

Boob Enlargement | Welcome

If you are looking for ways to increase the size of your breasts to make them look fuller you will be happy to know that there are many surgical and non surgical boob enlargement options out there. In most boob enlargement methods are employed to enhance breast sizes for cosmetic reasons and in some cases it may be for reconstructive reasons such as after removal due to breast cancer or some traumatic incident. For whatever reason, the choice of which boob enlargement method depends on your specific requirements and personal preference.

Surgical Boob Enlargement

This boob enlargement option gives the most dramatic change by far; women can increase their cup size from AA to C within just a few hours. While many women shy away from boob enlargement surgery because it is invasive, scary and potentially painful it is a safe and effective method of boob enlargement. Surgical boob enlargement is done with saline, silicon or double lumen implants and these are inserted under the breast tissue or deep to the muscles in the area depending on your body shape and type. Surgical boob enlargement is a long process which progresses in three broad stages, pre-op consultations with the surgeon of your choice, the

actual surgery which lasts typically for a couple of hours and post-op care which continues for weeks to months.

Boob Enlargement Pills

Various manufacturers have introduced a wide variety of boob enlargement pills and while all of these are mildly effective the quickest and most efficient type are herbal boob enlargement pills. These contain the perfect blend of herbs such as fennel seed and kelp which contain phytoestrogens (natural estrogen); this enhances the shape and size of the breast and also improves overall health and well being.

Boob Enlargement Creams

These are also a made from a combination of herbs containing natural estrogen and while they are economical and safe to use, boob enlargement even after months of use is not very apparent. This is because the active ingredients may not be very efficient in crossing the skin barrier to reach the breast tissue.

Boob Enlargement Exercises

There are a number of boob enlargement exercises that have been devised with the aim of building the pectoral muscles underneath the breast tissue to make the breasts look larger, firmer and more in shape. Exercises for boob enlargement naturally include push ups, chest

flies, basic breast stretches and chest presses.

Boob Enlargement Bras or Suction Pumps

Depending on how often you wear these bras or suction pumps, boob enlargement of up to half a cup may be seen in just 3 months which means that these are pretty effective and efficient. These are also preferred over other boob enlargement options because it has no negative side effects at all. You are required to simply wear the bra for 10 hours everyday over a period of 10 weeks; the tension exerted on the breast tissue by the bra causes the tissue cells to respond by growing in size.



Have you had a boob enlargement disaster?

boobenlargement.co.uk is available to publish your story on. We want to share as many success stories or nightmares with our readers.

Cosmetic surgery is a multi-million pound industry but not everyone wins. If you have had an amazing boob job and you want the world to know then send us your story and pictures if you

have any and we'll get it online asap. If you are a surgeon and want to share your knowledge (and pitch for some business) then please contact us or give us a list of do's and don't when choosing a plastic surgeon.