

PRESS CUTTINGS



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*‘DOES ANYBODY NEED A
FACELIFT BEFORE 40?...’*



OUR LIVES: *My toyboy asked:*

'Er, exactly how

He was young enough to be my son — he just didn't know it. But how long could I keep my lover in the dark?
By Kay Silver, 55

I swayed my hips to the right and then to the left in a hypnotic fashion.

When I'd finished, I turned to my one-man audience and said: 'What do you think?'

'We'll be in touch,' he said. My heart sank. I knew exactly what that meant.

We'll never call you.

For 20 years, I had worked as a



As a Playboy Bunny



Me belly-dancing

belly dancer called Persia, after giving up my job as a Playboy Bunny. Although I knew I was one of the best in the business, just lately I had started to find it hard to get work.

I knew why.

Dancing five times a week had given me a figure a woman half my age would have been proud of. But there was one part of me that all the exercise in the world would never reach.

My face.

I was 52 and the years had taken their toll in the form of wrinkles, bags and jowls.

But I had a solution.

I told my friend Carol: 'I'm going



Before my operation

to have a facelift.'

'You don't need one,' she said.

'I do,' I replied. 'The head and the body don't match any more. I need it for my career, if nothing else.'

I began looking for a reputable clinic online and discovered Linia Cosmetic Surgery. I spoke to a surgeon, who agreed to carry out a facelift using only a local anaesthetic, which meant I could have my op and be home by dinner time.

At a cost of almost £5000 it wasn't cheap, but I decided it would be the perfect early Christmas present to myself — and my career.

The night before the operation, I looked in the mirror and said a silent farewell to the bits of me that made me look like a pensioner, rather than what I really was — a woman in the prime of her life.

Next day, I felt no fear as the surgeon got to work. A fortnight later, I returned to the clinic to have my bandages removed.

There, the surgeon said, handing me a mirror. 'What do you think?'

I gasped at my reflection. The woman staring back looked like my younger sister. Only it was me.

'You're a miracle worker,' I said. 'Thank you so much.'

Before I knew it, bookings for my belly-dancing had shot up again. And I noticed something else —



The years had taken their toll

builders started whistling at me when I walked past.

Then one evening, I was out with Carol when one of my belly-dancing pupils, Sammy, introduced me to a man.

'Kay,' she said, 'this is Dean.'

I looked into a pair of bright blue eyes and my tummy did a flip.

'So,' Dean said, 'you're a good mover, are you?'

'Not bad,' I replied.

Later, Carol said: 'He's keen on you.'

'No,' I replied. 'I'm sure he was just being polite.'

Dean was clearly quite a bit younger. Why on earth would he be interested in me? But I couldn't get him out of my mind.

I was in a bar one night when I

'You're a good mover, are you?'

How old are you, Kay?



Afterwards

then she asked: 'Does he know how old you are?'

'No,' I replied. She said: 'Are you going to tell him?'

I thought about it. Dean was a wonderful man and I really hoped we had a future together.

But I felt sure that, despite everything, once he knew how old I was, he wouldn't be able to see beyond the number.

'No,' I said. 'I'm not.'

It wasn't a secret I could keep forever, but I was determined that Dean should get to know the real me before I revealed that I'd been working as a Playboy Bunny in a casino while he was still in nappies.

We started dating and became a couple. At first, it was easy to keep him in the dark as the subject of age never came up. But then our birthdays, which were just weeks apart, began to loom.

One evening, Dean said: 'So is this birthday a big one? Do you want anything special?'

'No,' I said hurriedly. 'It's not a big one and there's no need to get me anything fancy.'

'OK,' he replied and, to my relief, he left it at that.

Weeks turned into months and Dean was none the wiser about our age gap.

When we had been seeing each other for nine months, he suggested that we go on a romantic getaway to Egypt.

We found the perfect trip online and had to fill in our details on the computer.

I went first. I typed in my name and address in Aldershot, Hampshire, and then I stopped. My hands froze on the keyboard and I stared at the screen.

There, on the online form, was a space for my date of birth.

I realised there was no way I could lie and my hands shook as

I tapped in the correct numbers.

Then I got up so that Dean could take his turn.

My heart was in my mouth as I saw him peer closely at the screen.

Then he said: 'Is this right?'

'Is what right?' I asked nervously.

'Your age,' he replied.

He paused for a moment and I

knew he was doing the calculation in his head.

'Are you really... 54?' he said.

I felt sick.

'Yes,' I gulped.

He looked up at me in astonishment and I thought: *Here we go. This is the moment I get the 'we'll be in touch' speech.*

Dean shook his head silently.

'I can't believe it,' he said.

'I thought you were my age.'

There was a silence,

and then I took a deep breath and said: 'Do you mind?'

Dean started to laugh.

'Mind?' he said. 'Of course I don't mind. I love you, Kay.'

I let out a huge sigh of relief.

'Oh Dean,' I said. 'Thank you.'

Dean and I are going on our holiday in January and I can't wait.

Despite an age gap of 19 years,

we are very happy.

But I am under no illusions. If

Dean had met me before I had my

facelift, we would not be together.

In fact, I'm sure he wouldn't have

looked at me twice.

I always knew that surgery would

help boost my career, and it has — I

now have a permanent job dancing

at a restaurant — but it has had an

unexpected side effect. It has

brought me the man of my

dreams — and, for £5000,

I'd say that was a bargain!



Dean and me now

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● Health ● Wellbeing ● Fitness

DAY IN THE LIFE OF A DROP-IN COSMETIC

SUR

WOULD you have a boob job, lipo or a tummy tuck while still awake?

Advances in local anaesthetic drugs mean it's becoming increasingly common. The patient remains fully conscious during the procedure, but they feel no pain.

JENNY FRANCIS spent a day with Dr Ashor Aslam at Lina Cosmetic Surgery in London's Harley Street, to experience the fast pace of today's booming cosmetic surgery industry. Here, she meets four women who were in and out in hours.

ARRIVING at the grand, imposing entrance of 17 Harley Street, it looks more like a hotel than a hospital.

As I wait to be let in, I meet the first patient of the day, Katrina Thomwood.

The ex-hairdresser, 35, has travelled to the clinic from Farnborough, Hampshire, where she lives with engineer husband Peter, 43. Shocked to have her PIP breast implants removed and replaced with safer ones, she is also having liposuction on her tummy.

Katrina, who had her first boob job in 2005, reveals: "I hated my non-existent boobs and used like crazy tampons to make them look like I could afford the £3,500 boob job, taking me from a 32AA to a 32DD. But in October last year I had pain and was diagnosed with capsular contraction, where the scar tissue tightens too much."

This latest surgery is costing her £4,500 and Katrina has taken out a loan to pay for it, but she says it will put her mind at rest.

She adds: "I opted to have liposuction too as I've been conscious of the extra fat on my tummy for a while now."

"I've chosen local anaesthetic as I just want to be in and out quickly this time."

"I feel nervous last night, but now I feel calm and just want to get on with it."

Her consultation with Dr Aslam is at 2.30pm. Katrina is briefed on the procedure before signing her consent form. Then she heads into theatre. Chained and given a local anaesthetic, her surgery begins at 3.30pm.

She is talking to me about her journey into London that morning when Dr Aslam begins stitching up the incision to her breast before pulling out the dangerous PIP implants. Insisting she feels nothing but pressure on her chest, her new, E-cup implants are inserted and she's stitched up in less than an hour.

Horried

Dr Aslam pops out to consult his next patient, then returns to perform the liposuction, which is even quicker. A small incision is made and a suction device is inserted into her tummy to remove any excess fat.

Katrina smiles as she tells me: "It's a strange sensation as I can feel it pressing my insides but it doesn't hurt at all."

It takes an hour and 20 minutes and after being injected with a 24-hour anaesthetic, Katrina walks into the recovery room next door, just minutes after being stitched up.

Here, over a cup of tea and a sandwich, she tells me: "I can't believe it's over already, all my worrying last night was for nothing. It's great that I can go home this afternoon."

"I was too nervous to eat this morning so I've going to go to McDonald's when I leave and then get the train home."

"My new breasts already look fantastic and I'm so pleased with how it's all gone and how easy it's been."

As Katrina finishes her capps, Dr Aslam's second patient is about to go under the knife next door. She is housekeeper Lisa Davidson who travelled from Glasgow last night with husband Craig, 38, a hotel manager.

Booked in to have her PIP implants removed and replaced, she also wants her love handles reducing at the same time.

Lisa, 27, has used a chunk of her savings and cut back on clothes and nights out to pay for the £4,500 procedure.

She admits: "I'm a bit nervous, but now I'm here and I've spoken to Dr Aslam I'm ready."

"I didn't want to be bodged after the op and local anaesthetic means it's over in a few hours, so it's perfect."

"I have a wedding to go to this evening and I don't have to miss out because I'll be able to leave here with plenty of time to spare - but I will have to stick to water."

Lisa had her breasts enlarged in January 2008 after weight loss left her looking saggy. Going from a 36B to a 38D, she had the PIPs fitted under general anaesthetic, but when she heard about the dangers of PIPs she was desperate to get them removed.

She said: "I kept hearing horror stories and

Today I'm
having boob
op and my
love handles
sucked out...
tonight I'm off
to a wedding

LISA DAVIDSON, housekeeper

thinking, 'That could be me', so I booked in to have them replaced at Lina."

Asking for Michael Buble on the stereo and talking to me about her favourite bands, it's easy to forget that while Lisa chats away she's being cut open on an operating table.

As Dr Aslam removes the first PIP implant he is shocked to find it has turned yellow, meaning it is a potentially faulty one. Lisa looks horrified when he tells her how close she came to having it split inside her.

She says: "I'm so glad I've having them out. I can't believe it was so close to bursting."

Dr Aslam pops in the new pair and begins stitching her up. Just 20 minutes after the first incision, Lisa has new, safer boobs.

She says: "It's nice to be awake during it all because Dr Aslam can ask me about the size of the implant and check exactly what I want during the surgery."

"Of course, I was nervous at first, but everyone in the theatre is so friendly and made me feel relaxed."

The removal of what Lisa calls her "dog ears" - the side skin hanging next to her hips

is next on the list. Dr Aslam says it's common for patients to request other surgical procedures while having their PIPs removed.

He says: "Patients who might not have come

in just for liposuction or a tummy tuck end up booking in for it."

"They feel they might as well make the most of coming in for surgery."

In no time at all Dr Aslam cuts diamond shapes from her side and sews them up. It looks sore, but just an hour and 20 minutes after the first incision, Lisa is able to stand up and walk unaided into the recovery room.

As she tucks into a sandwich and crisps, husband Craig returns from a shopping trip in Oxford Street to see how she is doing.

Cutting

"It was all over really quickly and I'm able to go back to work in three days," she says. "It's a bit weird being awake, but I'd definitely do it again. It's much more convenient."

On her way out Lisa passes the third patient of the day, single mum-of-three Sara Bowers. The 32-year-old hairdresser from Bristol has come to London for the weekend with a friend and after her day of surgery plans to hit the shops and do some sightseeing.

Booked in for liposuction, a tummy tuck, a breast augmentation and uplift, she says that after having three children she thinks she deserves a tummy makeover.

Sara is paying for the £7,500 surgery with

her savings. As the local anaesthetic begins to work, I ask Sara, a well-proportioned size 10, why she's having so many procedures.

She says: "After having three children, all by Caesarean, I just don't feel sexy with a flabby tummy and large scar."

"My children are growing up, so I felt it was time to treat myself. I'm making a weekend of it. Today I'm having the surgery and tomorrow, after a good night's sleep, I'm going shopping with my friend."

Dr Aslam begins with Sara's breast uplift, cutting around her nipples and cutting away extra skin before inserting the 36D implants and stitching up down the centre of the breast. She's wide awake the whole time.

The extra breast uplift and replacement takes one hour and 45 minutes - longer than the PIP removal and replacement. But Sara says she is completely relaxed and can't feel any pain. She claims to feel so chilled that she almost nodded off at one point.

Before Dr Aslam moves on to the tummy tuck, she sits up for a look at her breasts. "Wow," she says. "I love being able to see my new boobs straight away. I can't stop looking at them."

But her tummy tuck seems more uncomfortable. Dr Aslam cuts away huge sections of her tummy and holds them up for Sara to

see.

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GERY CLINIC

After this
I'm going
straight to
McDonald's
- Katrina



I can't
believe it
was close
to bursting
- Lisa

It doesn't
hurt but
it's an odd
sensation
- Julie



After a
good sleep,
I'm going
shopping
- Sara

se. "Oh that's gross," she giggles nervously as she puts a chunk of her tummy on the scales, which weighs 280g. The lipo removes 200ml of fat and when Sara is finally sewn up, she breathes a sigh of relief. After three hours on the operating table she can now go off for her cup of tea. Finally, Julie Inglis arrives. The councillor from St Albans, Herts, is having her PIPs removed and replaced as well as liposuction - setting her

back £4,600. The married mum-of-two is paying for it out of her savings. She says: "The older I get, the harder it is to lose weight. Once it gathers on my hips it's so hard to get rid of." Julie, 57, had a facelift five years ago and felt so good that afterwards she shed more than three stone. But the weight-loss left her with saggy boobs so she had PIP implants to boost her shape. This time she's having a slight reduction,

going from a D-cup to a B-cup. As she arrives, she says: "I'm surprisingly OK. I thought I'd be a nervous wreck." "The last time it took days to recover, whereas this time I can go straight home and be back at work tomorrow. Running my own company I can't afford to take too much time off, so it's perfect for me this way." As Dr Aslam numbs her breasts she tells me: "I don't know why I find this a little bit funny. I can feel something. I know it's numb but it doesn't feel like when you go to the

HEALTH: How to beat the bloat
OLEEN: My man slept with prostitute

● **PIXIWOOL:** Get the Nicki Minaj look
● **STARS:** Russell Grant: Love, cash, careers



PREPARATION:
Rachel ups the ante before a trip

I went from brunette to blonde and packed 14 bikinis to look glam

Victoria Bagioni, 37, an accounts assistant and model, lives with her boyfriend, Louis Bell, 34, a builder in Broxbourne, Herts. She says:

In May this year my girlfriends and I went to Marbella on a £500 holiday. Staying in the four-star Guadalupe Spa Hotel for a week. On arrival, the hotel receptionist upgraded our room, free of charge, to a villa suite on the beach with a hot tub, walk-in wardrobe and a four-poster bed.

Because we looked so glam, other guests would never have guessed we'd been upgraded. That's why it's important to spend hours grooming in the build-up to a summer break.

It's essential to get Botox a few weeks before you go away because the sun makes you squint, and there's nothing worse than frown lines. I spent £500 on Botox and lip fillers before I went to Marbella and it was worth every penny. My lips looked full and that's exactly the look I was going for.

In November, having been a brunette for 17 years, I went blonde in preparation for my holiday. I wanted to see if blondes really do have more fun, especially in the sun.

Even though I enjoyed the change, I feel classier being a brunette so I went straight back to being one when I returned to the UK. I also got 18in hair extensions too.

I go on sunbeds in the run-up to a holiday, even though I know it's not good for your skin. I have been partying on the beach. I'll usually spend £45 on acrylic nails before a holiday too, and I always get a good pedicure done.

I am quite an excessive person and before Marbella, I went on a serious spending spree, blowing £300 on my new holiday wardrobe. My suitcase was packed to the brim and included 14 bikinis, six pairs of shoes, four pairs of sandals, and lots of nice underwear – even though I rarely wore any of it.

Some people might frown upon how much I spend, but I work hard for my money. The rest of the year, I'm bogged down by stress from work. A holiday is the one time of year you can kick back and chill out – so why not make the most of it?

VICTORIA'S PRE-HOLIDAY SHOPPING LIST:
Botox and lip filler at Luma Cosmetic Surgery – about £400
Fake tan – £30
Hair colour – £100
Manicure and pedicure – £45
Clothes – £300
Toiletries – £100
TOTAL SPEND: £1,225

GROOMING:
Victoria likes to be glam on holiday



I TOP UP MY BOTOX AND FILLERS BEFORE MY HOLIDAY

Rachel Evans, 42, is a PA and mum to Rees, 11. She lives with her long-term partner, Mike Joseph, 41, an insurance broker, in Grays, Essex. She says:

Unlike most women, I don't just blitz it in the gym or cut out carbs a few weeks before I go away – I maintain a bikini body all year round. That said, I always up the ante at holiday time. I spent £4,365 on various procedures before my £3,000, week-long holiday at the Jumeirah Beach Hotel in Dubai last month.

Being beach beautiful is about being immaculate from head to toe. I hate wrinkles so I'm addicted to facial fillers and Botox. I spend about £2,650 every three months getting fillers and Botox injections in my cheeks, forehead, crow's feet and around my mouth. And I always have a top up before I go away on holiday.

Getting a good pedicure is essential when you're going to be wearing sandals. There's nothing uglier than unkempt nails.

Although I take diet supplements for lost-minute weight loss, a fake tan sheds pounds off your figure and makes you feel sexy. Getting make-up tattooed on is another great tip if you're going to be in the pool or sea. Before Dubai, I had mine tattooed on for

RACHEL'S PRE-HOLIDAY SHOPPING LIST:

Facial fillers – £1,600; Botox – £500;
tattooed eyebrows – £300; nose and
mouth filler – £150; fake tan – £200;
Bikinis – £500; summer clothes – £200;
pedicure – £35 and nails £10; weight loss
supplements – £200; manicure and
pedicure (optional) – £50; highlighters and
hair products – £100
TOTAL SPEND: £4,365

I love bodycon dresses from online store Celeste Boutique and have one in pink, coral, nude and black. They cost £120 each but are worth every penny. I try to be respectful when visiting an Arab country, and cover up when necessary with my gorgeous £50 silk scarf.

I bought two Louis Vuitton barrel bags, which are £500 each. They're glamorous yet sturdy, so are great to take on a plane. Because it's so hot, I change my outfit about three times a day and reapply my fake tan throughout the day too. So I have lots of different bikinis and a monokini.

Mike is so sweet, he leaves half his suitcase empty so I can put my toiletries or shoes in it. I'd hate me to leave anything I needed behind. I admit I spent a lot, but I don't take money for granted. As a single mum I could never afford such luxuries – but then I met my wonderful partner, who's a successful businessman and wants me to be happy.

But I don't scrounge off him. I work hard running my beauty website, MakeOverEssex.com, where I show women how to get the effect of having a facial with non-invasive surgery and make-up.

While some people will spend hundreds on a night out, I don't drink alcohol and prefer to go to the gym and sculpt my body or get a fake tan. For me, it's about prevention, not a cure.

Walking on the beach last month in Dubai, I had no regrets about what I'd spent. I looked and felt

WEDDING debate

Would you have a nip/tuck wedding?

Boob job with your bouquet, madam? Pre-wedding plastic surgery is becoming increasingly popular with British brides. We asked two women if they'd go, under the knife to look their best on the big day...



Yes!

says Amanda McMurtrie

I used to be one of those women who was totally against cosmetic surgery. I didn't understand why others felt they needed to take such extreme action on their bodies. However, by the time my fiancé Andrew popped the question last year, I had entirely different opinions on the matter. Having had three children before I was 28, I'd seen my body completely change and it had a huge effect on my self-esteem. My natural DD bust had sagged to the extent that it felt like there was nothing in there, and having put on and then lost five stone during my last pregnancy, I was left with loose skin like an apron on my stomach. I couldn't wear anything tight-fitting round my middle and always had to choose high-necked tops to wear with a very good support bra. When I was invited to a black-tie event, I found it so difficult to find a ballgown that I almost didn't go. It was time to do something about it. I was fortunate that three of my sisters had already had cosmetic procedures with fantastic results. Having heard great reports about their surgeon, I felt I could trust him with my operation. It took 10 days to recover from my tummy tuck, but the results were amazing and although my boobs ended up slightly larger than I'd expected, I was happy they were shapely and full again. Unfortunately, I was one of the many women out there who were given PIP implants and when it was discovered these were leaking, it was, of course, terrifying. However, going back in for a second boob job before my wedding meant I could have the size slightly reduced too. Taking the view that if I was happy, he was happy, Andrew was really supportive of my decision. If I hadn't undergone the procedures, shopping for a wedding dress would have been a nightmare, but after the surgery I found a stunning fairytale gown that looked perfect. Now I can't wait to walk down the aisle in it! I even plan to wear a bikini on our 'familymoon' to Turkey – something I would never have thought possible.



No!

says Megan Jephson

I want to make it perfectly clear, I'm not totally against plastic surgery – one of my favourite TV programmes is *10 Years Younger*, where they take an ageing, ugly duckling and transform them into a not-so-ageing swan. I can see the appeal of the odd nip and tuck, and who's to say I won't be doing the same in years to come when everything starts to go a bit south? But what I do object to are these 'nip-tuck weddings', where the bride-to-be spends thousands of pounds transforming themselves into someone completely unrecognisable. Or is it the husband-to-be who pays for it? "Oh darling, how romantic! You bought me some boobs!" being the appropriate reaction. Just imagine asking your dad to write you a cheque for bum implants. And the price isn't the only problem – recovering from surgery can take weeks. If they haven't healed in time, those scars, cuts and bruises could make your big day look more nightmare than dream-like. And what if you get an infection? I once went to a wedding where a previously overweight, milky-white brunette had spent months transforming herself into a svelte, bronzed blonde bombshell. Don't get me wrong, she looked stunning. But nobody recognised her! We all have things we don't like about ourselves, but these imperfections give us character, and they're what make us real. Who, besides Ken, wants to marry Barbie anyway? It's like the song goes: if everybody looked the same, we'd be tired of looking at each other. And let's face it, wedding photos can be samey enough without having to look at pictures of Mr and Mrs Clone. When my fiancé proposed to me it was the most romantic moment of my life, and I can't imagine thinking about anything else when the big day comes round. Sure, I'll have the make-up, the hair, and maybe a bit of fake tan, but it can all be washed off. After all, your husband agrees to marry you for better or worse – that means warts and all! **W**

And the bride wore... plastic

Meet the 'bridalplasty' brigade - women who spent more on cosmetic surgery for their big day than they did on dresses



WORTH IT:
Anna Wytch-Bell
could show off
her new profile
as she married
James in 2009



PERFECT: Collette Bason loves her veneers; Amanda James-Buckett wanted the right bust for a corset top

FF-cup, which was far too big, but I didn't feel I could justify having further surgery to reduce them.

That was until Andrew proposed to me last year and I knew immediately that if I was going to feel fabulous on our wedding day I'd need another operation to replace the original implants with smaller ones to make my breasts a DD-cup.

Andrew was just as supportive as he had been with my first plastic surgery, reassuring me that he just wanted me to feel happy with myself and to stop hiding away in baggy clothes.

After the operation in February at Lina Cosmetic Surgery in London's Harley Street he took time off work to

look after me while I recovered. At £4,500 the surgery was five times the cost of my £900 wedding gown but without it the dress, with its stunning corset bodice and full skirt, just wouldn't have looked or felt right.

Cosmetic surgery has made the world of difference to how I look and feel on a daily basis but also to how I felt on my wedding day.

I didn't want to look back at our wedding and honeymoon photos in years to come and regret not having taken advantage of all the surgeries that now exist to help women to feel amazing.

Interviewed by
SADIE NICHOLAS

ELIZABETH YOUNG, 45
A WRITER WHO LIVES IN LONDON

“ I have always felt proud of the dramatic line across my back. It's been there since my 12th birthday, which I spent in hospital having surgery for a hole in my heart. I remember being really excited about going into hospital – everything was an adventure to me when I was little. It never occurred to me that there would be a scar. I was lucky – my sister had also had heart surgery and was left with two huge, horrible jagged lines that cut right across her chest like a cross. It really damaged her self-esteem and I felt incredibly sorry for her. Maybe that helped me keep my own scar in perspective. Mine is so neat, it has never bothered me. I'll always be thankful that my surgeon took such care. Sometimes when I'm wearing a

summary top people comment, but very few friends have seen it. I'm lucky — if I was less secure I might focus on my imperfections, but I'm happy with my body and who I am. One of the reasons I took part in this photo shoot is that I wanted to show that scars don't have to define you. People who know me will be shocked

As I'm such a healthy, active person — nobody would suspect I had major surgery as a child. As for what men think? I don't worry about that. My scar is in a place where people can only see it if I make a decision to let them. I'd never get that close to a man who might have a problem with something so superficial. I'm more concerned with how I feel on the inside than how I look on the outside — and I'd expect a prospective partner to feel the same."

DENISE DAWSON, 39
A DRIVING INSTRUCTOR & MOTHER FROM BRISTOL

“ I've always been slim, but after having two kids no amount of dieting or exercise would shift the fat on my tummy. So in 2004, I decided I wanted liposuction. My husband said he liked me the way I was but agreed to support me as I felt so self-conscious. My research showed a clinic in Belgium was my cheapest option, so I booked the op and flew to Brussels a few months later. I was so excited on the plane, but this excitement turned to nerves when I met my surgeon: he was abrupt and didn't offer reassurance. When I came round from the op, I wished I'd trusted my instincts. My stomach was bigger than ever. They said it was just swelling, but I was told I would see instant results and the swelling would come later. When I returned to Britain, my stomach was lumpy. The

clinic said it would settle, but it didn't. Finally, after months of wrangling on the phone, they agreed to a correction. By then, it was 2007 and I couldn't bear to look at my body and did not want my husband to, either. I hated myself for choosing a cheap clinic. Six months after the correction, my stomach was lumpier than before. When the clinic said there was nothing more they could do, I was devastated. I ended up paying to have it corrected by a surgeon in London. He said too much fat had been removed and I needed a tummy tuck to pull the skin over the affected area. This time I was delighted with the results – the lumps are gone and I have a flat tummy at last. Although there's a scar, for me it marks the point I started liking my body again. It's a small price to pay for the body confidence I have now! ■



AWAKE THROUGH ALL THIS!

Emma fancied a few nips and tucks to get back her pre-pregnancy body. And she wanted to keep a close eye on it all, too...

Latex-gloved hands moved towards my breasts. They were clutching a glinting scalpel in their powdery, pale fingers. I couldn't take my eyes off the blade.

'Are you comfortable?' the owner of the fingers asked me, and I nodded.

Then he drew the scalpel along the underside of my left breast...

I was 32, a single mum and lived with my lovely kids, 10-year-old Bailey and Sienna, two, in Horsford, Norfolk. But having

them had wrecked my figure. And although I'd had a boob job and tummy tuck when Bailey was two, they had been undone by me having his little sister.

Breastfeeding her had caused my silicone breasts to droop, and her Caesarean delivery had given me a second scar on my stomach. Then I'd eaten my way up to 13st.

The C-section had left me with torn stomach muscles, so I felt exercising was out.

Newly single, I'd opted for surgery again. I went back to see Dr Aslam at the Lina cosmetic surgery clinic in London, where I'd had my cosmetic procedures done eight years earlier.

'I can help you,' he said. 'I can get rid of the excess fat and remove some of the skin from your tummy, then merge the two scars into one neat line. And your



As you may have guessed, I'm not too squeamish!

implants can be replaced to give your breasts their shape back, too.'

He recommended a breast augmentation, liposuction and a tummy tuck. When he quoted me £12,000 for the surgery, though, my jaw hit the floor. That was a brand-new car or an extension on the house!

TOTAL CONTROL

I was close to forgetting the whole thing when he told me something that made me think I should still go ahead.

'I could even do the op under local anaesthetic, so you stay awake,' he said. 'You'd be able to see exactly what I'm doing.'

To some people, that would be a nightmare. But to me, it

was ideal. I hated my body so much, I wanted to watch every minute as he worked to sort it out.

It would be fascinating – just like watching myself be reborn! I'd be able to see every cut



I couldn't wait for



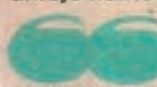
We spent on a sexy

Dumped and heartbroken, the average woman spends £500 re-inventing her image after a split, says a new study. But for this single lot, that's positively a bargain! **By Jenny Francis**



I dyed my hair blonde then had a boob job

Kirsty Swain, 31, from Ipswich, split from her boyfriend of two years in December 2010. Desperate to move on, she decided to drastically change her look from dark brunette to peroxide blonde and booked something she'd always wanted – a boob job, taking her from a 34B to a 34H.

 I was 30 when I split from the father of my daughter Nola, one. My style at this point wasn't something I concerned myself with. I wore jeans and loose-fitting tops to hide the baby weight – I was frumpy and mumsy but didn't have the motivation to change.

The split wasn't easy. We were deeply in love with each other at the start but towards the end, things weren't working out. We realised how different we were and this caused disagreements.

It was tough being a single parent with a newborn



Life & Style

CRUMBS! A CREME EGG CROISSANT

IF YOU haven't gobbled up all your Easter eggs yet, then we have just the back holiday breakfast for you: a Creme Egg croissant. Simply wrap a fridge-cold Creme Egg in shop-bought puff pastry, making sure to seal the edges well, and brush the top with raw, beaten egg. Place under a hot grill for six minutes until golden brown and gooey. If you want a warmer



bite, freeze your Creme Egg for at least four hours beforehand. Whichever way you eat yours, as holiday recipes go, the Creme Egg croissant blows turkey curry, turkey sandwiches and turkey quiche out of the water. And it's so indulgent you'll be desperate for some fresh green vegetables by lunchtime.

KATE FAITHFULL-WILLIAMS

FREEBIE



FOR your chance to win this Lillif leather satchel from Mybag.com worth £175, phone 0901 833 5100, leaving your details. Calls cost 41p (from BT landline, other networks vary). Or email your details to: bag@dm.entrants.co.uk

■ All entries must be received by 11.59pm tonight. Prize subject to availability, non-transferable and there is no cash alternative available. For standard Daily Mail terms and conditions, visit daily-mail.co.uk/promotions.

As surgeons reveal a worrying rise in 30-somethings demanding nip-and-tucks to ward off ageing...

Does ANYONE need a facelift before 40?

by Diana Appleyard

FEW OF us are ever happy with the way we look in our passport photograph. Instead, we simply hide the offending document in a little-used drawer and refuse to show it to anyone except customs officers.

Not so for 35-year-old Sian Morris. For when the mother-of-one noticed she had loose skin around her chin in her photo, she had a rather more extreme reaction: she booked a facelift.

Sian, from Wrexham, North Wales, explains: 'I felt I looked old before my time. I really hated my jowls. I took one look at that passport picture and thought: "That can't be me!" My mind was made up — I needed surgery.'

It may be shocking, but she's far from alone. Increasing numbers of women

under 40 are now being discreetly nipped and tucked in a scaled-down version of the full facelift — even though, in many cases, there's hardly enough loose flesh to lift away.

Leading Harley Street cosmetic surgeon Professor Laurence Kirwan recently reported that he's seen an astonishing 250 per cent increase in short-scar facelifts (SSFLs) — the type most popular with 35 to 40-year-olds — in two years.

It's the facelift Tory MP Louise Mensch, 40, is believed to have had. Other names rumoured to have undergone discreet 'lifts' in their late 30s or 40s include Madonna, Kylie Minogue and Cameron Diaz, though they deny this.

Traditionally, women in their 30s

Under the knife
Women had 90 per cent of cosmetic procedures in Britain in 2011, with breast augmentation proving the most popular

have opted for non-surgical means of looking younger, such as Botox and fillers. But many are now turning to the knife, as they don't want to develop a 'pillow face' — the too-plumped-up look sported by celebrities such as Carla Bruni and Priscilla Presley.

The SSFL, which involves the skin being pulled upwards and re-draped over the bony structure of the face, avoids this problem. Fat pads, which have dropped with ageing, are then restored to their 'proper place'.

None of this comes cheap. A SSFL, with Professor Kirwan costs in the region of £10,000, but he says the scarring is minimal and the results will last up to ten years. 'This is a treatment for young women wanting to cut off the effects of ageing at the pass,' he says. 'They don't want to wait until they look older. They strike in advance, and this is

TURN TO NEXT PAGE

THE 'love lab' experiments of talented relationship psychologist John Gottman have had a profound effect on the way we understand relationships.

Within minutes of interviewing a couple, Gottman is able to predict with 93 per cent accuracy whether the relationship will last.

He is on the lookout for what he calls the 'four horsemen of the Apocalypse' — criticism, contempt, defensiveness and

The A-Z of love

I IS FOR INTIMACY

stonewalling. Every relationship displays these traits at some point, but when they are habitual, they become sure signs it is in trouble.

Each, in their own way, destroy intimacy. Intimacy is the lifeblood of love: it is the

way we share confidences, vulnerabilities, secrets, fears and ultimately our lives.

If we criticise our partner and, worse, show them the teeth of contempt, or if defensiveness and stonewalling closes communication, we

cauterise the veins through which our lifeblood runs.

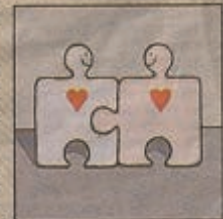
Love is made up of dialogue and transparency, vulnerability and reciprocity. It's more fragile than it sometimes seems. Either shutting down — or the opposite, completely opening up — will eat away at the very thing that nourishes us.

DON'T LET THE HORSEMEN RUN WILD
BE SEPARATE, together. Be

close, but not too close. Walk together, but apart.

MAKE IT UP
ARGUMENTS are inevitable, resentment isn't. Ensure you make up clearly and sincerely. Anything swept under the carpet will trip you up later.

FIVE THINGS
IT TAKES five positive comments to atone for one piece of criticism. Make your apologies count.
■ www.alphaheart.com



MATTHEW JOHNSTONE



REAL LIFE

WHY C WOMEN GREAT

Lula's living with a death sentence – so why was she worrying about her breasts rather than the risk of dying?

All around me, on one of the hottest days of the year, women were wearing low-cut tops and strappy summer dresses.

Yet here I was, sweltering in a black, baggy jumper to cover up my tiny, flat-chested frame. At the age of 22, I had the body of a pre-pubescent girl and I hated it.

A desperate longing

'If only I had boobs,' I thought for the millionth time. 'At least then I'd look slightly more normal.' I might sound like any other young girl dissatisfied with her figure.

Yet I was obsessing about how I looked when I had something much greater to worry about – a death sentence hanging over my head. Because I had life-threatening cystic fibrosis (CF), which meant my internal organs and lungs were filled with sticky mucus.

I needed daily medication and physio, and I was always in and out of hospital with chest infections. I also knew

sufferers of CF rarely lived beyond their 30s.

So why was I worrying about my figure? Why did it matter what I looked like when my life was limited anyway? Surely the simple act of living was what really mattered?

But just because I had cystic fibrosis, it didn't mean I was indifferent to my appearance.

Mum had brought me up to have as normal a life as possible. Yet I'd always been an outsider.

Playing with other kids, I'd get out of breath quickly. And I had so much time off school, I struggled to make friends.

Then, when I hit my teens, it got even worse. While the other girls' bodies developed, mine hardly changed at all.

My breasts stayed a tiny AA cup, and my consultant explained it was yet another side-effect of my disease.

'Sufferers tend to have larger ribcages and flat chests,' he explained, and anger surged through me. So now I looked different from everyone else, too.

Ashamed of my barrel chest and boyish body, I never got changed in front of anyone else. And I'd hide my body under layers of shapeless clothes.

Your + health

REAL-LIFE STORIES *plus* INFO & ADVICE

My bubble boobs

Suki was horrified by the effect of cosmetic surgery on her breasts...

Throughout my teens, all my friends seemed to have bigger boobs than me.

I'll catch up eventually, I thought, looking at my modest 34B bust.

But my boobs never did get any bigger. By the sixth form, I was stuffing my bra with tissues and promising myself I'd boost my cup size with surgery when the time was right.

That time came sooner than I'd anticipated. When I was 19, a flat-chested colleague at my council job had her boobs done.

I'm getting mine done too! I thought, admiring her amazing new curves. Why wait?

Within weeks, I'd had consultations at two different clinics, both claiming they could take me up to a DD cup for £4,000.

I'd heard cosmetic surgery was cheaper abroad, so I e-mailed a Polish clinic, which swiftly responded.

The woman was friendly. She explained the price was £3,000 — which included the operation, flights and a stay in a hotel.

Then she phoned and e-mailed frequently. 'If you want to go

ahead, we really need a deposit," she insisted.

My boyfriend Tom was hesitant. 'Are you sure it's the right thing?' he asked.

My gran Linda, who I lived with, advised against it.

'You've got a decent bust already, love,' she told me.

But I had my heart set on new boobs, plus this way I could keep the surgery a secret from friends.

So I paid my deposit, and a few months later boarded a plane, Tom and Gran in tow.

At the clinic I met the surgeon, and felt reassured by the letters after her name.

The day after the op, when the bandages were snipped off, my boobs were swollen and cone-like. But I was happy with the size, and three nights later, we flew home.

But over the next few weeks, as the swelling settled, I became increasingly alarmed. There was a ridge through the lower



BEFORE

I always wanted to be a bit bigger



AFTER

But I was left with unsightly ridges

half of each boob. It looked as if I had four breasts!

Panicking, I e-mailed pictures to the clinic, but they replied that nothing was wrong.

I was distraught.

Gran said I should seek a second opinion. So I went back to the first clinic I'd been to, Lina Cosmetic Surgery in London. The

surgeon there explained I had a 'double bubble'. The implants

had been placed under the muscle instead of over my breast tissue. The price to reposition them would be £5,000.

Waiting for the operation over the summer, I felt self-conscious shopping, refused to go topless on holiday

in Turkey and pushed Tom away when he touched my chest.

Thankfully, I've since had the corrective op and I'm proud of my new boobs. But to any other readers considering surgery, I'd say make sure you do your research before going abroad.

For me it's been a tough journey, and a very expensive lesson.

SUKI CHILDRELEY, 31, ST IVES, CAMBRIDGESHIRE

Turn over for more health

'It looked as if I had four breasts'



Tom came with me to Poland

What's the news?

YOUR WEEKLY UPDATE



Poor decisions?

Adults who grew up in poorer homes are more likely to take risks than those from wealthier families. Researchers have found that people from low-income households tend to take

risks to get out of trouble, such as gambling. This is because they've learnt to 'live for the moment' rather than plan for the future.

New for flu

A new 'super' flu jab could be available this winter. While current flu jabs only protect against one or two forms of flu, the Dutch scientists who developed the new jab say it stops most types of the virus developing, including the especially dangerous swine flu.



Virtual diet

While almost half of us inspect packaging to see how many calories food contains, only a quarter check what vitamins and nutrients are in it, a new survey reveals. Seven Seas has launched a website where you can learn what nutrients you're missing and which foods to eat to stay healthy. Visit nutritionaware.co.uk.



celebrities with 'trout pouts', but I knew I could trust my surgeon, so just after I turned 20 I had my lips done. I thought they were too big at first, but the number of compliments I had was incredible. My friends were all envious.

"Now, the only problem was my breasts. Going under the knife for the sake of your looks might sound drastic to some people, but I was 22 and had been waiting for this moment since I was 16 – and there comes a point when you just get fed up of padded bras.

"When I sat down and told my parents, my dad was dead against it. He kept saying, 'This is a serious operation. Have you really thought about the risks?' But my mind was made up.

"I took them to meet Dr Al-Ayoubi, so he could explain the procedure; I needed my parents' support. He reassured them that he would only go up to a DD cup – if I wanted to go bigger, I could find another surgeon.

"I remember waking up after the anaesthetic with a very heavy chest. Seven days later, I stood in front of the mirror for the first time and thought, 'Wow! They didn't look false.

"Since having my breasts enlarged, my confidence has soared – to the extent that I think it's saved my relationship. Now that I'm happier in myself, I don't get jealous any more.

"It's true what they say about cosmetic surgery: having one procedure makes you less scared of having other things done, so last October I also had CO₂ laser treatments to fix the dark skin pigmentation under my eyes.

"So far I've spent more than £6,000 on procedures. My attitude is: if you're unhappy about your appearance, do something about it. But there is a point when you have to stop. Some girls see celebrities like Katie Price and want to look like her, which is worrying.

"Plastic surgery has brought me out of my shell. And because I did it young, it's moulded me into the confident adult I am today."



Holly Schofield is a debt collector. She had her first breast augmentation when she was 18. Now 25, she lives in Essex and has just got married.

"I noticed that my breast had changed shape and consistency, and when I pushed it, I could hear a weird popping sound."

"I'm a very self-conscious person, and would say that my appearance is extremely important to me. I know that plastic surgery can't solve all your problems, but to be honest, I'd have everything done if I could."

"I first started thinking about having a breast enlargement when I was 17. Working as a club promoter in London, looks are everything – and I was completely flat-chested. My mum used to sew padding into all my bras to make me feel better.

"The most embarrassing thing was that men always look at women's boobs – and I didn't have anything there to look at. I already had the idea of surgery in my head. When I found out that both my aunt and my best friend were getting their breasts done, it made me determined to do it, too.

"When I rang up to book a consultation, my mum was behind me all the way. The surgeon talked us through the procedure and asked me questions about shape, size and why I wanted them done. I told him I wanted them just to look natural.

"Having your boobs done is such standard procedure now, it's almost like having your tonsils out. In the past it used just to be for Hollywood actresses and glamour models – but now anyone can have them done.

"After the operation, the biggest difference wasn't the way I looked; it was the way I felt. I was just so excited to have my own breasts for the first time.

"I didn't have any problems with my implants, until May 2010, when I was driving to work one morning and someone ploughed into the back of my car at 60mph. A month later, I noticed that my breast had changed shape and consistency, and when I pushed it, I could hear a weird popping sound. I had a scan and was told that my implant had ruptured in the impact of the crash. They were gel, so there was no danger of them seeping into my body – but I still had to have them replaced as soon as possible.

"This time, my operation was done under local anaesthetic, and I cried the entire time. You can just feel things moving about inside your chest – which is a weird sensation.

"I can see myself having more surgery in the future. I'd like to have Botox in my forehead, liposuction on my legs, and a nose job. My surgeon keeps trying to put me off having Botox and tells me, 'You're too young, you don't need it.' It really is a never-ending cycle: if you have one thing fixed, there is always going to be something else that you want done.

"The problem is that our society is too image-obsessed. I shouldn't compare myself to other women, but I do. It does upset me when I see really skinny girls everywhere, because I'd love to be skinny, but I don't let it get me down. When you read about all the earthquakes, tsunamis and wars going on around the world, you realise that there are far more important things to worry about. I might not like the way I look sometimes, but life could be a lot worse."



Maria Walker, 28, has, since the age of 19, had breast implants, Botox and CO₂ laser treatments. She lives in London and works in restaurant hospitality.

"Now, I couldn't give a damn about what people think of me – but at 19 I cared a lot and knew that a boob job would make me happier."

"I don't think anyone would look at me and think, 'She's definitely had plastic surgery.' Apart from my boobs, Botox and laser treatments, I'm actually quite a natural person. My motto is, 'Everything in moderation.'

"I've always had a great body; the only thing I didn't have was boobs. By the time I turned 19, I thought, 'The sooner I get these sorted out, the better.' What's the point in waiting till you're 50, when it's too late to enjoy them?

"Now, I couldn't give a damn about what people think of me – but at 19 I cared a lot and knew that a boob job would make me feel happier. I spoke to one friend who had just had her breasts done and she said, 'Do it! You'll love them.' My mum had a boob job 15 years ago, so she completely understood, but my dad was much more wary. He said, 'I don't understand you women, wanting to mess around with your bodies. First your mother, and now you.' Eventually he gave in and agreed to help me out with the money.

"When I first visited the surgeon, I said, 'I want to go bigger,' but he convinced me to calm down a bit. He said, 'It's your first serious surgery. Let's play it safe.' We decided to go for a D cup. When I walked out of that consulting room, it felt like the beginning of a new life. A month later, I had the operation.

"Once I'd had my boobs done, I wanted to try Botox too. I had lines on my forehead and around my eyes from too much sunbathing and thought, 'If I can hold on to my youth, then why shouldn't I?' I was dubious about having something injected into my face – but everyone around me was having it done, and they didn't have any problems. Afterwards, my lines disappeared and my face didn't look frozen at all.

"I can understand why people get carried away. Since the Botox, I've also tried CO₂ laser treatment, which takes a few layers of skin off to reduce the appearance of lines.

"I'm happy with my body now, but if I had loads of money I'd have a few things done. I've got a good figure because I eat healthily and work hard in the gym four times a week. If I could have got these boobs through going to the gym, then, believe me, I would have."

Instant implants



Ayham Al-Ayoubi

It's enough to make your eyes water. Imagine having your chest cut open and breast implants fitted while you are awake. This is what increasing numbers of women are doing.

It's cheaper, it avoids the need for a general anaesthetic and you go home an hour or two later.

If it sounds too good to be true, that's because it is. The hype over lunchtime implants is misleading, says surgeon Ayham Al-Ayoubi.

Mr Al-Ayoubi, director of the London Medical and Aesthetic Clinic, explains: 'It is not like having an anaesthetic at the dentist's. We give our patients sedatives as well as the local, because most people would find being in an operating theatre quite scary. They are conscious,

but relaxed and woozy. The advantage is that sedation wears off much more quickly than a general anaesthetic.

'I make it very clear to patients that this operation is not to be taken lightly. There will be pain and discomfort for two to three days and they will need to take it easy for at least a week. It is not suitable for patients who are very nervous.'

Most patients ask to increase by a couple of cup sizes, he says.

'Some patients want their breasts to look as they did before they had children. Some women find that when they diet, a lot of the weight comes off where they don't want it to — on the breasts. Others are unhappy because they have flat breasts in a society where bigger breasts are valued.'

Breast reduction is a bigger operation that he always carries out under general anaesthetic, he says. It costs about £6000.

Victoria's story

The best thing I've ever done

Victoria Buglioni had been thinking about having implants since she was 16, and finally went ahead last year at the age of 25. She told her Harley Street surgeon, Mr Azhar Aslam, that she wanted to go from a 34B to a 34DD. Her operation cost about £4000, paid in three instalments. Victoria, an accounts assistant and part-time model from Enfield, London, explains,

'I really liked the idea of going home the same day, although I had nightmares the week before the op. But on the day I felt relaxed.'

'The only painful part was when they injected the local anaesthetic into my breasts. I was given a couple of sleeping tablets to help me relax when I first arrived at the clinic, but I'm not sure they worked. I was chatting to the surgeon and the nurses all the way through. Although I could feel Mr Aslam's movements as he operated on me, there was no pain.'

'After he'd finished, he tilted the operating table so I was sitting up and showed me the result in a mirror.'

'I said: "Wow!" It was just what I'd wanted. Afterwards, I relaxed on a sofa for about an hour and ate some sandwiches, and then I went home.'

'I felt some pain over the next couple of days, but the painkillers helped and I'd been warned to expect it.'

'The operation was the best thing I've ever done. My clothes look better and I'm more confident and proud of my figure.'



Victoria: before, and after having implants

Lucy's story

It felt like the implant was punched in

Lucy Smith's experience of same-day surgery, also in Harley Street, was very different from Victoria Buglioni's (below, left). Her parents disapproved of the operation and her friends tried to talk her out of it, although her dad accompanied her on the day. Lucy, a 22-year-old shop worker from Essex, admits she has a low pain threshold.

'I was very nervous and shaky when I arrived and they decided I needed sedation,' she said. 'It took the anaesthetist about five attempts to find a vein. When the surgeon started cutting I told him it hurt, and although he kept giving me more local anaesthetic injections, it kept on hurting.'

'It felt like the implant was punched in. The stitching hurt too. Afterwards, I was dizzy, shaking and very cold. The train home was crowded and I had to stand for an hour, which didn't help.'

'My breasts were very painful for several days afterwards. If I could turn the clock back, I'd still have implants, but I'd save up for longer and have it done under general anaesthetic.'

The right bra



Katie Givens

'I see women in ill-fitting bras all the time, particularly in the summer when everything's on show,' says Katie Givens, who runs family lingerie business Pandora's Box in Ormskirk, Lancashire.

'The usual mistake is that the cup size is too small. Many women are wearing a 36C when they really need a 32E or F. The breast is overflowing at the top and underneath. It is not a good look if your outline under your T-shirt shows four boobs or even six. I stop myself from going up to women and telling them to get a bra fitting.'

Julia Mercer, Marks and Spencer's bra expert, agrees. She says nine out of 10 women wear the wrong size. M&S customers are most likely to think they are 34B when they are 36DD.

Katie believes that a good bra reduces backache and improves a woman's posture and confidence. It can make breasts look bigger too. But it is essential to get the right fit and to try a bra every time you buy.

If you are relying on the straps for support the bra is a poor fit, she says. If the bra is sliding up your back, it is a



A well-fitting bra can work wonders

disastrous fit. The band (lower, flat part of the bra) should provide most of the support. Slide your bra straps down. Your bosom should stay supported and if it doesn't your bra is a poor fit.

She emphasises that bras need to be fitted every time. You can't assume that if you are a 38D with one manufacturer, all 38Ds in the shop will fit.

'It costs nothing to be fitted and you could save money as you will wear what you buy and not push it to the back of a drawer. Cheap bras do not provide enough support for big-breasted women.'

For information on how to find a well-fitting bra, visit www.thelessyouwear.com/fitting-room/bra-fitting/bra-a-badly-fitting-bra-looks

Four boobs is not a good look

Denise Dawson, 32



Driving instructor Denise, from Bristol, had liposuction and a tummy tuck

'Although I'd managed to get down to a size 12 from a 14 after having my two kids, I struggled to get my flat tummy back. No amount of sit-ups helped and I felt frumpy, so in March 2005 I decided to have surgery.

'In the UK, liposuction costs around £5,000, but I found a clinic in Brussels that did it for half the price. I didn't think twice about the safety and even signed an agreement saying I wouldn't sue if anything went wrong.

'Unfortunately, when I first saw my tummy the day after the op, I was shocked. It was a mess - swollen like a balloon with dents all over - and I didn't look any thinner. My surgeon told me to wait for the swelling to go down, but it never did.

'For years I was left self-conscious because of my lumpy tummy. I wore baggy tops and loose trousers to hide the lumps and the thought of wearing a swimsuit made me feel sick. My confidence was so low that I couldn't even get undressed in front of my husband Colin (46). He told me I was beautiful, but I knew I needed help.

'I didn't dare risk cheap surgery again, so I went for a consultation on London's Harley Street in February. The surgeon explained I'd need a tummy tuck at a cost of £5,000. I saved up £2,000 and put the rest on my credit card.

'It was worth every penny. The lumps are gone and even my scar's fading. I've gone from 10st to 9st 4lb and have lost tin from my tummy. I never thought I'd feel comfortable in a bikini, but the op's put the spark back in my marriage and Colin can't believe how positive I am now. It's taken a while, but I'm finally beach-ready.'



Denise hated her 'lumpy' tummy

LIPSO & TUMMY TUCK:
£7,500

Caroline Moore, 22

Mum of two Caroline, a hairdresser from Gloucester, shelled out for a boob job to get 32E breasts



Caroline used to be a 32A cup

'As a teenager I waited for my boobs to develop but by the time I was 18, I still only just filled a 32A bra. I used to get asked for ID all the time when I was out and I was convinced

it was because my boyish chest made me look younger.

'When I first met my boyfriend Luke, who's now 34, I worried he wouldn't find me attractive, but he told me I was the sexiest girl he'd ever met. After a year together

fell pregnant - and my body changed dramatically. I went up a dress size and finally got the curves I'd dreamt of. While breast-feeding our daughter Lauren-Ann, now three, my bra size increased to a 32C and I loved it. I had my second baby Elijah just over a year later but when I lost the baby weight, my breasts disappeared. My tiny size As were back - and droopier than ever.

'I booked a breast augmentation operation in February, which cost £3,950 - I paid half and Luke paid half, although I'm paying him back each month from my wages. As soon as I saw my new 32E cups, I couldn't stop smiling. I also

they made me feel - so confident and sexy. I used to want to stay in, but now I enjoy getting dressed up for romantic dinner dates and cocktails with the girls.

'I'd always dreaded having to wear a bikini by the pool or on the beach. Now, for the first time, I can't wait. I went bikini shopping recently and got really excited, although I found it harder to get swimwear in my new size - suddenly I had to choose bikinis with good support and in the right cup size. Surgery isn't for everyone, but it's given me the confidence

BOOB JOB:
£3,950

'My new boobs make me feel confident'





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LINIA TESTIMONIALS

1.

An absolutely cracking team of staff. From my initial consultation through to surgery and aftercare the experience has been amazing. The team at Harley Street were so caring and professional. Husband got very well looked after thought out the time he was looking at Harley St. so much so I think he could have moved in :)

Would have no hesitation in recommending Linia.

2.

After many consultations with various doctors, I was thrilled to find Linia cosmetic surgery. Mr. Aslam was exceptional in making me feel at ease, his extensive knowledge in the practice was hugely reassuring and the entire team, Sobia especially, made me feel very comfortable with the experience.

Ever since I had my breast augmentation my confidence has soared. I have been able to go clothes shopping, feel proud of my appearance and wear tops and dresses that I would never usually buy.

It all thanks to the wonderful service provided by Linia, I can't thank you enough.

3.

Very good all around. Caring sensitive and most of all they take the time to listen and reassure me. Mr. Aslam is very kind and knowledgeable regarding his advice.

I would recommend Linia to my friends or family. Whenever I visit I am always made to feel very welcome.

4.

Mr. Aslam is a real kind doctor shown sincere support towards me. The hospital looks outstanding and all people I have met so far through Linia under its new management have been very kind and professional. A+ Keep up the Great Work!



LINIA

Cosmetic Surgery

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