

OUR BUDGET: £200

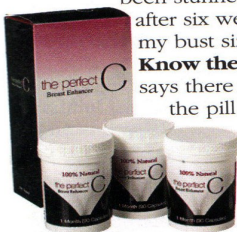
THE TREATMENT: PERFECT C PILL

Breast-before date: Forever (apparently). If a boob job still feels drastic, celebs like Sienna Miller and Tara PT are rumoured to be opting for a new herbal pill. Perfect C (£199 for three months' supply, www.collagen4u.co.uk) works by stimulating the oestrogen hormone in your breasts, to encourage the growth of breast tissue. Experts believe your boobs won't deflate with time and they promise an increase of up to three cup sizes – the more you take, the bigger you go. Sounds too good to be true, if you ask us.



The guinea pig: Emily Taylor, 25, works in IT in Manchester. She went from a 34B to a 34C, after taking the pills from August to November last year.

"I've always been self-conscious about my bust size, but it never bothered me enough to consider surgery. When I read about some high-profile celebrities using the Perfect C pill, it seemed like a good idea. I was sceptical at first, but, after taking three pills a day for three months, I've been stunned by the results. My bust felt fuller after six weeks. I've stopped taking the pills, but my bust size has stayed the same. It's great!"



Know the risks: The company behind Perfect C says there are no risks or side effects, because the pill is a 100% natural product. But it may just be too early to tell, and, at £200 a go, it could seriously damage your bank account.

THE TREATMENT: BOOB JOB

Breast-before date: The effects last 12-18 months.

You can now boost your boobs with a 15-minute injection. Macrolane is a body-shaping treatment that contains hyaluronic acid. It's been used for facial surgery for years and is carried out under local anaesthetic. The bonus is that it leaves no scarring. Adrian Richards, a plastic and cosmetic surgeon, who runs his own clinic (www.arandassociates.co.uk), says, "You can only go up half to one cup size. The second you inject the gel, the breasts swell. They'll feel uncomfortable for a week, and take time to soften, but this should happen in a few weeks."



The guinea pig: Carla Brown, 25, a model, from Leamington Spa, went from a 32B to a 32C after treatment at the Nottingham Laser Clinic (www.nottinghamlaserclinic.com).

"The actual injection was uncomfortable, but not painful, and my boobs felt lumpy at first.

My boyfriend was worried they would stay that way, but now they've settled, I'm thrilled with the results."

Know the risks: Some doctors have spoken out against the boob jab, because of its short-term effects. Alex Karidis, a cosmetic surgeon, says pumping gel into breasts stretches the skin, which can then sag. Plus, there's nothing to stop the gel from moving into other areas, like your armpits.

YOUR BUDGET: £3,000

YOUR BUDGET: £4,250

THE TREATMENT: BOOB JOB

Breast-before date: Implants last up to 20 years.

More women than ever are choosing to have a boob job – there were 6,497 ops done last year. But it's not a decision to take lightly, so here's the lowdown. There are two different types of breast implant – silicone and saline. Silicone implants are more widely used, because they give a more natural look and weigh less. Christine Davies, from the Make Yourself Amazing clinics (08000 141014; www.mya.co.uk), says, "There are always new types of implants being used, but silicone is still the most trusted." The operation takes around an hour to do, but you'll need to take between seven and 14 days off work to recover.



The guinea pig: Laura Cockhill, 20, a receptionist, from Leeds, went from a 34C to a 34DD with breast surgery in April this year.

"I can honestly say that having a boob job changed my life. I have more confidence and feel able to follow my dream of becoming a model. I felt nervous before the operation, but, when I woke up, I couldn't believe it – my boobs looked amazing. For a few days, the whole area ached, but, after that, I felt fine and the swelling went down quickly."

Know the risks: All surgical procedures have risks. Some patients have reported reactions to anaesthesia, clotting and infection. Cysts, sores, hardening of the breasts and nipple changes are all side effects of bad boob jobs.

Laura's Step-by-Step Boob-Job Diary



BEFORE

"Me before the op! I had lost weight, and my boobs lost a lot of their volume. I just didn't feel as confident in my underwear as I had done before."



DRAWN UP

"I was really nervous at this point, but the surgeon talked me through exactly what he was going to do, and which implants would be the best option for me."



TWO HOURS AFTER

"I've just sat myself up and looked at my boobs for the first time. It was really exciting to see them, but I did feel quite achy."



TWO DAYS AFTER

"This is the day after the op – not very pretty! The bruising was starting to go down at this point, and I kept taking my painkillers, so didn't feel too much pain." ■

PHOTOS: GETTY IMAGES; PERFECT C: COLLAGEN4U; MACROLANE: ARAND ASSOCIATES; NOTTINGHAM LASER CLINIC; LARA: GETTY IMAGES