

## *How to Create Cleavage*

To create the illusion on cleavage you will need to have some real tissue on the chest you can push upward/inwards first.

Do this little test: In front of a mirror - put both hands on your pecs (either side of the nipples) and try pushing your pecs together. If you can get a cleavage shape doing or the shape of the top of a bust by doing this it may be possible for you to achieve *some* cleavage.

If you cant do this (or even a small rise in the chest - like the top of a bust) you will **NOT** be able to get a cleavage.

Once this is known you can do the same to hold your chest tissue in place by using either:

- Chest Tape
- Body Shape Tape
- Or both.

How to do it:

1. Using chest tape or body shape tape you can pull the chest tissue together to get the desired cleavage.
  - a. If going braless you will need to use Body Shape Tape – as double sided tapes are deigned to stick to this.
2. Either:
  - a. Once your bust tissue has be set in place you will need to put your bra on and place your breastforms in the bra so the top of the bra and forms meet the shape of the new cleavage line. The bra should complete cover all of the tape and breastforms.
  - b. If going braless and once your bust tissue has be set in place you will need to place your breastforms so that they meet the shape of the new cleavage line. Attaching to the chest with double sided tapes. You can stick over the Body Shape Tape – but no chest tapes.

You may need to try this a few times to get the look you desire – however it is worth pursuing if it is possible.

**Note:** some people may never be able to achieve cleavage of any type. If this is the case then a good alternative is to go braless and wear close fitting(tight) tops, which give a the fantastic appearance of real breasts under your tops.