

QUEST FOR A BOOTYLICIOUS BOD

Many women are considering plastic surgery to imitate the voluptuous figures of the famous, and not so famous, well-endowed women they envy. KRAZE is giving you the scoop on the benefits and risks of butt enhancement surgery.

BY KRYSTLE RUSSIN

Do the flat butt blues have you down? Or maybe you just need a little extra lift to officially make your derriere a member of the banging bottoms club; who's long-standing, and newly inducted, members include Serena Williams, Jennifer Lopez, Jessica Biel, Kim Kardashian and Nicki Minaj. From Sir Mix-A-Lot's *Baby Got Back* to EU's *Da Butt*, there's been a long standing fascination with bodacious bottoms. Lately, the trend has shifted to an all out obsession for the perfectly shaped, well-enhanced butt.

Nicki Minaj's *Your Love* video begins with the reigning hip hop queen surrounded by red ribbon, bottomless, her voice slightly tweaked by Autotune. Her career boasts of great production, smart lyrics and a star-making feud with Lil Kim, but Minaj's aesthetic is what truly catapulted her into the spotlight...and trying to imitate her look is sending women to the plastic surgeon's office as they seek her voluptuous figure through buttocks enhancement.

Jasmine*, age 25 from Pasadena, California, compared her body to others while growing up in the Mexican-American community. "I never had a big butt. I didn't have any boobs. Latinas are supposed to be curvy. I wanted to be just a little fuller down there. I wanted to feel better about myself." She visited Beverly Hills plastic

surgeon Dr. Ashkan Ghavami, a buttocks enhancement specialist known for his appearances on *The Tyra Banks Show*, *Fox News* and *Extra*, undergoing breast enhancement in June 2010, followed by a Brazilian butt lift one month later.

Like Minaj, reality TV star Kim Kardashian turned her unknown curvaceous body into a legitimate entertainment empire. Kardashian unknowingly created a new boom in cosmetic surgery as more women saw that her curves drove men and advertisers crazy. It was Kardashian's famous physique that Jasmine referenced at her first consultation. Dr. Ghavami, her physician, said patients reference *Playboy* and *King* with phrases like "I want it this big, or I don't want it this big." "It's more useful to bring me pictures of what they want. This is a very technical, artistic procedure. You have to know exactly where to put the fat. I have people who are two to three years out [post-surgery]. They've even lost weight and their buttocks are still there. [Normally] 50 to 70 percent of the fat lives long term, I've seen 89 percent."

The surgery is so high in demand that women travel from around the world just to have it done. "I've had women from Dubai, London, Canada, Mexico, and of course, all over the USA. The majority of women are Latina and African American, but you have a subset of White and

Mid-Eastern women and their own taste. It's not something a lot of people do or have expertise in. The beauty of it is when you sculpt it in the right way. You can really customize it," Dr. Ghavami added.

"The ideal patient is slightly overweight and has the fat to spare. If someone is too skinny they are asked to actually gain weight!" explained Miami butt lift specialist Dr. Constantino Mendieta. He also echoed warnings of other enhancement procedures, which carry many risks, including "leaking, body reactions, implant shifting, seroma and capsular contractures. There have also been cases where patients have been illegally injected with silicone. Problems seen with these illegal injections will come 5 to 10 years later with leaking, body rejection, chronic infections, hardening of the silicone and skin discoloration. There have [also] been cases where the patient has died from illegal silicone injections."

Dr. Mendieta's patient, 22-year old Latin singer Falom, had to gain weight from 117 pounds, on her five foot-five frame, to just under 140 pounds. She had to keep the weight on for six months to ensure her newly received fat would stay, as well as gently exercise her lower body to increase blood flow.

Women have different expectations varying by race, age and career; though each physician said the same names are dropped: Jennifer Lopez, Nicki Minaj, Kim Kardashian, Jessica Beal and Serena Williams. Atlanta plastic surgeon Dr. Nathaniel Johnson, who frequently works with "natural result" ethnic procedures, said "Beauty of the derriere is in the eye of the beholder. My clients of Asian descent tend to like a small, however perkier, look with some posterior projection. However, my Hispanic clients vary more but they tend to like the small waist and full buttocks. I get a lot of J. Lo pictures from them. My

Caucasian clients tend to like the curvier look, and athletic-tight buttocks. They do not like a lot of posterior projection, especially the older middle aged clients; however, the younger ones like more buttocks – Jessica Beal and Kim Kardashian are at the top of the list."

"The African American community has the most variety," Dr. Johnson said. "The corporate clients love the curvy, perky, athletic look and bring in pictures of Jessica Beal, J. Lo and Kim Kardashian; however, some of them like more voluptuous, curvier figures like Nicki Minaj. There is also a difference in the West Coast, which tends to like a smaller, tighter, athletic shape, versus the South, which tends to like the larger fuller buttock. As you can see, America is full of beautiful buttocks of all shapes and sizes. This diversity is wonderful."

The surgery healing process includes an undergarment that will need to be worn for a few weeks. "I do not recommend heavy exercises for a few weeks; however, mild cardio makes the healing process better. The patient is usually pain free in the area where the fat was placed within a day or two; however, the area where the liposuction was taken will be tender a little longer," Dr. Johnson said.

Now up one jean size to a 28, Jasmine said, "Everything is proportioned better." Seeing her results, her sister and two friends also had the procedure with Dr. Ghavami.

Falom is also happy with her results, but the true test came recently when she saw the actual Kim Kardashian on a flight to Miami and thought her own posterior looked better. "He [Dr. Ghavami] gave me the image I wanted. Now I can wear anything I want. He gave me a small waist and a bigger booty."

If a girl can look as good as the real deal, it is definitely plastic surgery done well.

*Name has been changed.

LOOKING FOR OTHER OPTIONS?

BUTT ENHANCERS

For a cheap, quick and easy solution to your butt blues try enhancers; no surgery, creams, pills or exercise required. Enhancers safely provide immediate shaping, lifting and enlarging for your derriere. Currently, the market is saturated with options, from padded panties to butt lifters, booty pads and 'Butt Bras'. From a subtle lift to a banging bottom there are a plethora of options available to choose from both online and in select retailers. The products will go unnoticed under most clothing and you can even try varying looks for different occasions.

Ideal Candidate

Butt enhancers are ideal for individuals seeking immediate, non-surgical gratification. For those who are considering surgery as an option, enhancers can be a great opportunity to get comfortable with your altered appearance and see which look suits you best.

Looking To Purchase Butt Enhancers?

SITES TO TRY: WWW.FEELFOXY.COM WWW.LOVEMYBUBBLES.COM WWW.SILICONEBODY.COM

LOOKING FOR OTHER OPTIONS?

EXERCISE

This is a great no cost, no surgery solution for those with the determination and patience to work for the results. Tightening and toning your gluteus maximus will lift and shape the area, altering the appearance of a saggy, flat butt. For those who already workout regularly, adding a few exercises to your existing routine should do the trick. For others, starting a fitness routine, after a talk with your physician, will not only assist with your rear-end; it will also benefit your overall health...a win-win situation. Also, you'll have the benefit of knowing the results are 100 percent au naturel.

Ideal Candidate

Those low on cash, but high on determination may find this to be the perfect solution. The ideal candidate is willing to work and isn't looking for immediate results nor extreme appearance changes. In order to achieve results you will have to be consistent with your workouts.

Need Some Exercise Ideas?

Try these: Squats Lunges Deadlifts Plies Hip Extensions

*For additional exercises and proper form consult a fitness professional before trying any of the listed exercises

