

REARLY GOOD I lost my curves after shedding 2st on fat jabs – but £15 hack helped me beat my ‘Ozempic bum’

After losing weight on Mounjaro, writer Rosie Mullender, 47, from Worthing, says the bargain product was the 'answers to my prayers' and lifted her confidence ahead of party season

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STROLLING down the street wearing my new size-12 jeans, I noticed a man overtaking me, only to glance back for a cheeky second look.

I thought I might have imagined it, but when it happened again a week later, I realised I was officially turning heads – but only I knew the little secret that was suddenly making my rear view so popular.

Underneath my jeans, I was wearing a pair of £15 bum-boosting shorts, which I'd found on the shelves of my local M&S.

Having succumbed to '[Ozempic bum](#)' – a side-effect of weight loss that results in a distinctly deflated behind – they were the answer to my prayers, and I was delighted with the result.

Six months ago, I decided to slim down. At 5ft 4in and 11st 13lb, I was overweight and suffering from related health issues, including acid reflux and [gallstones](#).

In the past, I'd tried every diet under the sun, from slimming clubs and the 5:2 diet to meal replacement shakes – but nothing had stuck.

I would always succumb to 'food noise' and my willpower would be shattered within just a few days.

More recently, friends had started using weight-loss jabs like [Ozempic](#).

They'd all found them easy to use and had easily shed their excess pounds.

I started looking into them and, after doing some careful research, decided the benefits to my health and happiness would outweigh the risks associated with the jabs.

I applied for a course of [Mounjaro](#) with a reputable pharmacy and started taking the weekly injections.

When the weight started coming off, I was delighted. By combining the jabs with weekly exercise classes, lots of walking and keeping a careful eye on what I ate, I lost 2st in six months.

Without the food noise and gnawing hunger that would see me succumbing to unhealthy takeaways, I managed to slim down from a curvy size 16 to a trim size 12, gaining more energy and a healthy BMI going from 28.5 to 23.5.

But there was one noticeable downside: my rapidly disappearing rear end.

Luscious behinds

To tell the truth, I've never had much of a backside. A [classic apple shape](#), I've always been lucky enough to rock a bountiful cleavage alongside my wobbly tum.

But my bum has always been barely there – which made me feel self-conscious as, over the years, stars including Kim Kardashian, Nicki Minaj and double Rear of the Year winner Carol Vorderman were feted for their luscious behinds.

I've even been on the receiving end of jokes about my flat bum. Pear-shaped friends would joke that they'd swap some of their bums for a bit of my boobs any day – a swap I would have been more than happy to make myself.

More recently, a friend asked why I never wear jeans or figure-hugging dresses to show off my weight loss. I told her that I'd learned long ago that tea dresses, while not particularly glam, are the perfect way to hide a less-than-bootilicious backside.

When I eventually plucked up the courage to slip on some jeans to meet her for a coffee, she simply nodded.

“I can see why you cover up your bum now,” she said. “There's not much of it, is there?”

And I had to agree. Frankly, wearing anything revealing just goes to show that my bum is as flat as a pancake.

Looking for a solution, I pored over adverts for bum-boosting leggings that claim to fashion perfect curves out of the wobbliest cheeks.

But in my case, there isn't anything there to mould into a peachy bum in the first place.

A Brazilian Bum Lift [BBL] is also out of the question – as well as being dangerous, I don't have Kardashian levels of cash in the bank.

I decided to just enjoy feeling slimmer and fitter, because after all, I'm not alone.

Reports of 'Ozempic bum' are on the rise and while there may not be any statistics attached to this side-effect, it seems to be an inevitable part of weight loss that's made even worse when you don't have much butt to begin with.

Perky cheeks

Luckily, I seem to have avoided other reported problems associated with the jabs, including 'Ozempic face' and sagging upper arms.

So while it would be nice to be able to slide into party season with a slinky dress or two in my wardrobe, I decided to count myself lucky and learn to live with my depleted derriere.

Until, that is, I came across M&S's Cool Comfort Seamless Bum Boosting Shorts. Like a padded bra for your behind, they've taken social media by storm. Videos on TikTok are clocking up tens of thousands of likes as shoppers extol the virtues of the cushioned pants.

As well as holding you in, they come in black, rose quartz and rich amber, and feature removable pads that can give your cheeks a perky, rounded look.

A bargain at just £15, compared to Skims padded shorts which are £116, I slipped a pair into my shopping basket, excited to see if they'd make a difference to my look.

I tried them out for the first time the very next day at my weekly Zumba class – one of the few places I'm prepared to wear leggings in public.

As I pulled the shorts on under my Lycra, I was a bit nervous, but I could notice a definite difference when I admired myself in the mirror. And while it might have been my imagination, I'm pretty sure I received some double-takes from other regulars in the class.

When the world didn't crash around my ears because I was wearing fake bum-cheeks in public, I got a bit more brave.

Wearing them with my old, size-16 jeans gave me a bit of a confidence boost – not to mention giving a little cushion comfort when I was sitting on chairs. But the real revelation came when I headed back to trusty M&S to update my denim.

With my shorts firmly in place, trying jeans on was a revelation. For once, they weren't snug at the waist and baggy at the back. As I turned this way and that in the changing room, checking out my brand-new curvy reflection, I felt a surge of confidence.

Delighted, I slid on my new jeans as soon as they'd gone through the checkout – and had an extra spring in my step on the walk home, especially when I noticed I was turning a head or two.

I'm used to men trying to catch a glimpse of my cleavage, but my bum drawing second glances is completely new to me.

It's a shame my new bum is made of padding rather than flesh and blood. Rather like a fairy godmother's magic ending at midnight, it disappears when it's time for bed.

But although my fiancé knows my derriere is fake, he appreciates how it looks when I get dressed up – and he's especially happy at how much of a confidence boost I've been given.

Now, as I prepare for party season – including some glitzy house parties and a big New Year's Eve bash – I can't wait to rock the kind of slinky dresses I used to avoid like the plague.

Instead of drawing looks because of my barely-there derriere, I'll instead be admired for the curvy bum that cost me just £15.