

# marie claire

## THE FASHION ISSUE

SPRING'S NEW STYLE SECRETS – BE THE FIRST TO KNOW

**PLASTIC SURGERY**  
Argentina: Where Women Stop At Nothing For Perfection

**LOVE**  
The Science Of Finding The One

**CRIME REPORT**  
Women Who Do The Unthinkable

**SECRET SEX LIVES**  
'I Was A Prostitute Now I'm A Teacher'

FREE BEAUTY TREATMENT FOR EVERY READER

## The Reinvention Of Nicole Richie

## Extreme Beauty

### THE NATURAL-LOOK BOOB JOB

She had to wait five years but Anna Westerwald got the breasts she wanted, thanks to a new procedure

EVER SINCE I WAS A TEENAGER, I've envied my friends' breasts because they were all much bigger than mine. I felt really self-conscious. I was an A-cup and dreamed that, one day, my breasts would grow to fill out a C-cup but, of course, they never did.

I'm German and my hometown of Munich hosts the annual Oktoberfest beer festival, where all the women wear traditional Bavarian outfits. It's a really big deal and even the girls with large breasts wear push-ups for the occasion. Every year I'd wear the costume but just feel awkward and excluded without the cleavage to fill it. Intimate moments with men could be really embarrassing, too, as I felt so insecure about the size of my breasts.

As I got older it became a private nightmare that preyed on my mind more and more. I tried everything from special bust-enhancing exercises and swimming breaststroke to putting on 5kg, but I just ended up heavy and miserable. Surgery began to feel like the only option, although it took me five years to find a surgeon I was comfortable with. I probably saw about ten of them, but Dr Kremer was the first one who seemed to really understand what I wanted. Thanks to a new procedure called the split pectoral technique, which creates a teardrop effect, he was able to promise me natural-looking results instead of the usual tennis-ball effect.

'This was never about getting huge breasts'

I was training to be a doctor at the time and kept my quest secret. I didn't want people to make assumptions about me but I knew it was the only thing that would change my life. My mother didn't really understand why I would pay for such an operation, but this was never about getting huge breasts. I just wanted a natural-looking, pert bust to feel more feminine.

I took two weeks off work and kept the whole thing very quiet. On the day of the operation my mum took me to the hospital, and the nerves really kicked in. Surgery took 90 minutes and when I woke up from the anaesthetic my breasts were swollen and painful and my upper torso was wrapped in bandages. It was a strange feeling. The following day the bandages came off and I had to wear a special sports bra. I felt bruised and sensitive but after a few days the pain had eased off and I could begin to get a sense of the new me. It was



hugely liberating. I felt so much more confident, not just about my body but about everything. Buying clothes was no longer an ordeal. More importantly, I was much more relaxed with men. I felt sexier and no longer dreaded the idea of taking my clothes off in front of them. And now I can look forward to enjoying Oktoberfest. ■



### How it works

**WHAT** Cosmetic plastic surgeon Dr Dirk Kremer uses the split pectoral technique when performing breast augmentation. Instead of placing the implant below or above the muscle, he splits the muscle and inserts the implant between the folds.

**HOW** An incision is made in the pectoral muscle, just wide enough to cover the top part of the silicone implant, with the bottom part resting on top of the muscle.

**RESULTS** As the top part of the implant is compressed by the muscle, pressure is

put on the bottom half of the implant, making it rounder and a more natural 'teardrop' shape.

**AFTER** A sports bra should be worn for up to six weeks to aid recovery and you can't drive for four days after surgery. However, the muscle is unaffected and will be as strong as it was prior to the operation.

**COST** About £4,900. **Contact** Dr Dirk Kremer, 111 Harley Street Cosmetic Surgery Centre, London W1. **Visit** 111harleystreet.com or call 0845 222 5111.