

THE  TIMES

# body & soul

THE TIMES Saturday March 29 2008

# The shape of

Bye-bye big silicone implants; hello natural breast enhancers.  
**Lucy Freeman reports**

We should all raise a glass — or maybe a cup — in farewell salute to the “comedy” breast. Pneumatic, silicone-packed Barbie breasts may finally be on the way out, replaced by softer, more natural breast enhancements.

Macrolane, launched last month, is a breast and body-contouring cosmetic filler, which its makers claim can increase breasts by one cup size with just an injection. It is proving to be a must-have for the small-breasted in search of enhancement, but does it work? And are there other, less invasive ways of giving your boobs a boost? We look at the evidence.

THE TIMES Saturday March 29 2008

# things to come ...



**Cost** An initial breast-shaping treatment using 200ml (100ml for each breast) will cost about £2,800, with top-up treatment in a year's time, costing about £1,400.

**PERFECT C**  
**What is it?** If you'd rather go down the supplement route to up your cup, Perfect C tablets claim to use botanicals with natural oestrogenic properties to increase oestrogen levels in the body, which stimulates the production of new breast tissue. Herbs with oestrogenic properties include fennel seed and Mexican wild yam.  
**Does it work?** Tara Palmer-Tomkinson and Sienna Miller are fans of the product, apparently. And, hormonally, the most receptive age group for Perfect C is between 23 and 35. After two months, the makers of the product claim you will see an improvement with fuller, firmer, larger breasts. If you're over 35, you might have to wait six months for the desired results.  
**How safe is it?** It does not use synthetic hormones and, apparently, has no side-effects. The makers of Perfect C also claim that your skin may improve while you are using the product. Inglefield believes that herbal remedies can increase breast size, although how they do it is unclear. Research is being done on the long-term effects of stimulating oestrogen levels. Check with your doctor that the supplements won't interfere with any medication you are taking.  
**How long does it last?** The results are supposed to be long-lasting, but the product recommends taking two capsules three times a week for a couple of months after you reach your target size.  
**Cost** £199 for three months' supply.  
 Visit [www.perfectcbreastenhancer.co.uk](http://www.perfectcbreastenhancer.co.uk)



**Sienna Miller, left, and Tara Palmer-Tomkinson are both apparently fans of Perfect C, the herbal supplement that makers claim increase breast size naturally**

**EXERCISES**  
**What is it?** There is no doubting the fact that breast exercises are the safest and most simple way for you to try to enlarge your breasts. Exercises include palm pushes, in which you press your palms together in front of your breasts, hold for five seconds, relax and then repeat ten times. The forearm grip requires you to grasp your forearms at shoulder level and then pull outward without letting go and repeat ten times, and for the finger lock you curl your fingers...