

HOW NATURAL EFFECTS CAN HELP YOU RECOVER FROM SURGERY

October is National Breast Cancer Awareness Month. So what better time to check out your boobs for any nasty little lumps and bumps?

Thanks to high profile campaigns like Race for Life, The Moonwalk and the now-infamous 'pink ribbon,' few women today can fail to be fully in the picture about the dangers - and incidence - of breast cancer, which is the most common form of cancer for women.

One in nine women will develop breast cancer at some point - and the risk is even higher if you're over 50.

Scary stuff.

Amazing developments in reconstructive surgery have meant that at least some of the emotional scars caused by preventative treatments can now be eradicated.

And, thanks to people like Helen Porter, who offers a range of cosmetic camouflage treatments, nipples and areola can even be put back almost perfectly!

Helen said: "Breast cancer is one of the most invasive forms of cancer for women - because it invades their femininity. What could be more destructive to a woman's self-esteem than losing part, or all, of a breast?"

Clients who have undergone breast reconstruction tend to be missing one vital thing - the areola - and sometimes the nipple itself.

However, even this can be corrected now, using micropigmentation techniques, as can any scarring around the breast tissue or areola.

As with all Natural Effects' treatments, Helen's breast work aims to obtain a soft, natural appearance.

She said: "As with all our treatments, we want the end result to look as natural as possible, not artificial."

If one breast is to be worked on, it will be closely colour-matched with the other; if both are to be done, they will be coloured and drawn on beforehand and the size and shape discussed in detail with the client.

Helen will ensure colour matching is as natural as possible, using a range of peach, rose, pink, beige and brown tints, the nipple being several shades darker than the surrounding areola, with the outer edges lighter again, to blend in with the breast tissue.

And, if the thought of a needle piercing your nipple is too much to contemplate, rest assured that Helen takes the utmost care to ensure the area to be treated is well anaesthetized to minimise discomfort!

Helen Porter is one of only a handful of technicians to be fully qualified in CPC - cosmetic pigment camouflage or medical tattooing - and uses specialist equipment recognised by the medical profession.

The whole process takes between 30 and 60 minutes and, due to the unpredictability of scar tissue, patients may require anything from one to four treatments.

The cost starts from £150 - a small price to pay to regain your femininity.

