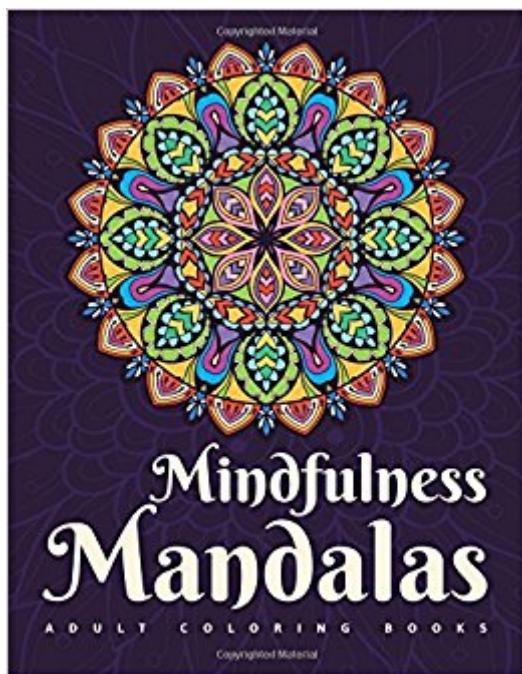


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# Adult Coloring Books: Mindfulness Mandalas: A Mandala Coloring Book For Adult Relaxation Featuring Stress Relieving Coloring Pages For Adults Including Henna Flowers Geometric & Animal Designs



## **Synopsis**

Inky Balm Designs presents "Mindfulness Mandalas•, a mandala coloring book for adult relaxation, including stress relieving patterns featuring: 36 tranquil, stress relief coloring pages for grown-ups incorporating henna flowers, geometric shapes, tribal designs, and animal motifs A range of designs from simple to more detailed and intricate, suitable for beginners and experienced colourists Each design is on a separate sheet and best used with colored pencils, markers, and fine tipped pens Get many hours of inexpensive, focused relaxation, and fun Rediscover the art of coloring and harness the power of color therapy to calm and unleash your creative spirit

## **Book Information**

Series: Adult Coloring Books

Paperback: 78 pages

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Language: English

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,140,062 in Books (See Top 100 in Books) #71 in Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament #1385 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Flowers & Landscapes #1582 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns

## **Customer Reviews**

I am a big fan of mandalas, and this one is loaded with a nice variety of them. Some are more clusters of designs rather than a typical mandala (see my colored page, done with colored pencils), but this book includes designs with several themes--ranging from abstract, animals, henna flowers, and tribal.I tend to like designs to color with some detail, but not so detailed that you lose your patience and eyesight. So I prefer the more simple designs, but there are definitely more complex ones if that is what you prefer.Features of the book:-36 designs are on the front of the page only--nothing on the back-Crisp, clean line art (I hate it when the lines are blurry) -8.5x11Ã¢Â• Bright white paper--the same as all the Createspace publications.-Pages are not perforated-Designs are suitable for markers (some pages will require a fine tip), colored pencils, and

gel pens.-Crayons will work for even some of the images.-Markers may bleed through, so use a blank page as a "color protector page".-Glossy front and back coversOverall, this book provides beautiful mandala styled pages, and should keep you busy coloring for many hours!I received a free copy of this book to test and give an unbiased review, and my opinions are based on actually using and coloring the book.

Everyone will find a picture they want to color in this 36 illustration coloring book, filled with a variety of art styles with 28 circular mandalas most with medium details, a couple with small details and a couple very simple mandalas with large details. Eight other images have been added for variety. A nice book for quality family time or a coloring group.This book is going into my tote bag, I love to color as I wait for appointments and when I visit the Grandchildren they always want to color with me and many of these artistic flowing mandalas make a nice afternoon project.1. 36 Illustrations plus the title page with the cover picture, All printed one per page (the back of each page is blank) on medium weight, bright white paper.2. All markers and some gel pens leak through the paper, I just place a piece of paper under the page I am coloring to protect the next image.3. All images are centered on each page and leave a 1/2" to 1/4" space between the binding and the image, plenty of space to easily color the entire image.4. You will find 28 illustrations in circular mandala form, plus the mandala on the title page and added for variety, 8 other fun to color images which include a butterfly, elephant, a yoga pose in henna form, a frog, plus more.5. Most of the illustrations are made up of medium sized details, a few simple mandalas with large details, and a few with small details. You will find images to color with crayons, markers, colored pencils and gel pens. A nice variety.6. These images have been carefully chosen and compiled with care by an exciting new Author, (Inky Balm Designs) I will be watching for future publications and all ready have two other books , (Enchanting Animals), and (Fascinating Flowers). If you like this book you might also like these.Received a free sample for evaluation and unbiased review.

This coloring book has a good selection of both mandala and mandala inspired coloring designs. The designs are curated by Inky Balm and are licensed through shutterstock.com. This provides a colorist with the opportunity of buying a single book with a number of artists work included. Otherwise, you might have to buy a number of books to get such a diverse offering. I like that there are both mandalas and other designs in this book. Usually mandala books are mandalas only but by including both, it makes it a great way to get started with coloring at a good price and with a good selection of styles and types of designs. I especially liked coloring the cute little frog with his

mandala tummy. Some of the designs include intricate details but for the most part the designs are fairly open and should be easy to color without resorting to especially sharp pencils or tiny nib pens and markers. All of the designs stop well before the binding, are centered well on the page, and the print quality is very good. The designs are printed on one side of thin white non-perforated paper that is typical for books published by CreateSpace. The binding is glued but there is plenty of room for you to cut a page out if you choose to do so. I was able to get the book to lay fairly flat in the open position by Â¢ÂœbreakingÂ¢Â• the spine slightly. All of my markers bleed through and my gel pens and India ink artist pens either bleed through or leave a distinct shadow on the back of the page. My coloring pencils work well with the paper though the hard lead pencils do leave an indent at the back of the page. I will use a piece of chipboard or heavy paper behind the page I am working on so I don't ruin the following page with leaking ink. These are the coloring medium that I use for testing. If there is something else you feel I should be testing, please let me know and I will see if I can add it to my growing pile: Markers: 1) alcohol-based Â¢Â“ Copic Sketch, Prismacolor double ended markers (brush and fine point), Sharpies (fine and ultra-fine) Bic Mark-its (fine and ultra-fine) and 2) water-based Â¢Â“ Tombows dual end markers (brush and fine point), Stabilo 88, Staedler triplus fineliners, and Pentel markers India Ink: Faber-Castell PITT artist pens (brush tip) Gel Pens: Sakura, Fiskars, Uni-ball Signo in the following sizes - 0.28/0.38/0.5/1.0 and Tekwriter Coloring Pencils: Prismacolor Premier Soft Core, Derwent Colorsoft, Prismacolor Verithins, and Faber-Castell Polychromos I was provided a free sample of this coloring book for test and review purposes.

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Mandala Coloring Book: 100 IMPRESSIVE MANDALAS Adult Coloring Book ( Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1)  
Cock Coloring Book For Adults: Penis Coloring Book For Adults Containing 40 Stress Relieving Funny Dick Coloring Pages In a Paisley, Henna, Mandala ... (Dick Coloring Books For Adults) (Volume 1)  
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Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Flowers, Mandalas and Animals: Adult Coloring Book: Stress Relieving Patterns for Grown-Ups (Stress Relieving Coloring Books for Adults) Coloring Book for Adults & Grown Ups : An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (ColoringCraze Adult ... Stress Relieving Coloring Pages For Grownups) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Pig Coloring Book For Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Pig Coloring Pages (Farm Animal Coloring Books) (Volume 1) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 2) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) 50 Amazing Animals: An Adult Coloring Book with Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen

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