

A NIGERIAN WOMAN'S STORY

STILL WANTED

The Nigerian Woman's Guide to
Firm, Confident Breasts, Naturally

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"I refused to let it define me."

AMAKA O.

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The Nigerian Woman's Guide to Firm, Confident Breasts, Naturally

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INTRODUCTION

I saw a post online from a girl who wasn't even up to twenty five. She wrote that she'd heard breasts sag from aging and breastfeeding, that she was young and had never had a baby, and that she was already terrified of what her body would become. She asked strangers on the internet to tell her honestly if saggy breasts were a turn off.

I read that, and something in me cracked a little.

Because if a twenty year old with no children is already afraid, what about the rest of us? What about the women who have carried two, three, four children? Who have breastfed through sleepless nights and stood in front of a mirror not recognizing what looks back?

I am not going to pretend this is a small thing. In our world, a woman's body gets watched, discussed, and measured against other women constantly, at church, at owambes, in the quiet comments from a mother in law. But the loudest criticism is never the one that comes from someone else. It's the one you give yourself at eleven at night, alone with your reflection.

When your body changes and you don't know how to respond, it doesn't stay in the mirror. It follows you into the bedroom. You start turning off the lights before undressing. You avoid your husband's hands because you're afraid of what he'll notice. You shrink into oversized clothes and start to feel like you've "finished" as a woman, even though you're nowhere near finished with your life.

I breastfed two children. I stood in that same spot in front of that same mirror and felt that same cold fear. But I didn't wait for a miracle. I went looking for real answers, the kind that don't need a foreign accent or a \$200 jar to work.

By the time you finish this guide, you will know exactly what is happening to your body and why, and you'll have a specific, repeatable routine you can start tonight: a massage technique, a balm you make yourself for under two thousand naira, a bra check that takes five minutes, and a short list of exercises that need no gym membership. Nothing here is vague. Everything here is something you can do today.

I am not a doctor. I am a Nigerian mother who went looking for answers because I refused to spend the next thirty years hiding from my own reflection. What I found is not a miracle. It's simpler than that, and it works because it's consistent, not because it's magic. I'll tell you exactly what I did, in the order I did it, so you can do it too.

Here's how this guide is laid out. Chapter One explains what's actually happening inside your body when breasts change shape, so you understand what you're working with instead of guessing. Chapter Two teaches the Upward Dermal-Lift Sequence, the massage method that changed how my skin felt within weeks. Chapter Three gives you the balm recipe, exact measurements, from your kitchen. Chapter Four fixes something almost nobody checks: your bra size. Chapter Five gives you

five exercises that need no equipment. Chapter Six covers food. Chapter Seven is the list of mistakes that quietly undo everyone's progress, so you don't fall into them.

Let's start with the truth about what's actually going on in there.

CHAPTER ONE

WHAT'S ACTUALLY HAPPENING TO YOUR BODY

The honest, unrushed truth about ligaments, skin, and change.

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WHAT'S ACTUALLY HAPPENING TO YOUR BODY

I'm going to tell you something most guides won't. It'll sound like bad news at first, but stay with me, because understanding it is what makes everything else in this book actually work.

The Ligaments Nobody Told You About

Inside your breast, there's a network of fibrous tissue called Cooper's ligaments. Think of them as an internal support structure, like the inner wiring inside a piece of upholstered furniture that holds its shape. These ligaments run from your collarbone down through the breast tissue to the skin, and they're what keeps everything sitting up and forward instead of settling down under its own weight.

Here's the part nobody wants to say out loud: once these ligaments stretch, whether from pregnancy, breastfeeding, weight changes, or simply years of gravity, they don't spring back on their own. They're not like a muscle you can train back into shape. Once stretched, they stay stretched, the same way a hair tie loses its bounce after you've pulled it too many times.

I know that's not the exciting opening line you expected from a guide like this. But I promised you honesty, not a miracle, and I'm not going to start by lying to you.

The single most important thing to understand: no cream, oil, or massage can repair a stretched ligament. Anyone who tells you otherwise is selling you a fantasy.

So What Can Actually Change

Here's the good news, and it's real. Ligaments are only one part of the picture. Two other things determine how your breasts look and feel, and both of them respond to what you do.

The first is your skin. Skin is elastic tissue full of collagen and elastin fibers. Skin that's well hydrated, well nourished, and cared for consistently holds its shape better and looks firmer than skin that's dry, thin, and neglected. This is something you can influence daily, and it's most of what Chapter Three is built around.

The second is the muscle underneath. Your breasts sit on top of your pectoral muscles, the pecs. Building strength and tone in that muscle group doesn't change your breast tissue itself, but it lifts the entire structure from beneath, the same way a firmer mattress base changes how everything on top of it sits. A stronger, more toned chest wall gives you a visibly more lifted, fuller silhouette, and better posture besides. This is what Chapter Five is built around.

What This Guide Will Actually Do For You

I want to set your expectations honestly, because I'd rather under-promise and have you thrilled with your results than have you disappointed three weeks in. This guide will help you:

- ◆ Improve the firmness, texture, and elasticity of your skin
- ◆ Strengthen the muscle beneath your breasts for a more lifted appearance
- ◆ Fix a wardrobe mistake that's actively working against you
- ◆ Build a five-minute daily habit that most women never start
- ◆ Feel like yourself again, in the mirror and in the bedroom

This guide will not reverse pregnancy, undo years of stretching, or give you the exact shape you had at nineteen. Nobody can promise you that honestly, and I refuse to be one more voice lying to Nigerian women for a sale.

What I can promise is this: consistent effort with the right technique changes how your skin feels, how your chest sits, and most importantly, how you feel about yourself when the lights are on. That's not nothing. For a lot of us, that's everything.

YOUR ACTION PLAN

1. Take one honest photo of yourself today, in good lighting, for your own eyes only. This is your starting point, not for comparison to anyone else.
2. Write down, in one sentence, what “firm and confident” actually means to you. Not a magazine cover. Your own definition.
3. Read Chapters Two and Three before you start anything, so you understand the full routine before committing to it.
4. Decide now which time of day you'll realistically do this. Morning after your shower, or night before bed. Pick one and commit.

CHAPTER TWO

THE UPWARD DERMAL-LIFT SEQUENCE

The exact massage method, step by step.

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THE UPWARD DERMAL-LIFT SEQUENCE

My aunt is the one who taught me this. Not a spa, not a magazine, not an influencer. A woman who has run a market stall for thirty years and has never once bought an imported cream in her life.

She told me something simple that changed how I thought about all of this: it's not just what you put on your skin, it's how you put it on. Most women rub lotion onto their chest the same absent-minded way they moisturize their elbows. That's a wasted opportunity. There's a specific method that works with your body instead of against it, and I call it the Upward Dermal-Lift Sequence.

Why Direction and Pressure Matter

Gravity pulls everything down, all day, every day. If you're massaging your skin downward, or in random circular motions with no direction, you're not doing anything to counter that pull. You might even be making it worse over time.

The Upward Dermal-Lift Sequence works in one consistent direction: from the base of the breast upward toward the collarbone. This does two things. It encourages blood flow toward the skin's surface, which helps deliver nutrients to skin cells and supports the skin's own repair processes. And it works with the natural drainage pathways of your lymphatic system, which sits just under the skin and helps clear fluid buildup that can make tissue look puffy or tired.

Pro tip: warm your oil or balm between your palms for ten seconds before you apply it. Cold product on cold skin does very little. Warm product glides, absorbs faster, and feels like an actual ritual instead of a chore.

The Sequence, Step by Step

Do this once a day, ideally after a shower when your pores are slightly open and your skin is clean. It takes about eight minutes for both sides.

Step One: Warm and Apply

Warm a coin sized amount of your balm (Chapter Three) between your palms. Apply it evenly across one breast and the skin just below your collarbone. Don't rush this part. Let your hands actually make contact with the skin before you start moving.

Step Two: The Base Sweep

Place both palms flat at the base of your breast, near the ribcage. Using light to medium pressure, sweep both hands upward and outward toward your armpit and collarbone in one smooth motion. Repeat this ten times. Always upward. Never drag your hands back down over the skin; lift them off and reset at the base each time.

Step Three: The Spiral Lift

Using your fingertips, not your whole palm, make small circular motions starting at the outer edge of the breast and spiraling inward toward the center, moving upward as you spiral. Think of it like winding a clock counter-clockwise while climbing. Do this for one full minute per side.

Step Four: The Collarbone Finish

Finish every sequence at the collarbone. Use your fingertips to gently press and hold along the collarbone line for five seconds, three times. This is where your lymphatic drainage points sit, and finishing here signals to your body that the sequence is complete.

Step Five: Repeat on the Other Side

Switch sides and repeat all four steps. Don't skip a side because you're in a hurry. Consistency on both sides matters more than speed on one.

How Long Until You Feel a Difference

Most women notice their skin feels tighter and more supple within the first one to two weeks, simply from the increased hydration and circulation. Visible changes in firmness and texture typically build over four to six weeks of daily practice. This is not a same-day miracle, and anyone promising you that is lying. It's a habit, like brushing your teeth, and the results come from doing it every day, not from doing it perfectly once.

YOUR ACTION PLAN

1. Do the full sequence tonight, even if you haven't made your balm yet. Use whatever natural oil you have (coconut oil, olive oil, or shea butter all work as a starting point).
2. Set a phone reminder for the same time every day this week. Same time builds habit faster than random timing.
3. Count your base sweeps out loud for the first three days until the rhythm becomes automatic.
4. Move to Chapter Three now to build your proper balm, so you're using the ingredients designed for this.

CHAPTER THREE

YOUR 20-MINUTE LOCAL BALM

Two ingredients from your kitchen. One jar that lasts two months.

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YOUR 20-MINUTE LOCAL BALM

I nearly borrowed money for a forty five thousand naira imported firming cream. Sleek bottle, foreign model on the label, promises of visible lift in seven days. I had my card details ready to type in.

Then I looked at the ingredient list. I couldn't pronounce half of it.

I closed the tab and did something I should have done from the start: I asked what was actually in these expensive creams, and what my own kitchen already had that could do the same job, or better, for a fraction of the cost.

Why Most Commercial Creams Work Against You

Many imported firming creams rely heavily on synthetic silicones and artificial humectants. These ingredients sit on top of the skin and pull in water, which creates an immediate, temporary illusion of plumpness and tightness. The problem is what happens underneath. That heavy, occlusive layer can trap moisture in a way that doesn't actually feed the deeper skin structure, and over time, the weight and residue can work against the very elasticity you're trying to protect. You get a short-term visual effect and none of the long-term skin health.

None of this requires an imported bottle. It requires two ingredients you likely already have, or can buy at your local market for less than the cost of one Uber ride.

The Two Ingredients, and Why They Work

Castor oil. Castor oil is rich in ricinoleic acid, a fatty acid that penetrates the skin more deeply than most oils and works as a natural humectant, meaning it locks moisture into the skin rather than just sitting on the surface. Well-hydrated skin holds its shape better and shows fewer fine lines. Some research also points to castor oil supporting the skin's own collagen environment, though the science here is still developing. What's well established is its ability to deeply moisturize and support your skin barrier.

Raw shea butter. Shea butter is packed with vitamins A and E, along with fatty acids that reinforce your skin's natural moisture barrier. It also promotes skin cell turnover, which helps with texture and tone over time. Where castor oil penetrates deep and holds moisture in, shea butter builds the protective layer on top. Together, they do two different, complementary jobs.

Why this matters: hydrated, well-fed skin is more elastic skin. Elastic skin resists sagging better and recovers its shape more easily after stretching, whether from weight change, pregnancy, or simply age. This is the entire science behind why this balm works.

The Recipe

This makes one jar, roughly 100ml, which will last you about two months with daily use.

What you need:

- ◆ 4 tablespoons raw, unrefined shea butter
- ◆ 2 tablespoons pure, cold-pressed castor oil
- ◆ 1 small clean glass jar with a lid (a washed jam jar works perfectly)
- ◆ 1 small pot or heatproof bowl for a double boiler

Steps:

1. Place the shea butter in your heatproof bowl. Set the bowl over a pot of gently simmering water (a simple double boiler). Do not let the bowl touch the water directly.
2. Stir the shea butter gently as it melts. This takes three to five minutes. Keep the heat low; high heat can damage some of the beneficial compounds in raw shea butter.
3. Once fully melted and smooth, remove from heat and stir in the castor oil. Mix thoroughly for one full minute until the two are completely combined.
4. Pour the mixture into your clean jar while it's still liquid. Let it sit uncovered at room temperature for two to three hours, or in the fridge for thirty minutes, until it solidifies into a soft, spreadable balm.
5. Once set, seal with the lid. Store in a cool, dry place, away from direct sunlight. No refrigeration needed after the initial set.

Total active time: about twenty minutes. Total cost: typically under two thousand naira for both ingredients at your local market, and you'll have enough left over for at least one more batch.

How to Use It

Use a coin-sized amount per side during your Upward Dermal-Lift Sequence from Chapter Two. A little goes further than you'd expect; this balm is concentrated, not watered down like most commercial lotions. If it ever feels too thick to spread easily, warm a slightly larger amount between your palms for a few extra seconds before applying.

YOUR ACTION PLAN

1. Check your kitchen and local market for both ingredients before you shop for anything else. You likely already have one of them.
2. Make your first batch this week. Twenty minutes, start to finish.
3. Label your jar with the date you made it. Homemade balms are best used within two to three months.
4. Do a small patch test on your inner arm before your first full application, and wait twenty four hours, especially if you have sensitive skin.

CHAPTER FOUR

THE BRA SELF-CHECK

Five minutes with a tape measure. No fitting room required.

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THE BRA SELF-CHECK

I want to tell you about a mistake I made for years without knowing it. I wore the exact same bra size from before my first pregnancy until a few years ago. Nobody ever told me that wearing the wrong size wasn't just uncomfortable, it was actively working against everything else I was trying to do.

An ill-fitting bra, especially one with a band that's too loose or cups that are too small, allows your breast tissue to move unsupported throughout the day. Repeated, unsupported movement puts ongoing strain on the very skin and ligaments we talked about in Chapter One. A properly fitted bra isn't vanity. It's structural support, the same way a good mattress supports your spine.

Most women are wearing the wrong size. Not because they're careless, but because nobody ever showed them how to check, and bodies change after pregnancy, weight shifts, and simply time.

The Five-Minute Self-Check

You need one thing: a flexible measuring tape. No fitting room, no stranger with a tape measure, no awkwardness. Do this at home, ideally without a bra or in a thin, unpadded one.

Step One: Band Measurement

Wrap the tape snugly around your ribcage, directly under your bust, where a bra band would normally sit. Keep it level all the way around your back. Breathe normally. Round to the nearest whole number.

Step Two: Bust Measurement

Wrap the tape around the fullest part of your bust, over the nipple line, keeping it parallel to the floor. Don't pull it tight; let it sit naturally. Round to the nearest whole number.

Step Three: Find Your Cup Size

Subtract your band measurement from your bust measurement. The difference in inches tells you your cup letter:

- ◆ 1 inch difference = A
- ◆ 2 inches = B
- ◆ 3 inches = C
- ◆ 4 inches = D
- ◆ 5 inches = E/DD

Your band number plus your cup letter is your size. For example, a band of 34 and a 3 inch difference gives you a 34C.

Signs You've Been Wearing the Wrong Size

- ◆ The band rides up your back instead of sitting straight and level
- ◆ You can slide more than two fingers under the band easily
- ◆ Your breast tissue spills out at the top or sides of the cup
- ◆ The center point of the bra, where the cups meet, doesn't sit flat against your chest
- ◆ Straps constantly slip or dig painfully into your shoulders

Pro tip: your bra size isn't fixed for life. Weight changes, pregnancy, breastfeeding, and even the time of month can shift your measurements. Re-check every six to twelve months, or any time your current bras suddenly feel different.

What to Look For When You Shop

Once you know your size, prioritize the band, not the cup. The band should feel firm and supportive on its own, sitting straight across your back, since it does roughly eighty percent of the actual support work. The cup should fully contain your breast tissue with no gapping and no spilling. If you're between two sizes, most fitters recommend sizing up in the cup for daily wear and choosing a firmer band for exercise or long days on your feet.

YOUR ACTION PLAN

1. Do the five-minute self-check today, right now if you have a tape measure in the house.
2. Check your current bras against the "signs you've been wearing the wrong size" list above.
3. If your current size has changed, replace at least your two most-worn everyday bras before anything else.
4. Set a reminder to re-check your size in six months.

CHAPTER FIVE

THE EQUIPMENT- FREE EXERCISES

Five moves. No gym. No excuses.

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THE EQUIPMENT-FREE EXERCISES

Your breast tissue sits directly on top of your pectoral muscles, the pecs. You can't change the tissue itself through exercise, but you can absolutely build and tone the muscle underneath it, and that changes the entire silhouette. A stronger chest wall lifts everything sitting on top of it and improves your posture at the same time, which on its own makes a visible difference in how your chest presents.

None of these five moves require a gym, a trainer, or a single piece of equipment. You need a floor and about ten minutes.

Move One: The Wall Press

Stand facing a wall, arm's length away. Place both palms flat on the wall at shoulder height, slightly wider than your shoulders. Slowly bend your elbows, bringing your chest toward the wall, then push back to start. This is a gentler entry point than a full push-up and is perfect if you're just starting out.

Do: 3 sets of 12 reps.

Move Two: The Classic Push-Up (or Knee Push-Up)

Start in a high plank position, hands slightly wider than shoulder width. Lower your chest toward the floor by bending your elbows, keeping your core tight, then push back up. If a full push-up is too difficult right now, drop to your knees and perform the same motion. There's no shame in the modification; it's the same muscle group, less resistance.

Do: 3 sets of 8 to 10 reps.

Move Three: The Chest Squeeze (Isometric Press)

Sit or stand with your back straight. Bring your palms together at chest height, elbows out to the sides, as if praying. Press your palms firmly together and hold for fifteen to thirty seconds, engaging your chest muscles the entire time. Release slowly.

Do: 3 sets of 20 second holds.

Move Four: The Arm Fly (No Weight or Light Household Object)

Lie on your back, or stand with a slight forward lean. Hold a light object in each hand if you have one (two full water sachets or small bags of rice work fine), arms extended out to your sides at chest height, elbows very slightly bent. Slowly bring your arms together in front of your chest in a wide arc, squeezing your chest muscles, then return to start with control.

Do: 3 sets of 12 reps.

Move Five: Cobra Pose

Lie face down, legs extended, tops of your feet flat on the floor. Place your palms under your shoulders, elbows tucked close to your body. Gently press through your palms to lift your chest off the floor, keeping your hips grounded. Hold for three to five seconds, then lower with control. This move doubles as a posture correction, which supports everything else in this chapter.

Do: 3 sets of 8 reps.

Putting It Together

Do all five moves, in order, three to four times per week, with at least one rest day between sessions to let the muscle recover. The full circuit takes about ten to twelve minutes. Pair it with your Upward Dermal-Lift Sequence from Chapter Two on the same days for a complete routine that touches both the muscle and the skin.

YOUR ACTION PLAN

1. Try all five moves today, even at a lighter intensity, just to learn the form.
2. Pick three specific days this week (for example, Monday, Wednesday, Saturday) and put them in your phone calendar now.
3. Start with wall presses and knee push-ups if you're new to strength training; there's no rush to the harder variations.
4. Track your reps in a notes app for two weeks. Small, visible progress keeps you consistent.

CHAPTER SIX

WHAT TO EAT, WHAT TO AVOID

Feeding your skin from the inside.

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WHAT TO EAT, WHAT TO AVOID

Skin doesn't just respond to what you put on it. It responds to what you feed it. This chapter is short on purpose, because I'm not here to give you a complicated meal plan. I'm here to give you a short, practical list you can actually follow.

Foods That Support Skin Elasticity

Foods rich in healthy fats. Avocado, groundnuts, and fatty fish like mackerel or sardines supply the fatty acids your skin needs to maintain its moisture barrier from the inside. Dry skin is less elastic skin.

Vitamin C rich foods. Oranges, guava, bell peppers, and pineapple support your body's own collagen production. Collagen is the structural protein that keeps skin firm; without enough vitamin C, your body struggles to make and maintain it properly.

Protein at every meal. Beans, eggs, fish, and lean meat provide the amino acid building blocks your skin needs for repair. If you're breastfeeding or have recently given birth, your protein needs are even higher than usual.

Water. Plain, boring, unavoidable water. Dehydrated skin looks thinner, less elastic, and ages faster. Aim for at least eight cups a day, more if you're in a hot climate or breastfeeding.

What Quietly Works Against You

Excess sugar and heavily processed foods. High sugar intake accelerates a process called glycation, where sugar molecules bind to collagen fibers and make them stiffer and less elastic over time. This isn't about never enjoying sweet things; it's about not making them the foundation of your daily diet.

Smoking. If you smoke, this is the single most damaging habit to your skin's elasticity, full stop. Smoking breaks down elastin fibers, the same fibers that keep skin, and the tissue supporting your breasts, tight and supple. No balm or exercise routine can outwork this habit.

Crash dieting and repeated weight swings. Rapid weight loss and regain repeatedly stretches and slackens skin faster than gradual, stable changes. If you're working on your weight, slow and steady genuinely protects your skin better than a fast result.

Why this matters: everything in Chapters Two through Five works on your skin and muscle from the outside. This chapter is the only one that works from the inside. Skip it, and you're only doing half the job.

YOUR ACTION PLAN

1. Add one vitamin C rich food to your plate today. Just one.

2. Track your water intake for three days this week to see where you actually stand.
3. If sugary drinks are a daily habit, replace one, not all, with water this week. Small swaps stick.
4. If you smoke, this is your honest invitation to start reducing it, for your skin and for everything else it affects.

CHAPTER SEVEN

THE MISTAKES THAT UNDO YOUR PROGRESS

The five habits quietly working against you.

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THE MISTAKES THAT UNDO YOUR PROGRESS

I've walked you through everything that works. Now let me walk you through the five things I've watched undo that progress, in myself and in every friend I've shared this with.

Mistake One: Reaching for Imported Miracle Creams

We covered this in Chapter Three, but it bears repeating because the temptation never fully goes away, especially when a new product with better marketing shows up online. If you find yourself tempted, ask one question first: can I pronounce every ingredient on this label? If not, put your phone down and make another jar of your own balm instead.

Mistake Two: Wearing the Wrong Bra Size for “Just a Little Longer”

Most women know, somewhere in the back of their mind, that their bra doesn't fit quite right anymore. And most women keep wearing it anyway, because replacing bras feels like an inconvenience or an expense. But an ill-fitting bra actively works against every minute you spend on your massage sequence and every push-up you do. Fix this one first; it costs nothing but five minutes and a tape measure.

Mistake Three: Slouched Posture

Poor posture rounds your shoulders forward and lets your chest collapse inward, which makes everything look less lifted regardless of what's happening underneath. Standing and sitting with your shoulders back and your spine tall isn't vanity. It's free, immediate, and it directly supports the muscle work from Chapter Five.

Mistake Four: Inconsistency

This is the biggest one, and I'll be honest with you: it's the one I struggled with most myself. Doing the Upward Dermal-Lift Sequence for four days and then stopping for two weeks gives you almost nothing. This routine works because it's a daily habit, not because any single session is powerful on its own. If you only take one thing from this entire guide, take this: consistency beats intensity, every single time.

Mistake Five: Comparing Your Timeline to Someone Else's

Every woman's skin, genetics, history, and starting point are different. Comparing your week three to someone else's week three on social media is a fast way to talk yourself out of a routine that's actually working, just slowly. Track your own progress against your own starting photo from Chapter One, and nobody else's.

The single most important thing to understand about this entire guide: it isn't magic, and it was never supposed to be. It's a routine. Routines work because you repeat them, not because they're clever.

YOUR ACTION PLAN

1. Read back through this list once a week for the next month, until the habits stick without needing the reminder.
2. Pick the one mistake on this list that's most true for you right now, and fix that one first.
3. Tell one trusted friend or your partner what you're doing. Accountability, even quiet accountability, makes consistency easier.
4. Come back to your Chapter One photo in four weeks and compare it honestly to where you are then.

CONCLUSION

You started this guide with the same fear that girl online had. Maybe you've had children, maybe you haven't. Maybe you've been carrying this quietly for years, or maybe it crept up on you recently. Either way, you picked up something today instead of continuing to wonder.

You now know what's actually happening inside your body, honestly, without exaggeration. You know the Upward Dermal-Lift Sequence and exactly how to do it. You know how to make your own balm for under two thousand naira. You know how to check your bra size in five minutes flat. You know five exercises that need no gym. You know what to eat and what quietly works against you. And you know the five mistakes that undo all of it, so you can watch for them in yourself.

Here's your one thing to do in the next twenty four hours: make your first batch of balm, or if you already have oil in the house, do your first Upward Dermal-Lift Sequence tonight. Don't wait for the "right" time to start. There isn't one. There's just tonight.

If you want to go further, this guide comes bundled with two companion guides also written from my own experience: **Stretch Mark & Loose Skin Recovery** and **Postpartum Belly & Core Recovery**. Both follow the same honest, no-nonsense approach, real techniques, real ingredients, no miracle claims. If you downloaded this as part of the launch bundle, they're already yours.

I want to leave you with this. That twenty year old girl who asked strangers online if she was still wanted deserves to know she was never broken to begin with. And so do you. You are not behind. You are not "finished." You are a woman who picked up a guide and decided to do something about it, and that alone puts you ahead of where you were yesterday.

Start tonight. I'll be cheering for you.

Amaka

ABOUT THE AUTHOR

Amaka O. is a Nigerian mother of two and the creator of the Still Wanted guide series. After struggling privately with her own body confidence following pregnancy and breastfeeding, she spent months researching natural, affordable alternatives to expensive imported skincare products, eventually developing the routines shared in this guide.

She writes for Nigerian women who are tired of vague advice and imported products that don't fit their budget or their kitchen. Her approach is simple: real techniques, real local ingredients, and honesty about what natural methods can and cannot do.

Amaka continues to write and share guides at the intersection of natural wellness and body confidence for Nigerian women. This guide is the first in the Still Wanted series.