



Completing Your Journey

THE POWER OF 3D NIPPLE &
AREOLA TATTOOS & HOW THEY
CAN HELP YOUR RECOVERY
FROM BREAST CANCER

By Helen Aldous

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THE END OF YOUR BREAST CANCER JOURNEY IS IN SIGHT...

Your breast cancer diagnosis is the beginning of a long journey. Your journey can lead you into some of the darkest and most frightening situations you have ever had to deal with, situations which require all your inner strength and courage.

Cancer cruelly tests the strength and courage of the strongest person and at the end of the day, even with wonderful family support, it's a journey you must travel alone...

The treatment is arduous and takes a toll on your mental and physical health. Once you have dealt mentally with diagnosis, another hurdle lies in your path, the choice of whether or not to have reconstructive surgery.

Reconstruction techniques have come forward leaps and bounds in recent years and talented surgeons can recreate your breasts with amazing skill, using a variety of complex techniques to replicate the shape and profile of a natural contour. Sadly, though, surgery often means that you have to lose your natural nipple along with your breast tissue in order to make sure that cancer doesn't return. However perfect the shape of the reconstructed breast is, the lack of a nipple can make your breast feel unnatural and not a part of you.

As women, we identify closely with our breasts and when these are taken away or dramatically altered this can be disorientating and make you feel that you have lost some part of your soul and spirit too...

When you catch a quick glimpse of yourself as you walk past a mirror, without a nipple you may feel dissociated and that you don't recognise your own body anymore. Little wonder that at the end of this long, dark and arduous trek, you may feel that you just want to "feel like me again" and put everything behind you.

How can you move forward with your life and complete your cancer journey?

I can help...



MY STORY – HOW I FOUND MY MISSION

THE HEALING POWER OF TATTOOS

Around six years ago I started working in my dream job, as a Tattooist. I soon discovered that the tattoos I enjoyed doing the most were the ones that helped people heal mentally. People have tattoos for some very personal reasons, to cover self harm scars for example. I saw first hand how tattoos can facilitate a sense of mental healing, allowing people to deal with trauma and move forward to find peace in their lives. I loved this work and began to specialise in this area.

CANCER REARS ITS HEAD

In 2014 my Mum was diagnosed with breast cancer. She opted for a unilateral mastectomy. However, when we looked through the information about options for nipple restoration we realised the limitation of what was available to her. Mum didn't want the bother of dealing with prosthetic stick on nipples. She was told she could have a nipple tattooed on her reconstructed breast but would have to keep returning to have the nipple re tattooed as the semi-permanent ink would fade. By this time Mum was sick of surgery and really didn't want to keep returning to be tattooed every couple of years. She just wanted to put a full stop after her cancer treatment and so opted to have no reconstruction so she could get on with life.

ANOTHER OPTION FOR BREAST CANCER WARRIORS

This experience got me thinking about the lack of choices for breast cancer warriors. I realised that my combination of artistic background and tattoo skills put me in the perfect position to offer another option for people who had been through the trauma of breast cancer and mastectomy. I could create realistic looking 3D nipple tattoos which were permanent. People wouldn't have to keep returning for more work on already delicate and damaged skin, allowing them to put treatment behind them.

PERMANENT 3D NIPPLE TATTOOS

I started to create permanent 3D Nipple tattoos on existing clients who had gone through cancer. Word soon spread and a steady stream of people came to receive new nipples. I heard first hand from my clients about the battles with body confidence and how the lack of a nipple can make your new breasts feel alien. I heard about the "drive by" when you catch a glimpse your new breasts in a mirror and are struck by the lack of nipple and how this can impact your feelings. I heard that many breast cancer warriors feel there is no end to their journey and surgery. They have a lack of closure, especially if their replacement nipples keep fading and they keep having to return for more treatment.

They never get to draw a line under the cancer. The stories I heard made me even more determined to get the word out about the permanent alternative. It's amazing the difference a small two inch tattoo can make to peoples lives.

CANCER STRIKES AGAIN

At first I thought I was working too hard when I started to feel ill and exhausted. A large lump appeared on my neck, worrying my GP. I insisted I was just run down but he fast tracked me for a biopsy and within a few weeks I was sat shaking in a surgeons office as he told me I had thyroid cancer. The petrifying cancer treatment rollercoaster began, first with a thyroidectomy and then an extensive neck dissection to remove 42 lymph nodes. This was followed by Radioactive Iodine treatment where I had to be isolated in hospital away from my family in order to protect them from the radiation I was emitting. Being separated from my two kids was the hardest part, especially as it was just before Christmas and they wondered if I would be released in time to spend Christmas day with them.

I had to leave the lovely tattoo studio where I worked as I was so weak after the surgery and had nerve damage in my neck and shoulder. Tattooing was an impossibility. Things seemed very dark at times as I struggled to balance the replacement thyroid hormone medication I now needed to stay alive. I needed time to heal and was looked after amazingly well by my family. Slowly I started to recover.

FINDING THE SILVER LINING

Throughout my journey I had wonderful care and treatment from the NHS for which I have huge gratitude. Going through cancer changes you deeply as a person and although I wish the cancer had never happened, for me it has had a silver lining in that it has given me a deep understanding and empathy of how we journey through cancer. Cancer taught me what I needed to do with my life. As I recovered, my goal became to create a safe, private and non medicalised place for breast cancer warriors to receive their nipple tattoos, the finishing touches to their reconstructed breasts.

ON A MISSION TO PAYBACK THE LOVE

When my energy started to return I worked on plans for a new tattoo studio. My wonderful husband put in endless hours painting walls, installing fittings and even painstakingly laying a beautiful wood floor. Soon I could open the doors to my studio. I named it Secret Garden - Healing Tattoo Art. Its a bright calm and airy private space and as the name implies opens onto a little garden which adds its own healing magic. I feel grateful every day that I have found my life's mission of creating 3D Nipple Tattoos, mastectomy tattoos and body art that helps people to heal after cancer. Its so much more than just a job.

My goal is to help people reach the end of their treatment rollercoaster in a safe and caring environment and to pay back some of the care and love I received on my cancer journey.

SO WHAT ARE THE OPTIONS FOR RECREATING MY NIPPLES?

Reconstructive surgery has taken huge steps in recent years. Post-mastectomy, new techniques allow surgeons to create incredible new breasts, often using your own tissue rather than implants. The results are amazing and allow you to rebuild your confidence and body image after fighting cancer, an incredibly important step on the journey to recovery.

However, at the end of this journey is the sticking point, the nipple and areola complex.

During the majority of life-saving mastectomy surgery, it's impossible to keep your nipple and it must be removed with other breast tissue. If a new breast shape is created it will only replace the shape of the breast and not the nipple and areola structure.

Your options at this point have been limited.

SURGICAL RECREATION OF YOUR NIPPLE

Surgeons can create a bump on the breast out of your own skin to replicate a nipple. However, over time the bump will generally flatten back down into the breast so the procedure may need to be repeated, meaning more surgery and scarring. There is also a risk of failure of the piece of skin used to create the nipple, which can result in infection into the rest of the breast. The areola skin around the nipple will still need to be coloured by tattooing to give the correct appearance.

SILICONE PROSTHETIC NIPPLES WHICH STICK ONTO YOUR BREAST.

These have the advantage (or disadvantage) of showing as a bump through clothes but may slip off or dislodge in some situations and let's face it, it's a pain to have to stick your nipples on every day! They may also be irritating if you have skin sensitivity or scarring.

COSMETIC NIPPLE TATTOOS PERFORMED BY YOUR SURGEON OR A COSMETIC BEAUTICIAN.

After surgery, many hospitals offer people the chance to have nipples tattooed by the surgeon who performed the reconstruction or a nurse in their practice.

Whilst surgeons and nurses possess incredible medical skills, they generally don't have the artistic or tattooing training and experience of skin needed to create a realistic nipple. To do this requires a high level of skill in the specific field of artistic medical tattooing.

Often, the nipples created will be red blobs with little or no shading or definition, sometimes described by women who receive them as "salami slices".

Likewise, cosmetic beauticians lack the experience and artistic background to do this

delicate and important work. Their equipment is designed to create fine hairs on eyebrows, lip liner etc. Its important to use the right equipment to tattoo breast tissue which may be scarred and fragile and to have experience of working with such delicate skin.

THE REAL ISSUE – NON PERMANENT INK & FADING NIPPLES

However, the real issue, which many people don't realise is that in both cases, micro pigmentation inks are generally used, rather than true permanent tattooing inks. Micro-pigmentation inks are **designed to fade quickly over time** for cosmetic applications. These pigments are great for eyebrows but not so good for nipples. They have a limited colour palette and lack the wide range of colours needed to create a realistic artistic 3D nipple and areola.

To add to the confusion, cosmetic tattooists often refer to their pigments as permanent {as in Permanent Cosmetics}, even though they are designed to fade. away slowly. This refers to the fact that they last longer than daily applied cosmetics. However, they are not permanent in the generally understood use of the term.

The use of these inks results in nipples with no definition, which will quickly look faded and patchy as the ink is absorbed by the body. You will need to return for regular colour top ups every couple of years, meaning potential extra future maintenance costs or visits to the hospital, something you may want to put behind you...

In addition, as the inks are absorbed by the body, the nipple can fade unevenly and look pale, patchy and unreal, ruining the illusion of a real nipple.

The results are often less than ideal. This is a huge shame when you have come so far on your recovery journey. The nipple should be the final piece of the puzzle. The cherry on the cupcake to make surgery complete.

My mum and I both agreed that to be offered less than optimal nipples at this stage is unacceptable.

As a professional tattooist and a woman, I felt that people were nearing the end of their cancer journey and then being offered less than optimal choices. I wanted to be able to offer something more. I felt that there should be a better, higher quality **permanent** option to enable you to get as close as possible to your body before surgery, to reclaim your body confidence, restore your spirit and put cancer behind you.

This is why I now offer another option -

THE PERMANENT 3D NIPPLE AND AREOLA RESTORATIVE TATTOO.

I use the highest quality **permanent** tattoo inks to ensure that my nipples won't fade away.

Using my artistic background and extensive experience of tattooing different kinds of skin and scar tissue, I can create an incredibly detailed and realistic 3D image of a nipple on the flat skin of the reconstructed breast.

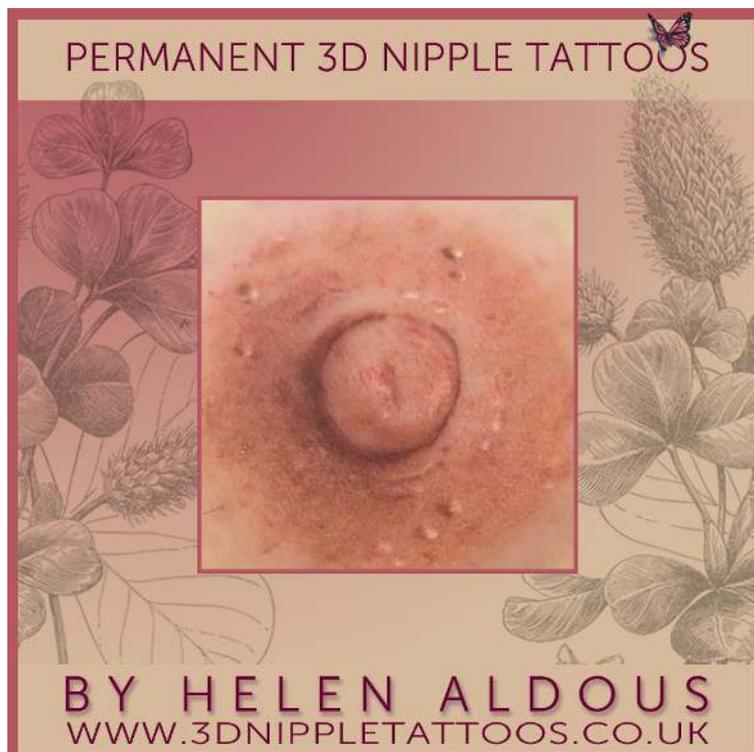
By the careful artistic positioning of shading and highlights, the appearance of a raised nipple can be created, even though there is no actual nipple bump there.

I am essentially tattooing on a detailed and delicate portrait of a nipple.

The overall effect is of a natural nipple and areola and is the finishing touch making the reconstructed breast appear natural and complete and **this is permanent**

This is why using a tattooist with an artistic background is very important to get the best results possible.

WHAT DOES A 3D NIPPLE RESTORATIVE TATTOO LOOK LIKE?





You can view more examples of the nipples I create on my website.
www.3dNippleTattoos.co.uk

IS A 3D NIPPLE RESTORATIVE TATTOO FOR ME?

A 3D NIPPLE TATTOO CAN HELP TO RESTORE YOUR CONFIDENCE AND SPIRIT AFTER CANCER. IT MAY HELP YOU TO...

- Feel complete again when you catch a glimpse of yourself in the mirror?
- Complete the final step on your cancer journey, allowing you to put it all behind you and move on with your life?
- Draw attention/the eye away from any scars you may have?
- Feel confident again, in the gym changing rooms, on the beach, in bed?
- Feel back in touch with your body?
- Feel more like YOU again?
- Create the realistic appearance of a protruding nipple, even on completely flat skin.
- Match your existing nipple in the case of unilateral mastectomy. Achieve symmetry again.
- Feel comfortable in your skin again and reclaim your new reconstructed breasts.
- Get the exact nipple you want. You can choose from different colours, sizes, and textures. I can match your own nipple from a photo or match your existing nipple if you have had a unilateral mastectomy to help you achieve symmetry.
- Avoid the surgery, infection dangers and failure risk of a surgically created nipple.
- Be free from dealing with awkward prosthetic stick on nipples.
- Have a natural looking nipple. I custom colour mix to match your skin perfectly.
- Put hospital visits and touch-ups behind you. No need to worry about recurring future hospital visits, faded patchy nipples or costly top ups every couple of years, thus allowing you to put your cancer journey behind you and move forward with your life.

THE PROCEDURE. - HOW YOUR NEW NIPPLES ARE CREATED.

I appreciate that, if you have never had a tattoo before, the thought of starting the process can be daunting. I'm always happy to answer all your questions and chat through everything in your consultation but if you have any questions prior to that you can ask me anything you may want to know via hello@3DNippleTattoos.co.uk or via [facebook messenger](#) or call 01484 680 104}.

You are welcome to pop into the studio to have a look around or communicate via email if you are coming from further afield.

When you come to the studio for your appointment we will begin with a chat and a cup of tea to understand what you want to achieve. You are welcome to bring a friend for moral support who can accompany you for the procedure.

Together we will decide the location of your nipples and mark the area on your breast. You will be able to see the location in the mirror and we can reposition until we are satisfied the location is right.

We will then work together to mix the colours to be used based on our required outcome and your skin tone. If you have a photo of your original nipple, we can use that to mix a colour range that matches. As in nature, each nipple is made from a wide range of tones and values which we will individually match to you. Small samples, allowed to dry on your skin, give an indication of the colour when healed.

When you are happy with both the colour and location you will lie back on the comfy treatment table to begin the procedure.

Creating your nipples takes very approximately 30 minutes for each nipple. - - when the nipples are complete you can look in the mirror to experience your new look.

We will then go over the aftercare regime and answer any questions you may have. A breathable dressing will be applied and you will be given an aftercare pack with instructions to take home.

I find that the best results can be obtained by following up with another appointment after 6 weeks. Therefore we will make a booking for this follow-up appointment before you leave. At this appointment, we will check how you have healed. We can then darken the nipple if required and redefine any details. Everyone's skin heals differently dependent on scarring and skin definition so this is an opportunity to reassess and refine the nipple. The cost of this second appointment is included in the cost of treatment.

SECRET GARDEN – PRIVATE STUDIO.

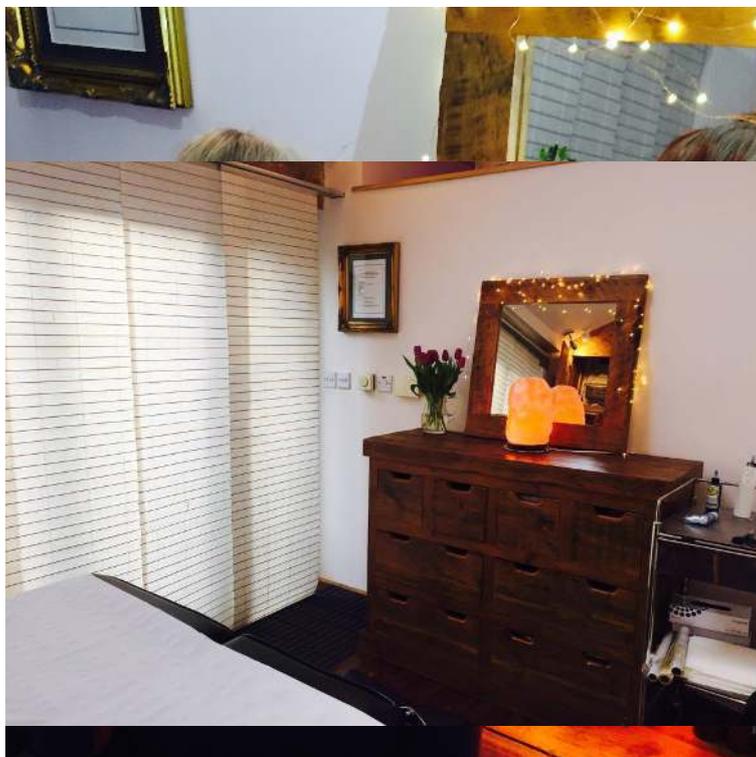
After travelling through my own cancer journey. I fully understand how vulnerable you can feel and how traumatising medical settings can become. When I set up my studio space I wanted to create somewhere which would not feel medical, although operating to the highest hygiene standards. Secret Garden is warm, welcoming and private. As the name implies it opens onto a little garden which adds its own healing magic.

The studio is fully licensed and checked by Kirklees Council to the highest hygiene standards.

I am fully trained in the application of Universal Precautions to prevent cross contamination and ensure client safety. I use the fully disposable Cheyenne Hawk needle system, which ensures new sterilised needles for each client.

I am located just out of the centre of Holmfirth, West Yorkshire HD91UA. Holmfirth is well placed for access from cities such as Manchester, Sheffield and Leeds. We are near the M62 and can be easily reached from the M1.

Holmfirth is the famously picturesque location for the long running sitcom, "Last of the Summer Wine" and has a wide variety of great restaurants and character pubs and shops. Yorkshire Sculpture Park and Salts Mill in Saltaire are well worth a visit. Some clients, visiting from further afield stay and explore the area. I am always happy to advise on the local area if you are staying overnight.



TESTIMONIALS.

Some reviews from my lovely clients..

- Helen was so professional and the studio is lovely, clean and very relaxing. Would definitely recommend!
- Top quality studio. Feels like you've entered someone's front room when you get in, offered a brew and made to feel proper comfortable. I've had numerous bits of work done and everyone is brilliant! Helen is a legend!
- Had my first tattoo done today by Helen. Extremely pleased and Helen was a pleasure, very considerate and gentle.
- I had a tattoo yesterday by Helen it's my best one I have ever had she is so good will be defo going back and my family everyone asking where I have had it thanks again xxxx
- Very talented ladies. Put you at ease and more than capable of making your idea into a reality. Thanks and I will be back.
- Great artwork lovely friendly people
- Lovely staff and the tattoo is amazing and for a good cause thank you so much xxx

NEW BEGINNINGS

I hope this little ebook has answered some of your questions about 3D Nipple Tattooing and shown the possibilities it offers.

I am always happy to discuss the options and offer a free consultation service. If you would like to chat through the possibilities for your own particular circumstances and ask any questions please get in contact.

Get in touch via EMAIL at hello@3DNippleTattoos.co.uk or call 01484 680 104 and we can take it from there. We can arrange a time for you to visit the studio or, if you are located further away, schedule a phone chat or continue via email and messenger, whichever you prefer.

Below is a coupon for you to use against your booking. Please just quote the code when you get in touch.

I wish you health and happiness and all the best on your journey.

Helen x



10% OFF COUPON
QUOTE CODE BOOK181 WHEN BOOKING

PERMANENT POST MASTECTOMY
3D NIPPLE & AREOLA RESTORATION

www.3DNippleTattoos.co.uk

APPENDIX

TATTOOS - AN ANCIENT HEALING ART.

Dating back far beyond modern skulls and roses, tattooing is an ancient art form linking us back in time to our ancient ancestors.

Through history, the brief glimpses that we find of ancient tattoos and techniques show that tattoos have always marked important times in life and offered healing, both physical and mental.

TATTOOS FOR PHYSICAL HEALING

Otzi, the 5300 years old iceman discovered preserved in an alpine glacier, has 61 simple tattoos outlined on his body. These are the second oldest tattoos ever found.

Tattoo anthropologist, Lars Krutek, found that 80% of Otzi's tattooed marks aligned with acupuncture points related to the ailments he suffered from in life, predominantly arthritis.

This use for tattoos has been seen in some ancient tribes such as the Kayan, who still tattoo in this context today to treat sprains and aches.

TATTOOS AS A RIGHT OF PASSAGE.

Tattoos have long been used as a right of passage, to mark transitions between states. When Europeans first saw Samoan tribes in the 1700's they discovered that for the young men of the tribe, becoming tattooed was a right of passage from boyhood to maturity.

The Maoris of New Zealand have a custom dating back two thousand years where men and women receive the Ta Moko tattoo during an elaborate ritual. The Moko marked a readiness for adult duties, strength and fertility. To receive the tattoo was a high honour and extremely significant. The practice was lost during colonialization in the mid-1800's but is now being revived by new generations anxious to reconnect with tradition.

TATTOOS AS LIFE MARKERS

Both Samoan and Maori tattoos are used to mark significant events in the life of the wearer. The patterns used each have individual meanings which can be read by the viewer.

In modern times, tattoos carry their ancient powers through into marking significant events in life. Many tattoos are often requested to mark births and deaths. Many clients find that the act of receiving a tattoo in remembrance of a loved one is a significant part

of the grieving process and helps them to begin to heal.

These are just a few ways in which receiving a tattoo can be a transformational process and a significant and strengthening marker in your journey through life.