



No Surgery | Medication | Injection Required

Achieve Beautifully Contoured Breasts with doctē



**Flat Chest** (With Plump Lower Body)  
Problem arises as a result of estradiol hormone flowing to the lower part of the body. Over time, the fatty micro-particles in the blood plasma tends to settle in the lower body (hips & legs), causing a flat chested with plump lower body appearance.

Diet Tip : Avoid food that is salty, spicy or smoked.

**Saggy & Flabby Breasts** (Loss of Elasticity)  
Caused by aging, lack of exercise, poor diet or excessive rapid weight loss, leading to endocrine disorders, resulting in saggy and flabby breasts.

Diet Tip : Consume fresh fruits, vegetables, fresh milk, soya product, mushrooms and almonds regularly.

**Post-Natal Breasts Atrophy**  
Caused by injection of post-weaning agents which suppresses hormone stimulation leading to lack of nutrients in the blood plasma resulting in shrinking of breasts similar to menopausal symptoms.

Diet Tip : Consume high protein products i.e. milk and cheese.

**Post-Natal Drooping and Saggy Breasts**  
Due to increase in weight and size during pregnancy, the pectoral ligament loses its elasticity, which leads to drooping and saggy breasts after child-birth.

Diet Tip : Consume good amount of protein, fresh fruits and vegetables.

Consult our Therapist for a programme specially tailored to your needs.

Innovative Technology  
**Palmitoyl Oligopeptide**  
**Docte Firming Bust Emulsion**

**Firms, strengthens elasticity, smoothen wrinkles, increases oxygenation to cells**

Docte Firming Bust Emulsion combines modern technology with all-natural botanical extracts: bran, soy protein, lecithin and **Palmitoyl Oligopeptide**, a plant derived peptide which boosts collagen production and increases elasticity of skin, repairs damage caused by UV rays resulting in younger, smoother, firmer and fuller breasts.



5 visible improvements :

- enhanced breast contours
- firm and more lifted breasts
- smoother texture
- wrinkle-free
- improved elasticity



Survey shows Palmitoyl Oligopeptide is able to reduce surface roughness by 17%, lightens wrinkles by 23-39% and increase skin thickness by 4%.

**Say NO to Invasive & Dangerous Surgery**

Many women who aspire to have beautiful and firm breasts and are willing to spend large amounts of money and take high risks to enhance their breasts through invasive methods such as breasts implants and Botox.

Over the years, women who have undergone these surgeries have experienced side effects such as numbness and loss of sensation.

Why subject yourself to such risks?

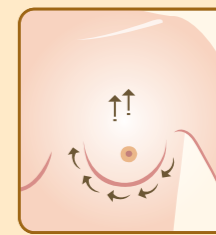
**Know your Breasts**

The size of your breasts are determined by genetics either passed down by your mother or father, hence even twins will have different sized breasts if each takes after a different parent's genes.

The growth of each breast is determined by the amount of fat cells in the breast. In adults, the number of fat cells are fixed, thus it is not possible to increase the number of cells, but possible to enhance the size of each fat cell.



Professional consultation and a planned programme is highly recommended in order to achieve Beautiful, Contoured and Lifted Breasts.



**Basic Home-Care Technique**

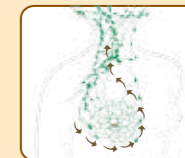
How To Use

Apply a small amount of Docte Firming Bust Emulsion to each breast and massage inwards from armpit in circular movements, continue upwards towards neck and behind each ear until emulsion is fully absorbed. This easy 5-min home massage will help firm breasts and prevent sagginess, it aids smoothening of skin from breasts to neck .

**Docte Synergy Bust Treatment**



Docte's Robust Synergy Massage is specially developed in Italy. It gently stimulates the sensory nerves to coordinate with one's autonomic nervous system helping to achieve fuller and firmer breasts safely and naturally. With its various massage techniques, it enhances drainage and secretion of hormones, stimulates fat cells and improves elasticity.



Many women are faced with problems such as "big bottoms" resulting of fatty particles settling in the lower half of the body. With Docte's Robust Synergy Massage which works synergistically with the women's menstrual cycle, estradiol is directed to the breasts and fat cells are stimulated to absorb the fatty particles in the blood plasma giving one fuller and firmer breasts naturally, safely and effectively.