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**CAN'T LOSE WEIGHT? 20 REASONS THAT WILL SURPRISE YOU**





**SURGICAL**  
**BREAST ENLARGEMENT**

Plastic surgeon Dr Michael Miroshnik, of Sydney's Double Bay, says there are three types of women who opt for breast augmentation: young women who want to enhance their look, mothers who find pregnancy has robbed them of their normal breast shape, and older women who simply want "something for themselves". Implants are used to enlarge the size of breasts or to correct a breast that's a different size or shape to its partner. Dr Miroshnik says most implants used in Australia today are silicone high-cohesive gel filling.

"The incision sites can be in the breast crease, armpit or around the nipple, with most women being best suited to the breast-crease incision," he says. The implant is placed on top of the muscle, under it or, most commonly, a combination of both in a "dual-plane" placement, in a day-surgery operation performed under general anaesthetic. It usually takes about 60 to 90 minutes and costs about \$10,000. A more complicated augmentation, requiring accessory procedures such as nipple modifications or lifting, can take up to four hours and cost up to \$15,000. "Expect to be off work for about seven days, but in general you'll feel well enough to go out for dinner on the evening of the operation," says Dr Miroshnik.



# HOT SUMMER BOOBS

FOR LOW-CUT TOPS AND SLINKY SWIMSUITS, YOU'LL WANT YOUR CLEAVAGE TO LOOK ITS BEST THIS SEASON. WE GIVE YOU THE WAYS TO SURGICALLY FIX YOUR BREASTS AND TO FAKE A BETTER-LOOKING BUST. BY KATE MAHON



**SURGICAL**  
**BREAST LIFT**

Tank tops, halter-neck dresses and low-cut swimsuits are out of the question if you have a droopy bustline. "Women with large breasts can suffer sagging at a younger age, but many women who are older, often with smaller breasts, find their bust is heading southwards as they age," says Dr Miroshnik.

He adds that weight-loss or pregnancy are common scenarios associated with needing a lift to get a more youthful shape. After the patient is sedated with general anaesthetic, the nipple/areola and breast itself are reshaped and lifted to a higher position and the skin around tightened. The operation takes about two hours plus and may or may not be performed in a day surgery, depending on the procedure's complexity. If a significant reduction in volume is needed, an overnight stay in a hospital is usually warranted. Generally you are off work for seven to 10 days. If breasts are misshapen, and no implants are involved, you may get a refund from a private health fund and end up paying about \$12,000. If implants are involved, it may cost around \$15,000. Regardless, clothes and swimsuits will look much better.



**SURGICAL**  
**BREAST REDUCTION**

Excessively large breasts not only can ruin the shape of your outfit, but can also be painful and prevent exercise. "The extra weight can result in shoulder, neck and back pain and bad posture," says Dr Miroshnik. "Reducing the breasts usually involves significant lifting and reshaping, but those who do it feel great about their new look and improved lifestyle." Patients may opt for surgery known as the short scar or lollipop procedure or the anchor-shaped pattern, which refers to the appearance of the incisions. "I prefer the lollipop procedure," says Dr Miroshnik. "It leaves a scar that runs around the nipple and has a vertical extension straight down the middle of the breast."

The surgery takes about three hours under general anaesthetic and involves a one or two-day stay in hospital. You'll need to take up to two weeks off work, but the reduction can be claimed on private health funds, which means you'll pay around \$10,000 to \$12,000 for better-looking breasts.

**BOTCHED BREASTS**

It's easy to be tempted by cut-priced boob jobs, either at home or overseas where there are no regulations. But, says Dr Miroshnik, "I re-do a lot of bad breast jobs, which end up being more costly than if the primary surgery had been carried out by a reputable plastic surgeon in Australia."

He says complications overseas can include sub-optimal hygiene and shoddy workmanship. Breasts may be misshapen, differently sized on each side or look unnatural. "Redoing the breasts can take much longer than primary augmentation," Dr Miroshnik adds. Surgery is performed under general anaesthetic and costs \$10,000 to \$15,000, which may be claimable under your private health fund and/or Medicare.

[MORE >](#)



**NON-SURGICAL BREAST PUMP SYSTEM**

People say it's impossible to create larger and enduring breasts non-surgically. Wrong. If you are committed to making your cup size bigger, turn to the **Brava** breast pump system. You won't get bigger breasts easily overnight, but if you're prepared to wear a large plastic dome over each breast, encased in a sports bra, for a minimum of 10 hours daily for 10 weeks, you'll see growth. Dr Ronald Goedeke, medical director of Brava New Zealand and Australia, says women who use the Brava system correctly can achieve on average an increase of one cup size – and the results are long-lasting.

Dr Goedeke says that women normally wear the device at night, while sleeping on their back. Yes, it is uncomfortable at first, but if you want an increase in size, you'll get used to the sensation, which exerts subtle tension on the breast tissue. This eventually results in the production of new breast tissue.

"After about seven weeks women will notice true tissue growth," he says. "If the woman misses one night in the routine, she needs to add three more days at the end of the 10 weeks to achieve results."

The kit is suitable for women aged from 18 to 60s. It costs \$1995, with domes available in eight sizes. If you outgrow your set, new domes cost \$595 a set. It can be ordered online at [www.mybrava.com.au](http://www.mybrava.com.au).

**PADDING OUT THE CLEAVAGE**  
Kylie Minogue, Cameron Diaz and Nicole Kidman seem to have bigger breasts for special occasions. Perhaps they're using the push-up power of **Hollywood Foam Breast Enhancers**, \$29.95. These foam inserts stick to your clothing and not your skin, providing a seamless finish under those elegant gowns or more casual wear. Expert a perky boost to what nature has given you. Go to [www.hollywoodfashiontape.com.au](http://www.hollywoodfashiontape.com.au).

**SKINCARE FOR THE BREAST AREA**

Breasts will benefit from regular use of these specially formulated products to keep them firm and supple.

- Dr Spiller Biocosmetic Breast and Décolleté Lift Cream, 50ml, \$109** This cream is loaded with plant extracts to tighten the breast tissue, making breasts firmer.
- Estée Lauder Body Performance Toning Bust Serum, 50ml, \$76** The best thing about this serum is its nylon fibre matrix which contracts, giving immediate firming.
- Skeyndor Body Slindy Breast Volumising Emulsion, 150ml, \$79.90** Strengthens elasticity of the breasts and décolletage. Massage in at night.
- Elemis Pro-Collagen Lifting Treatment Neck and Bust, 50ml, \$186** With royal jelly and padina pavonica.
- Pevonia Botanica Restore Neck and Bust Cream, 50ml, \$132.50** Contains extract of Kigelia Africana mixed with hazelnut and chamomile oils.



**NON-SURGICAL THE LASER TREATMENT**

Women who need a breast boost and have a smaller cup size should look at the **Fraxel** laser treatment. Surgeon Dr Jack Ting, of the Laser Cosmetic Day Procedure Centre in Sydney's Coogee, says this method can help lift breasts by up to 30 per cent, without a hint of surgery. He used it on a woman's breasts that had red stripes from a botched beauty therapy treatment. He also gave her sun-damaged décolletage an anti-ageing boost. Within two weeks the stripes were gone, the chest skin was markedly improved and her breasts were lifted.

According to Dr Ting, Fraxel treatment delivers multiple pinpoints of laser energy to the deeper dermal layer of the skin. A numbing cream is applied for 45 minutes first. The less impactful **Fraxel Re:store**, which may be all that's required for cleaning up the décolletage, costs up to \$1500 per session.

**Fraxel Re:pair** – including lifting – costs \$5000 to \$7000 with intravenous sedation.

**BLAST BREAST WRINKLES**

Here's a nifty (and novel) way to banish wrinkles on your décolletage. Instead of using cream, try a silicone patch, known as the **Décolleté Pad**. It's placed on your chest and cleavage, usually at night, and removed in the morning. Wrinkles, lines and sun-damage should start to smooth out, leaving your décolletage looking much younger. The pad lasts 30 to 60 days (it's reusable, with a very sticky backing) and costs \$55. Buy it at [www.skinvigor8.com.au](http://www.skinvigor8.com.au).



**BRAS THAT MAKE A DIFFERENCE**

A good, well-fitting bra could make the difference to your body shape. According to Janine Fisk, general manager of Eveden Australia, "Eighty per cent of Australian women are wearing the wrong bra size. I've seen women in a 12C who are actually an 8DD," she says. "The right bra size and fit will truly reshape your whole body and the way you look in your clothes. You'll definitely be more comfortable, look slimmer and even look like you've dropped a dress size or two."

If you are curvy and fuller figured, you needn't be relegated to the "nanna" section of the lingerie department. A fuller-figured woman can choose bras from the Elomi range that has size ranges from 14 to 26 backs with C to H cups in stylish prints and colours. Call (03) 9646 9305 for stockists.

Slimmer women who need more support should try Freya bras, which are bright, fun and also come in a sports range. Fantasie designs are more sophisticated, with lace and embroidery. And look for strapless and convertible bras and bustiers in larger cup sizes. Available at Myer and David Jones.

**MORE STORIES YOU MAY LIKE...**

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