

# **AREOLA RESTORATION**

by Kimberly Armstrong

# ABOUT KIMBERLY

- Former makeup artist
- Traveled with Clinique & Lancôme
- Trained for Permanent Cosmetics in 2004
- Opened clinic (Beauty Hideaway) in 2014
- Named best in Orange County in 2015
- Known for natural tattoo designs:
  - Eyebrows
  - Eyeliner
  - Lip Color
  - Scar Camouflaging
  - 3D Areola & Nipple Simulation



“I love all of my clients, but my breast cancer survivors hold a very special place in my heart. The areolas that I create with her are meaningful to both of us: for her, they signify the end of a long, tiring and scary battle. For me, they symbolize the rejuvenation of life and beauty. When we look in the mirror together at the end of our session, with tears in our eyes, we celebrate this incredible victory.”

Kimberly Armstrong

## 3D AREOLA & NIPPLE SIMULATION

Kimberly incorporates advanced highlighting and contouring traditional makeup techniques to simulate very realistic areolas and nipples for her clients who have undergone mastectomy.



In person, Kimberly's areola simulation looks so believable, that it's not until a finger is rubbed across the surface of the skin that it becomes apparent that the skin is flat.



# POST SURGERY PERFECTION

Kimberly has the deepest respect for the work of Plastic Surgeons who take on the incredible feat of reconstructing breasts after mastectomy. She serves as the surgeon's advocate, reminding her clients that variances in outcome are normal, as she provides the perfect finishing touches.



Spared areolas and nipples frequently need a little TLC after surgery, so Kimberly will often pigment lighter portions or border scars, while contouring nipples that have become less prominent.



In this case, she added color to the entire areola campus and used a highlighter color to create the appearance of a prettier, round nipple for this client.





This client felt that her newly created nipple was larger than her original one, so Kimberly used a contouring technique to make it appear smaller.



When one nipple is higher than the other, Kimberly manipulates the placement of the areolas to achieve overall symmetry.



When one breast is fuller than the other, the placement and size of the areolas are altered to achieve a more symmetrical appearance.



## **SPECIAL TECHNIQUES**

Unlike other technicians who use one color of ink, creating circular “pepperonis” on the skin, Kimberly uses multiple colors on her areolas and artistically blends out the edges. She intentionally never makes her areolas perfectly round and etches in natural-looking bumps across them.



## CLIENT INPUT

Kimberly reviews galleries of natural areolas with her clients before beginning work on them, allowing them to share their sizing and color preferences.



## SIZE & LOCATION

Once the client has agreed to a general color and shape, Kimberly uses several tools to place the areolas and nipples in the best position possible.



# COLOR SELECTION

She's a master of the color wheel and knows exactly how to read her client's undertones and mix color that will look and stay authentic.



From the lightest and most delicate  
pinks and peaches...





to the darkest browns and blacks.



# BEAUTY HIDEAWAY

(Kimberly's clinic in Laguna Hills, CA)



# BEAUTY HIDEAWAY



Take a Tour at [www.beautyhideaway.info](http://www.beautyhideaway.info)

**WWW.KIMBERLYARMSTRONG.COM**

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