penguin family and a nut eating squirrel. Maybe also a Yeti is awaiting you.

Includes: 10 Beautiful Relaxing Sound Suggestions.



★ AWESOME TESSELLATION for RELAXATION and AGAINST STRESS- ABSTRACT GEOMETRIC DESIGNS, PATTERNS and SHAPES

Geometric shapes don't have to be associated with math class.

In this book your left brain will meet your right brain and will be connected in a wonderful creative way.

Includes: 10 Effective Stress Reducing Techniques

★ AWESOME PHILIPPINES' RELAX THERAPY- A MAGIC and MINDFUL TRAVEL ADVENTURE of HEALING

The Philippines are full of amazing and beautiful sceneries.

You will find landscapes and cultural goods to color which will let you develop a desire of travelling to the Philippines.

This wonderful coloring book was illustrated by people with disabilities.

Includes: 10 Stress Free Secrets

★ MAGIC MERRY CHRISTMAS and AMAZING WINTER FANTASIES

Why just waiting for Christmas to receive a gift from Santa Clause, when you can make yourself a gift today?

Decorations, presents, snowmen and even Santa Clause.

Everything that is charming about Christmas and winter you will find in this book.

Includes: 10 Charming Relationship Advices



Why just buying one book if you also can have all six?

Each customer who buys all six books and provides us with a receipt will get a \$5 amazon gift card.

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