HEALTHY TIPS

Saggy Breasts? These Natural Remedies Can Help You Make Them Firm Again

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If you are a woman, you probably also want to have beautifully shaped breasts throughout your whole life; however, this is not always the case.

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Namely, due to the normal process of aging and other contributing factors, the breasts may begin to sag due to losing their elasticity and suppleness.

Breast sagginess usually begins at the age of 40 or so, but it can happen earlier too. Some of the other major contributing factors are pregnancy, menopause, breastfeeding, fast weight loss or gain, excessive exercise, nutritional deficiencies, and wearing unfit bras.

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This is why in today's article we will present beneficial natural ways to fight off breast sagginess and make the breasts firmer and perkier. Continue reading our article to learn more.

Why Are the Breasts Prone to Sagging?

Did you know that your breasts do not have muscles? They are made from connective tissues, fat, and mil-producing glands. Therefore, they need to be properly taken care of in order to maintain a good shape.

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Nowadays, we see a lot of different commercial lotions and creams designed to help tone the breasts. But, a lot of these products contain chemicals. This being said, if you do not want to expose yourself to toxins, you can turn to natural remedies.

Check them out in the list below.

5 Best Natural Ways to Have Firmer Breasts

- **Regular workout**

Women with saggy breasts can benefit a lot from regular physical activity. Focus on implementing exercises which target the breast tissues and pectoral muscles in the chest area. Some of these exercises include dumbbell flyes, round-about pushups, arm raises, chest pulls and presses, etc.

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- **Olive oil massage**

Believe it or not, massaging the breasts with quality olive oil is an amazing way to fight off breast sagginess. This is because olive oil is abundant in antioxidants and fatty acids which can stop the damage caused by free radicals and avert sagginess. Moreover, it will better the skin's texture and tone. How to perform the massage? Drop several drops of the oil onto your hands and rub them to produce heat. Now, rub your breasts with the hands gently for 10 to 15 minutes. This will boost the

blood flow and repair the cells. For optimal results, repeat the massage 4 to 5 times per week. If you do not have olive oil, do not worry- you can also use avocado, almond or jojoba oil!

- **Egg white**

Due to having nourishing and astringent characteristics, egg white will help you reduce the loose skin around the breasts. To prepare the remedy, beat an egg white to make it foamy. Then, apply the foam onto the breasts and leave it for half an hour. Next, rinse it off with cucumber or onion juice and then with cold water. Repeat the treatment once per week for best results.

- **Aloe vera**

Without doubt, aloe vera's natural skin-tightening characteristics can help you reduce saggy breasts. Thanks to the antioxidants in it, it will avert free radical damage and make your breasts firmer. Apply fresh aloe vera gel onto the breasts and massage them in circular motion for 10 minutes. Then, rinse them off with lukewarm water. For optimal results, repeat the aloe vera massage four to five times per week.

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- **Shea butter**

This is one of the most amazing methods to tighten the breasts. Abundant in vitamin E, shea butter will make your breasts firmer and avert free radical damage. Apply some shea butter onto the breasts and massage them in an upward direction for 10 minutes. Then, wait for 10 minutes before you rinse them off with lukewarm water. To ensure optimal results, repeat the treatment three to four times per week.

Sources:

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