

An Uplifting Guide to Stop Boob Sag!



As we get older and our age heads north, other things head south. Bums get bigger and flabbier, our muffin top tends to start spilling over our jeans and, a real problem for women, boobs begin to sag. No matter where you end up in the cleavage spectrum, be it the slender bee-stings of a Kiera Knightley or the voluptuous, round mammaries of a Kim Kardashian, in the end only cosmetic surgery or the world's best Wonderbra can stop the slide.

Or is that the case? If you can afford it, silicone supplements to boost your bust can be an answer but if not, there are more fun, and possibly a bit extreme (if less effective) ways for ladies out there to ensure nipples are staring in front rather than at the floor.

1. Tie balloons to your boobs

Balloons on your balloons? It sounds weird but still possible; a simple 'string on the nipple' method with a balloon on each end. Upsides are that this method will certainly keep you perky. but downsides include having two balloons sticking out from your shirt looks ridiculous and if you use helium balloons, there's the possibility you could end up with a charge of public indecency

(not to mention rope burns on your areolas).

2. Boob push ups

A while back a woman became an internet sensation when she made her boobs dance, so why not have them perform push ups? Sure it might take a lot of squeezing and flexing but if achieved, it could start a new exercise sensation.

3. Hire a man (or woman)!

This is a more effective and intimate solution, but still an idea. Hiring someone might seem like a possibility open to those who are well-to-do and can afford to have a servant for such a menial task, but in reality it's a job which, if available, would certainly do something to reduce the unemployment rate, particularly among the male and lesbian population!

4. A boob shelf

A simple bit of carpentry might be the answer to the prayers of the boobylicious. A 2x4 hung around the neck by a string makes for a good sagging deterrent and, if necessary, somewhere to hang your cereal when eating breakfast! Beware of splinters!

5. Insomnia

Certainly an extreme idea, but since boobs flop around when women sleep, no position is a plus when trying to stop this. Plus it's a good way of stopping them from falling into your armpits when sleeping on your back.

6. Wear a bra – always

Yes, the thing which is supposed to keep your breasts in place is probably the best idea, only all the time. It's widely known among women that their best feeling of the day is when they can finally unhook their 'over shoulder boulder holder' and let the 'girls' roam free, but doing so contributes to sagging. Find a comfortable bra and keeping it on is a plus.

7. Avoid bouncy exercise.

Keeping fit is a must for most people today, but if you have boobs it just might be dangerous. All that bouncing up and down while performing activities like running, getting on a trampoline, or jumping in any way not only might damage a few ligaments, it might also cause damage in other places. Injuries include (if you're particularly stacked) black eyes, nipple chafing and bruising passers-by if they get too close!

8. Keep your hands above your head at all times

Certainly this idea will make your cleavage and boobs look a lot perkier, especially in a low cut top, and give your arms a much needed workout. A good deodorant is a must when trying out this method!

9. Massage your boobs with a feather

Our last method is probably our most bonkers. Indeed there's no scientific proof that this will actually make your boobs perkier, but some sites say that they will get bigger. They'll certainly be more ticklish, which is why it should probably be confined to the bedroom with your partner