DASHA
COSMETIC & PARAMEDICAL TATTOO

3D AREOLA TATTOO

MEDICAL TATTOO · BEGINNER TRAINING

CLASS	DURATION	ENTRY REQUIREMENTS	VENUE
One-on-one Training	1-month pre-study program, culminating in 5 days at the training academy.	The course does not require prior tattoo machine experience.	The training is held at Aesthetica Clinic in Christchurch.

YOUR TRAINER

Dasha — Senior Cosmetic & Paramedical Tattoo Artist

INDUSTRY EXPERIENCE SINCE 2010 · SPEAKER AND JUDGE AT NATIONAL AND INTERNATIONAL CONFERENCES · ETALON MIX AMBASSADOR

My work spans cosmetic and paramedical tattooing, tattoo removal. I work with the Breast Cancer Society, providing areola reconstruction tattooing and creating custom-made nipple and areola prostheses. I also work closely with plastic surgeons, using paramedical tattooing to camouflage post-surgical scars and refine the final result.

DEPOSIT & FULL COST

ENROLMENT DEPOSIT $1,000

Enrolment deposit: NZD $1,000, paid on the day of booking.

FULL COST $8,050

Full cost: NZD $7,000 + GST of NZD $1,050 (NZD $8,050 total).

REMAINING BALANCE

Due 14 days before the course starts.

PAYMENT OPTIONS

- Eftpos, bank transfer, cash and credit card (2% fee).
- Prepayment plans are available for all classes: book your training, pay the deposit, then set up fortnightly or monthly direct bank transfers. Training can be booked three months in advance.
- Afterpay and Laybuy are not accepted.
- You'll receive an invoice and a contract to support claiming your training as a business expense.

The deposit secures your place and begins preparation for your pre-study programme and student kit. Your place is confirmed only once the deposit has been received, and dates are not held without payment. The deposit is non-refundable: if you choose to cancel your training, it will be forfeited. You may reschedule your training once.

OVERVIEW

PRE-STUDY PROGRAMME (30 DAYS BEFORE TRAINING)

Your pre-study programme begins 30 days before your in-clinic training. Online learning is included: you'll receive access to Google Classroom, where you'll study the theory, watch instructional videos and complete areola drawing practice exercises. Your student manual will also be provided online and should be read before you attend the clinic.

Your student kit includes equipment, needles, pigments and essential treatment supplies. Students in Christchurch can collect their kit from the academy; kits can be couriered to students elsewhere in New Zealand. For students based outside New Zealand, the pre-study programme will focus on theory, with practical training taking place at the academy.

Please complete the manual and all assigned pre-study work before your in-clinic training. This allows us to focus our time together on hands-on practice rather than covering theory or taking notes.

CLINIC DRESS CODE

- Please wear a clean, neat uniform. Any colour is fine.
- Closed-toe shoes are required.
- Hair must be tied back and kept away from your face throughout practical training.
- Keep your nails short or only slightly extended. Long nails can interfere with the precision needed for tattooing.

CLASS SCHEDULE

DAY 1

10AM - 4PM

Sanitation Sterilisation, a clean workspace and disposable tools

Core theory Areola repigmentation tattoo, colour theory, skin anatomy and the Fitzpatrick scale

LUNCH

Practice Practice on synthetic skin, with areola mapping tips and tricks

Student Q&A Dedicated time to discuss questions you've prepared in advance.

DAY 3

2-3 HOURS

Live Model or Live Demonstration Choose one option:

- A live model demonstration with hands-on practice.
- Attend a two-hour demonstration where Dasha showcases a reconstructive tattoo on a client.

DAY 2

10AM - 4PM

Practice Practice on silicone skin that imitates real skin

Client Consultation & Treatment Preparation
Treatment table set-up and client consultation

LUNCH

Live model Live model demonstration with hands-on practice. Bring your own model, or one can be arranged.

DAY 4 & 5

2-3 HOURS

Healed Results Review & Supervised Touch-Up Return with your model 5–10 weeks after training. We'll assess the healed results together, and you'll perform the touch-up under my supervision.

SUPPORT

6-MONTH SUPPORT

Written support by email for six months after training. I'll reply to your emails within four business days.

DAY 1: RECONSTRUCTIVE TATTOO THEORY AND TECHNICAL FOUNDATIONS

We'll cover the knowledge and skills you'll build on during the practical training.

Reconstructive tattoo: Areola repigmentation and 3D nipple tattoo, with methods and performance for every skin type.

Client considerations and colour: Skin theory, undertones and the Fitzpatrick scale; colour theory, so you can identify and differentiate colours, create the shades you need and work effectively with pigments; colour and method selection.

Areola mapping and drawing: How to measure and map the areola's size and position to create a balanced design, and practise drawing different areola patterns on paper, latex and skin.

Saline tattoo removal: The tattoo removal module is included: how to lighten or remove unwanted pigment.

Machine skills and practice: On synthetic skin, you'll explore needle types, machine varieties, needle depth and blending, and learn the correct way to hold and operate the tattoo machine. I have several machines ideal for medical tattooing, and we'll find the one that suits your hand best.

LIVE MODEL NOTICE

The live model may have an existing areola tattoo that needs repigmentation, for example if the colour has faded or is too light. Alternatively, the model may have had a mastectomy and have no visible areola. The model will depend on availability, so a post-mastectomy model cannot be guaranteed.

WHAT'S INCLUDED

STUDENT MANUAL

Each student receives a personalised manual covering the foundations of areola reconstruction tattooing. Issued in the student's name, it is licensed for their personal learning use only and may not be transferred, shared, reproduced, or used to teach others.

STARTER KIT

The student starter kit includes equipment, needles, pigments and essential treatment supplies for performing areola reconstruction tattoo procedures.

CERTIFICATE OF COMPLETION

Upon successful completion of the course, each student receives a personalised certificate issued by Dasha. It recognises the student's training in areola reconstruction tattooing and documents the techniques covered during the programme.

PHOTO & VIDEO CONTENT

The models you work on during the training can provide the first examples for your portfolio, to assist you in building your career.