

## beauty solutions

**D**o you want shapelier, firmer or bigger boobs without resorting to surgery? We show you six ways to achieve the perfect shape – all without a hint of silicone or a scalpel in sight.

### The hormone pill

#### THE PERFECT C SUPPLEMENT

##### What does it do?

This contains phyto-oestrogens – plant-based hormones that are said to stimulate hormone receptor sites to promote the growth of new breast tissue and increase breast size.

You take three tablets a day to increase your bust by up to three cup sizes. The effect is said to be permanent, but the pills don't work for everyone.

Tester Sarah Campbell, 41, says: 'It was a bit of a pain having to remember to take the tablets, but it was worth it as I went from a B to a C cup in four months.'

**Rating** 8/10

**Cost** £195 for 90 days' supply (0191 291 3385; [www.collagen4u.com](http://www.collagen4u.com)).



### The skin-toner

#### CLARINS BUST BEAUTY GEL

##### What does it do?

This contains skin-firming ingredients to moisturise and contour the bust area, from the base of the breasts to the chin.

Tester Jo Ellis, 37, says: 'My skin felt smoother after a couple of days and tighter and firmer after a week. It didn't make a life-changing difference but it did make me feel better about the look of my bust in low-cut tops.'

**Rating** 6/10

**Cost** £35 for 50ml ([www.clarins.co.uk](http://www.clarins.co.uk)).



We can't promise you boobs like Pamela Anderson's but we can show you how to make the most of your breasts

# Grow better breasts – natural