

more!

more*healthy*

Boost your **BOOBS!**

Curves are where it's at this season

The average boob job today costs £3,000. Expensive. Not to mention painful. So how do you fancy improving your assets for £289.49 instead? That's the bargainous price of our non-surgical ways to getting bigger and better boobs.

Fake a fuller cup in five minutes

With make-up.

Yes, you heard right

RULE #1 When showering, finish with a burst of ice-cold

water. It'll take gritted teeth but it's the quickest and cheapest way to perk up your breasts. **RULE #2** Massage in a cream – we love Boots Expert Total Body Care Firming Lotion, £4.95. **RULE #3** With your brush into bronzer and a brush into bronzer and a brush into bronzer and a brush into bronzer. **RULE #4** Then use a slip powder over the tops of your breasts and collarbone shadowy effect will make your cleavage appear fuller. Haven't you got a lot of



Tara P-T before and after: 'Ta da'

Three treatments, three results



FIRM

Caudalie Firming Concentrate, £22
Firms and prevents stretchmarks.



STONE

Clarins Beauty Bust Gel, £34
Skin-smoothing botanicals in a non-oily formula.



LIFT

Biotherm Rescupt E, £29.50
Has an instant tightening effect.

The A-list boob booster

The Perfect C, £199 per three-month treatment, is expensive, but it works out around £30 a week – which is what we'd spend on a new top. The pills get your boobs growing within months and best of all, results are permanent. Newly perky Tara Palmer-Tomkinson's a fan.

