

# the to job?

going under the knife...

## Magic pills?

Ten years ago pills promising to increase the size of your breasts were probably a complete waste of money, but advances in natural treatments have come a very long way since then.

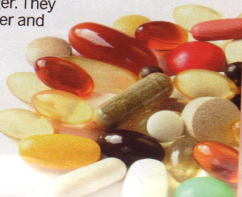
The makers of breast-enhancing pills, such as Super Bust and Perfect C, claim that results can be seen after a few months. The herbal formulas, that include plant oestrogen, are supposed to create a reaction that's similar to what happens during puberty, when a woman's breast tissue begins to grow.

Sarah Campbell, 32, (pictured) found herbal supplements made a huge difference to the shape of her breasts when they took a battering after breast-feeding. 'My son James was born with a heart defect and I was advised to breast-feed him for as long as possible to build up his immune system,' says Sarah. 'I breast-fed for over a year, and although James is fighting fit now, I was convinced that my breasts would never recover. They just looked so saggy and small.'

'I was all set to have cosmetic surgery when my friend told me about Perfect C. Not only was it cheaper, but there was no recovery time. It sounded perfect for me.'

'My partner Ian was suspicious, though, and I had to agree, it did sound too good to be true. But I went ahead anyway and four months after taking Perfect C my breasts had gone from a 32B to 32C. I could actually feel them getting bigger. They were slightly tender and swollen, just like having PMT.'

On the day Ian and I married, I had the figure I'd always wanted - a slim waist and breasts to be proud of.'



Women with a small bust, like Keira Knightley, may want to boost their size, but Keira's happy with her body the way it is



## Pump up the volume...

### Macrolane

- For women wanting to go up a cup size.
- Claims that results last between 12-18 months
- First treatment costs around £2,800. Top up treatments are about half of that.

[www.macrolaneuk.com](http://www.macrolaneuk.com)

### Perfect C pills

- Results are said to be permanent.
- It's claimed women 23-35 see results within two to three months; for women over 35, it's six months.
- A three-month supply costs £199.

[www.thepfectc.co.uk](http://www.thepfectc.co.uk)

# Would you try 10-minute boob

New procedures claim to give you firmer, bigger breasts with

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**K**ate Moss may not mind, but ask the average flat-chested woman about her lack of cleavage and she'll show you her chicken fillets, push-up bras or even admit that she dreams of cosmetic surgery.

But while boob jobs remain popular – numbers are up 50 per cent on last year – fears about the drawback of surgery, including infection, ruptured implants and leakage, are convincing more of us to opt for natural alternatives, such as pills and pumps, for a more subtle-looking boost.

Even celebrities such as Sienna Miller and Tara Palmer-Tomkinson are choosing surgery-free alternatives that cost less and need no recovery time. But what are these new methods, what do they claim to do and, most importantly, are they worth it?



We hear that Tara is a fan of Perfect C

## From A to C in minutes



Cup size A



After using Macrolane, Becky's breasts increased in size and were left with a smooth appearance



Cup size C

**Becky Crozier**, 25, spent £2,495 on Macrolane treatment, dubbed the 10-minute boob job because it takes just a matter of minutes. She had a cosmetic filler derived from hyaluronic acid (a substance found naturally in the skin) injected into her breasts to make them firmer and fuller. They increased in size from 32A to 32C.

'When I hugged my mum, she noticed the difference immediately. Everyone has complimented me on them but no one is as impressed as I am,' says Becky.

'I'd been thinking about having surgery for a while but I got tired of saving up. Macrolane was much more affordable. The injection was painless, and the results were instant. I couldn't stop looking at my boobs!'

Dr Patrick Bowler, Medical Director of Court House Clinics, has seen a big increase in women looking for alternative treatments. 'It's now possible to make small changes to the shape of the breasts without the need for invasive surgery. Macrolane is a new option for clients looking for a more subtle enhancement,' he says.

'I'd always been embarrassed about my small boobs,' explains Becky. 'The rest of me is curvy, but my top half was boyish – I hated it. After the treatment I bought some low-cut and V-neck tops, neither of

which I'd have worn before. I've never been so confident and when I went on holiday, I felt good in a bikini for the first time ever.'

'Macrolane won't replace breast surgery,' admits Dr Bowler, 'but it's a good option for women who want a treatment with minimal downtime and subtle results.' Becky agrees.

'I was thinking about going under the knife to make my breasts bigger, but I'm not sure I need to any more.'

If you don't fancy the idea of injecting acid into your body some doctors are also offering a procedure called ATF, Fat Transfer, in which they take fat from elsewhere on your body and inject it into the breast. But it's £2,500 a go and doesn't always last. For less than half the price, (£1,000 for both breasts) women in the US are having Botox injected into their boobs. The Botox paralyses the muscles underneath the breasts, which in turn triggers the major muscles to rise, giving the breasts a boost.

Meanwhile, in Hollywood, women are trying acupuncture treatments, 'cleavage facials' and radio frequency therapy to increase their assets. It seems there are more options than ever for the less well-endowed.

