

COSMOPOLITAN

Body Love

* JUST THE SIMPLE, HEALTHY ADVICE THAT'S GOOD FOR YOU IN EVERY WAY *

These celebs
all embrace
their naturally
petite bodies.

COSMO'S *Say*
NO to
FAT TALK

*Mila
Kunis*

*Jessica
Marais*

*Lily
Aldridge*

*Kate
Bosworth*

*Kristen
Stewart*

THE A-CUP REVOLUTION

You know your all-natural, petite bust
is sexy – and now science proves it...

GETTY IMAGES

T

he days of feeling cup-inadequacy are fading as more women are embracing their

small bust size instead of hiding under bra padding ... or getting boob jobs. In the US, the number of breast-augmentation surgeries has dropped 17 per cent over the past few years and in Australia a similar trend is being reported. Dr Kouros Tavakoli, a Sydney plastic surgeon who specialises in breast augmentation, says women are becoming more conscious of looking natural and having breasts that are “in proportion” to their bodies. “Women are concerned with looking fake, so there’s a trend towards more conservative sizes,” says Dr Tavakoli.

Owners of lingerie stores specialising in A-cups also say they’ve seen a boost in sales. “Not as many women are asking for padded bras,” says Ellen Shing, owner of Lula Lu, an online lingerie boutique catering to petite cup sizes. “They want to look like themselves.” And now science is backing up what these ladies have known all along: small boobs rock. Read, smile and never entertain the idea of getting fake ones again.

YOU FEEL MORE PLEASURE

An Austrian study found that bigger breasts are sometimes less sensitive than smaller ones. “Larger breasts have more fatty tissue



Remember: Don't sweat the small stuff!

than glandular tissue, which is the most sensitive part,” says sexologist Dr Rachael Ross. “With smaller breasts, the glands are easier to stimulate during foreplay because they’re not underneath a fatty layer.” (Note: well-endowed women can feel the love, too – they just need a stronger touch.) And since smaller boobs weigh less, they can handle more movement. Have your guy cup your breasts and gently bounce them for even more stimulation.

THEY KEEP YOU HEALTHY

Having a smaller set does your body good in other ways, too. “In self-exams, it’s easier to detect a lump in the back of smaller breasts, since there are fewer layers to feel through,” says oncologist Dr Marisa Weiss, president and founder of breastcancer.org. And while sporting petite twins could save your life, it can also save your neck. Larger boobs are heavier, which puts pressure on the body.

“It alters a woman’s posture so her neck is strained and she’s more likely to have headaches,” says Dr Weiss.

LOOK YOUNGER FOR LONGER

Men are hardwired to notice bigger breasts (shocker), but it’s not for the reason you think. Back in caveman days, men had to have a way to tell a woman’s age. “They had to look at physical signs,” says evolutionary psychologist Satoshi Kanazawa. The giveaway: her mammary glands. “Larger breasts sag over time, so it was an indicator that a woman was older,” says Kanazawa. “It’s more difficult to assess a woman’s age if she has smaller breasts.” Since your perennially perky girls are less affected by gravity, they’ll stay sexy for a lot longer.

Finding your ideal bra

Use these style tips to flaunt what you’ve got – no heaving bosom required...

- **TRY A DEMI-CUP** Smaller breasts are typically larger on the bottom than up top, so this low-scooping bra style gives just the right amount of support where you need it most.
- **GO TIGHTER** Did you know that 80 per cent of your bra is held in place by the band (not the shoulder straps)? So it should be a snug fit. A good rule of thumb: you should be able to fit only two fingers between the band and your skin.

- **EYEBALL THE UNDERWIRE** If you’re not filling out your bra, double-check that the underwire is framing your boobs, not cutting them off. Otherwise, you may need to go up a cup size for a wider cup.
- **CHECK OUT YOUR PROFILE** Standing in front of a mirror, turn to the side and raise your arms above your head. If the back of the band moves up, it’s too big for you. The band should be even all the way around your torso. **Mina Azodi** □

PS ... A whopping 44 per cent of Aussies aged 16 to 29 say it's OK to email or text someone in the same room.*