

Boost Your Bust Without a Boob Job

Posted Wednesday, August 14, 2013 by Anna Jimenez, Senior Interactive Editor



For those don't want to commit to [breast augmentation](#), but still want a nice-looking, lifted and perky chest, there are some options to enhance your breasts without [implants](#). We've rounded them up so you can attempt to boost your bust without bandages.

The Fat Grafting Way

Your unwanted fat in your [thighs](#) or [butt](#) could become liquid gold for your breasts. "The most popular noninvasive way to increase the size of the breasts in a 'nonsurgical' manner would be with the [transfer of fat](#) from one area of the body (via [liposuction](#) techniques) into the breasts," says Morristown, NJ, plastic surgeon Brian S. Glatt, MD. "This is still somewhat controversial and is best used in selected type of patients. It can also provide only a modest increase in size and not a dramatic one," he says.