

## For a chest to treasure

### Best supporting cast



Elizabeth Hurley takes the plunge



Halle Berry delivers an uplifting performance



Beyoncé Knowles shows off her perfect décolletage



● **Clarins Bust Beauty Gel, £32.50**  
Massage over the skin from below the bust to the chin, using upward movements. As the gel dries it has a firming and toning effect so is best used in the morning.

Team with **Bust Beauty Lotion, £28.50** Use this at night for a complete anti-ageing regime for your bust.



● **RéVive Fermitif Neck Renewal Cream, £85**  
Contains regenerating rose extract. Available from SpaceNK, tel: 020-8740 2085.



● **Mary Cohr New Youth Bust Care, £28** Tel: 0808-100 3102.



● **Phytomer SeaTonic Toning Bust Gel, £24.75** Tel: 0808-100 2204.



● **Gatineau Reactiv'R Bust Firming Emulsion, £25.75** Tel: 0800-731 5805.



● **Eve Lom Crème Universelle, £25** Eve's original massage crème and an important part of her must-have facial, which also incorporates décolletage and back massage. From Space NK, tel: 020-8740 2085.



● **Estée Lauder Body Performance Toning Bust Serum, £32** Instantly tightens the skin on your chest as it dries. Also features anti-ageing ingredients for more long-term results.



● **Dior Bikini Top Spray Bust Firming Essence, £36** Tightens skin, lifts the bust and moisturises, all with a beautiful ylang ylang scent.



● **Decleor Perfect Bust Toning Mousse, £29.50** Contains a toning African fruit extract. Tel: 020-7313 8780.

## Breast advice

In Britain we pay scant attention to beautifying our breasts, but as your chest is among the first to show the effects of age and sun damage, a few simple steps will help keep it as firm as possible.

- Never sunbathe topless without an SPF15 or above.
- Cut out yo-yo dieting - gaining and losing weight puts strain on the skin of your bust, causing it to lose elasticity.
- Always wear an exercise bra when doing any high-impact workout.
- Target the area from your neck to your nipples during your usual face and bodycare regime. Apply body lotions, anti-ageing face creams and sunscreen to this sensitive area.
- Invest in an anti-ageing product specifically for the bust area. While your pectoral muscles lie beneath your chest, the breasts themselves are only supported by the skin that stretches from your neck to your nipples, so it makes sense to keep this area in tip-top condition.