

PRESS & MEDIA

We have been covered by some major press and media for Laser Lipo. Follow the links below;

ATTITUDE September '08

LASER LIPOSUCTION

■ **The problem:** 'Moobs' or 'man-tits' (or gynaecomastia, to be technically/politically correct), or 'spare tyres' or any other kind of unwanted fat anywhere on the body or face. For overweight people who are unable or do not have the confidence to exercise.

■ **The solution:** Laser liposuction is a brand-new non-invasive alternative to wrestling fat out of the body with a hollow tube. It has only just been introduced to the UK and has the potential to change the lipo market, one which has seen a 280 per cent increase in male patients since 2005. Unlike traditional suctioning, weight loss is gradual and requires a modicum of exercise and calorie reduction in order to achieve the best/quickest results.

■ **The procedure:** Two paddles are placed on the treatment area(s) with another two smaller nodes on the lymphatic glands. Low-level lasers break down fat cells, making them release water and glycerol and freeing fatty acids, which are then passed on to the lymph and drained from

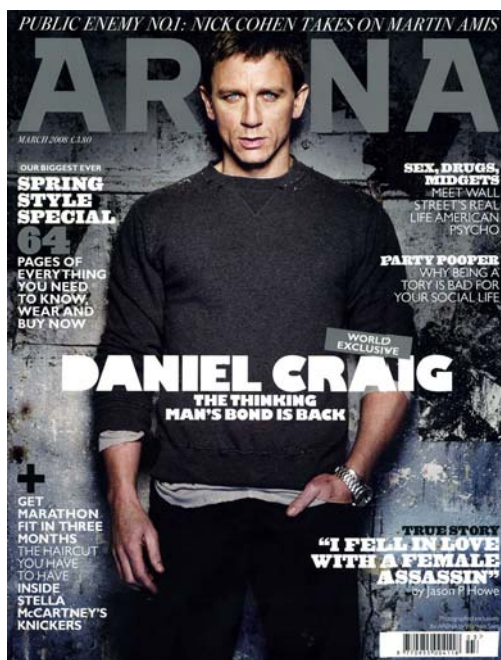
the body. The treatment is immediately followed with a quick Power Plate session to aid the removal of the freshly zapped cells: intense cardio workouts are also recommended for the following two days. A course of around ten sessions is recommended for significant loss.

■ **The old alternative:** Traditional liposuction, Smart Lipo or injection lipolysis using phosphatidylcholine, all of which have a myriad of risks including pain, burning, bruising and guaranteed downtime.

■ **Risks/cons:** No results if gluttonous patient continues to eat chocolate cake in between treatments. Oink.

■ **Pain factor:** 0/10 (debatable whether machine is actually switched on).

Contact London
Laser Lipo for
info via www.laserlipolondon.com or
020 7361 0021





Body blitz

If you want to look good naked we've found the body boosters to suit your budget...

1 BOOST YOUR BUM

ON THE HIGH STREET RoC Retinol Multi-Correction Body, £14.99

Its anti-ageing ingredients make it ideal for all body problems, but it's the retinol and caffeine that act on cellulite. Try it each night for at least four weeks for best results.

IN THE SALON Ianthermie Cheek Lift, from £40 per session

Equivalent to 600 squats in just 30 mins, the Cheek Lift works by applying a thermal and algae clay mask and an electrical current to the area to fight fat cells and help eliminate toxins. Results are visible after one session. For your nearest salon, tel: 01753 833900.

2 TONE YOUR TUMMY

ON THE HIGH STREET Nivea Body My Silhouette! Slimming & Reshaping Gel-Cream, £11.99

The non-sticky gel-cream contains ingredients to help tighten skin and rebuild collagen levels for a more slender silhouette. It also makes a great cooling gel for hot summer days.

IN THE SALON VelaShape, from a whopping £200 per treatment!

Hot from the US, VelaShape uses infra-red light and tissue massage to trim muffin tops and post-pregnancy bellies. Results last for months, with most clients losing around 1in per session. For info, see www.velashape.com. A minimum of two treatments is recommended.

best beauty

3 BAN BINGO WINGS

ON THE HIGH STREET Soap & Glory The Firminator Body Contouring Gel, £10

It contains ingredients to stimulate the breakdown of fat stored in cells, leaving behind sculpted arms. Slap it on, paying good attention to the wobbly underarm area.

IN THE SALON Laser lipo, from £150 for a 45-min session

A walk-in, walk-out treatment that breaks down fat when the laser penetrates the skin. The fat cells eventually travel through the system to be digested the same way as fatty foods. Clients can lose up to 3in in one session. Visit www.lookyoungerwithoutsurgery.com to book.

4 TRIM YOUR THIGHS

ON THE HIGH STREET deadseasource De-Tox With Seaweed Cellulite Smoother Lotion, £5.49

This wonder product extracts impurities, stimulates the lymph system and firms up thighs, while perking up tired skin. Massage in a circular motion daily to target wobbly bits.

IN THE SALON Gerard's Seaweed Cellulite treatment, from £65 for 1 hour

Freeze-dried seaweed and essential oils are wrapped around the area, followed by a massage and a layer of fat-reducing caffeine. The result is leaner-looking thighs. For your nearest spa or salon, tel: 020-8202 2020 or see www.gerards.uk.com

Snip & Save
See Snip & Save* to get £10 off your first VelaShape treatment



best TEST LEAVE-IN CONDITIONER

Summer's coming, so nourish dry hair with leave-in conditioner. Here are our picks...

Schwarzkopf Gliss Liquid Silk Gloss Express-Repair Conditioner, £3.29
Looks luxurious and nourishing. Spray onto the ends of hair to make it silkier. The sweet smell is subtle and girly and hair stays soft. 9/10



L'Oréal Elvive Nutri-Gloss Conditioning Mist, £3.99
The spray is light and ideal for fine hair that needs a little conditioning. It coats hair well without a sticky residue and leaves hair shiny and manageable. 8/10



Pantene Time Renewal Night Renewal Nourishing Mist, £3.99
The slightly thicker consistency makes this the perfect treat for hair in need of TLC. Leave in overnight for a perfect, lazy way to great hair! 8/10



Andrew Collinge Perfect Endings Leave-In Salon Conditioning Spray, £3.99
This is particularly good for frizz-prone ends, and it's a rich-enough spray so that only a small spritz is needed to create sleeker locks. 7/10



beauty

Buy yourself a GREAT

Film star teeth

HOW? Teeth whitening – to lighten your teeth by up to eight shades. Try Smile Studio laser whitening (020 7429 0888; www.smile-studio.co.uk).

EFFECTIVE? Yes. Our tester, 33, says her teeth looked much brighter.

CHEAPER ALTERNATIVE? Philips Sonicare Healthy White toothbrush, £80.

COST
£295

Wish you could magic away your wrinkles, yellow teeth or wobbly tummy within hours? Well, now you can.

A non-crêpey cleavage

HOW? Using Fraxel Laser treatment at The London Centre for Aesthetic Surgery (www.lcas.com). The laser zaps age spots and stimulates collagen production for younger-looking skin.

EFFECTIVE? Our tester, 51, says by the fourth session her age spots had faded and her skin looked smooth.

CHEAPER ALTERNATIVE? Smooth-365, £28.99 at Boots – a serum to diminish age spots.

COST
£800
per session

Winds: Angela Covergton; Photos: Paul Butler; Hair and make-up: Julie Ford

A flab-free belly

HOW? Using Laser Lipo (0870 220 2696; www.laserlipo-bcs.com) – a non-invasive treatment where paddles are placed on fatty areas of the body to stimulate fat loss. After this you exercise for 10 minutes on a vibrating Power Plate machine to speed up your metabolism.

EFFECTIVE? Our tester, 45, had eight sessions and lost 23cm in total including 7cm off her stomach. She says it was completely painless.

CHEAPER ALTERNATIVE? Bliss FatGirlSlim, £28 (www.blisslondon.co.uk), a skin-firming cream.

COST
£125
per session

COST
from
£2000

Farewell saddlebags

HOW? Vaser Liposelection (020 7224 2247; www.wimpoleaesthetics.co.uk) – an ultrasound treatment that breaks down fat, which is then drained or absorbed by the body. It's designed for stubborn areas of fat that don't respond to diet.

EFFECTIVE? Very. Our tester, 39, had 450ml of fat removed from her thighs and claim she didn't feel a thing. She had to wear support tights afterwards but had minimum bruising. Within two weeks she had lost 4c from each thigh.

CHEAPER ALTERNATIVE? FitFlo WalkStar, £36 (www.thefitflop.com), are special flip-flops to tone your legs

The BIKINI BODY Breakthroughs

It's so unfair: supermodels munch on fries while we nibble celery sticks and still can't shift our saddlebags and cellulite. Or can we?

We may finally be able to unleash our inner Gisele and strut down the beach like a total beach babe this summer courtesy of three new hi-tech machines. And there are no needles or scalpels so, if they look like beach beauty is totally pain-free. Even better, they're designed for targeted improvements (loose skin or cellulite smoothing), not a total body overhaul. So if you say tick off your five-a-day fruit and veg quota, drink mineral water, and go to the gym, it's going out of fashion and see your personal trainer or your aerobics instructor do your other half, but wobble, check out these new body wonders.

VelaShape

Think endermology (old-school mechanical massage) with added oomph. This is basically a body vacuum that also aims radio frequency and infrared light into the skin to stimulate circulation and encourage collagen production. Recently approved by the FDA (the US Food and Drug Administration) for safety, it's big news in America for smoothing cellulite.

Does it hurt? "It felt like lots of hiccups!" says Laura Tew, GLAMOUR's Junior Beauty Writer. "It gets very hot and bruised me slightly, but I'd have it done again."

Does it work? You should have dramatically less cellulite and lose up to two inches in six one-week treatments. Laura was noticeably smoother and slimmer in just three sessions. However, the results aren't forever, so you'll need to commit to upkeep (one session six weeks later, then one per month for at least three months) or make it part of your yearly pre-holiday body prep.

From £200 per session (six are recommended) at The Private Clinic, London (0800 599 9916)

Laser Lipo

There are no scary red sci-fi beams, just a laser paddle placed over the bulge you want busted for ten-minute spurts. After about an hour you spend another ten minutes on a vibration machine to speed up fat breakdown.

Does it hurt? "I barely felt a thing, just a little warmth," says Rosie Vogel, GLAMOUR's Bookings

◀ Editor. "I practically fell asleep." **Does it work?** The theory is that the laser causes fat cells to seep, so they shrink but aren't destroyed. Rosie lost two inches from her waist after two treatments and Laser Lipo say you can lose up to three inches after three treatments. "Usually, the fat that's dissolved with non-invasive lipolysis procedures goes into your bloodstream – kind of like eating a big fatty meal," says Dr Joely Kaufman, from the University of Miami Cosmetic Center. "So it raises cholesterol levels temporarily. Nobody knows if this is dangerous but I think not." The laser is also said to have a tightening effect on your skin. As it's so new, nobody knows whether the results last, but diet and exercise will, of course, help those fat cells to stay small.

£190 per session at London Laser Lipo at Club Kensington, London (020 7361 0021; Laserlipo-bcs.com)



UltraShape

This is just like the thingamajig they roll over tummies to see babies in the womb (complete with gloopy gel), only with more focused ultrasound waves that burst those troublesome fat cells. Seen as the next big thing in body shaping, it's approved by both European and Canadian health authorities and is close to being given the thumbs up by America's FDA too.

Does it hurt? Nope – no needles, no bruises, no scars. "All I felt was a faint vibration," says GLAMOUR's Beauty Editor, Vicki Norton. After, Dr Tapan Patel, of Viva Clinic London, used Accent (a radio-frequency machine that "felt like a warm rolling pin") to tighten skin and encourage circulation, plus lymphatic drainage massage to help shift the broken-down fat.

Does it work? Vicki lost half an inch from each saddlebag after just one treatment and most people drop two inches after three treatments (spaced three to four weeks apart). It's a good idea to eat lightly, especially in the first

four days, so you're not giving your body even more fat to deal with. But what if you don't? "It's been proven to work without a change in diet," says Dr Patel, "and if you do overindulge, the fat is more likely to spread evenly around your body." He also adds there's no risk of it resettling around your heart, as that's a different type of fat. Since UltraShape removes the entire fat cell (as opposed to shrinking it), the results are more permanent.

From £500 per session at the Viva Clinic, London (0845 652 8999). Also available at Eternal Youth, Cheshire (01625 598000)

EEK! Is that a dimple?

Some doctors say cellulite is from deteriorated fat, others say it's from damaged skin; we feel it's a bit of both. Take this pinch test – by Dr Howard Murad, author of *The Cellulite Solution* – to find out how advanced your dimples are:

'Invisible' cellulite (damage happens under the surface before you see it, but dermatologists can test for it)
= stage one cellulite

Smooth skin + dimples when pinched = stage two cellulite

Rough skin + permanent dimples = stage three cellulite

Dimples + fluid retention + weak skin + firm lumps = stage four cellulite

The later stages are hardest to shift, but don't fret: "Cellulite can be cured – it just takes dedication!" says cosmetic doctor Dr Elisabeth Dancy. Get started with our *DIY Dimple* Deleting tips over the page. ▶



www.thesun.co.uk

← CONTINUED FROM PAGE 77

Laser liposuction

'My stomach felt tighter instantly'



TESTER: Thais di Silveira, 30, from London.

WHAT IT INVOLVES: Lasers break down the fat cells, which you later excrete through normal bodily functions. Then you spend 10 minutes on a vibrating Power Plate machine, to jolt your body into breaking down the fat.

HOW IT FEELS WHEN IT'S BEING DONE:

The lasers didn't hurt at all, but the Power Plate session was quite a workout!

THE AFTER-EFFECTS: I instantly lost 1.5cm from my waist and my tummy felt tighter.

There isn't a huge difference, but eight treatments are recommended, so if I'd had them all I might have lost a lot more.

HOW LONG DID IT TAKE? An hour.

PRICE: £1,000 for eight treatments or £150 for one. As long as you stay active and watch what you eat, the treatment should last.

WHERE TO GET IT DONE: I had it done at Club Kensington, London, 020 7361 0021, or visit www.laserlipo-bcs.com.

THE DIY OPTION: Cette Evolution Magic Knickers, £18, www.themagicknickershop.co.uk. Wear these to look instantly slimmer.



ELLEbody

NO. 1 / ARM SHAPERS

Anjana Gosai braves a new fat-blitzing laser in search of perfect arms

Despite my best gym efforts, I'm convinced that my upper arms are morphing into bingo wings. Cue a new fat-blitzing laser that offers the effects of lipo, but without the surgery. The therapist reassures me there is no risk of the low-level laser beams burning me – they only penetrate deep enough to reach the fat layers. In that case, let the zapping commence...

I lie on the bed and the therapist straps two laser paddles to the back of my upper arms, and tucks two smaller probes under my armpits. My heart begins to pound. And not in a good way. As the machine is switched on, I wait for the shock but feel nothing – just slight warmth. Following a 10-minute blitz, the process is repeated on the front of my arms. Afterwards, I feel, well, desperate to go to the loo! Apparently, this is normal – the laser splits the fat cells causing them to release water, glycerol and tiny fat particles. This fat ends up in the lymphatic system and leaves the body for good by 'natural means'.

An hour later, I'm done. I'm delighted to discover both my arms are half an inch slimmer and after a second session, they shrink by a further half an inch each. Two weeks on and I still look like the tricep dip queen. I'm thrilled – Laser Lipo works. ►

Laser Lipo costs £175 per session or £1,000 for a course of eight. Enq 0870 220 2696; laserlipo-bcs.com



elle picks the best of the rest

HIGH-TECH MASSAGE

VelaShape uses radio frequency and infrared light to penetrate the skin via a hand-held massage device, which shrinks fat instantly. Results last for up to three months. £200 per session. Enq velashape.com

TALKING DUMBBELLS

Intelligent workout equipment that counts your reps aloud and displays them digitally, along with the calories you burn. *Everlast Talking Dumbbells*, £19.99. Enq argos.co.uk

ELECTRICAL ARM BANDS

These rings of wonder use electrical stimulation to whip triceps into shape. Your muscles become firmer and stronger in six weeks. *Slendertone System Arms*, £39.99. Enq slendertone.com

PILATES GADGET

For biceps Popeye would be proud of, spin these Pilates Body Circles on either side of your arms for eight minutes a day. Arms should look Madonnaesque in under six weeks. *Pilates Bodycircles Kit with DVD*, £19.99. Enq 0870 241 5471, gaimdirect.co.uk

TONING OIL

This miracle oil should be massaged in every day for four weeks. The fat-shrinking cocktail of natural essential oils diuretically eliminates toxins and dissolves fat permanently. *Akivimia Body Sculpting Oil*, £38. Enq akivimia.com



BRITAIN'S No1 WOMEN'S MAGAZINE

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AUGUST 2008

Who doesn't love
Fearne!
"Hollywood won't change me – or my body!"

EXCLUSIVE REPORT
Is **Victoria** really happy in LA?

Say hello to your dream jeans
There's a new cut to suit your shape

643 NEW TRENDS
And it's great news for curves

Eat more, look hotter!
It's the GLAMOUR anti-diet

READ BEFORE YOU JUDGE
"I slept with my dead husband's friend"

27 things men are thinking right now

WHAT RECESSION?!
The genius way to afford the designer clothes you want

"My sexual chemistry with Angelina"
By... er, James Corden!

inch loss

**Now
Health**

TRIED AND TESTED



TESTER
Zoe Penn, 24



ULTRATONE FUTURA PRO

• **What is it?** Ultratone Futura Pro uses pads placed on problem areas of the body to help you lose inches and tighten dimply skin.

The pads emit a series of different wavelengths to stimulate and tone problem areas. Firstly, handheld ultrasound devices break down the visible fat underneath the skin, then pads are placed over the lymph nodes to help flush out the toxins that cause cellulite. Finally, an intense muscle and skin-toning programme is delivered to use up the liberated fat as energy and tighten and smooth skin. A half-hour session is said to be the equivalent of 900 sit-ups and a course of treatment can help you drop a dress size. Celebrity fans of Ultratone include Gwyneth Paltrow, Shakira and Michelle Heaton.

• **How long does it take?** 1 hour.

• **How many treatments are required?** Five are recommended.

• **What does it cost?** A single treatment costs from £35. Call 020-7935 0631.

• **Our tester**

Zoe Penn, 24, a PR trainee from Barnet, north London, had treatment on her waist, hips and thighs.

• **Verdict:** 'I was quite sceptical about this treatment, but as I lay there for an hour, a pins-and-needles sensation definitely made it feel like something was happening and my jeans certainly felt looser afterwards. Liposuction is apparently best for fine-tuning what you've already got and, as I'm a lapsed gym-goer with a certain amount of tone (albeit hidden), I feel this is a good alternative to a more invasive procedure.'

ZOE

SIZE BEFORE

Waist 32in
Hips 39in
Thighs 22½in each

SIZE AFTER

Waist 30in
Hips 39in
Thighs 21½in each

TOTAL INCH LOSS 4in



LASER LIPO

• **What is it?** Laser Lipo is a non-invasive, safe and pain-free alternative to liposuction. Two large laser paddles are placed on the fatty areas, while two smaller lasers are placed over the lymph glands. The lasers penetrate the skin, helping fat cells to release fatty liquid for the lymphatic system to remove. The body then digests it in the same way it does fatty foods. The session finishes with 10 minutes on a vibration plate machine to stimulate the metabolism and fat removal.

• **How long does it take?** 1 hour.

• **How many treatments are required?** Eight are recommended.

• **What does it cost?** £175 a treatment; a course of eight costs from £1,000. Call 0870 2202696.

• **Our tester**

Charity worker Jessica Tomlin, 27, from High Wycombe.

• **Verdict:** 'It was very good. I was told that I wouldn't feel a thing, but I didn't really believe them, so I was pleasantly surprised. They worked on my thighs, front and back and I followed it with a good power-walk for a bit of cardio, as recommended. My thighs definitely feel thinner, even after one session, and I think that with eight sessions I'd see a big difference. I'd definitely recommend this as an alternative to someone who's considering liposuction.'

JESSICA

SIZE BEFORE

Waist 30in
Hips 36in
Thighs 22in each

SIZE AFTER

Waist 30in
Hips 36in
Thighs 21½in each

TOTAL INCH LOSS 1in

body special
low commitment

Best for treating large areas

LIPO-SMOOTH

THE SCIENCE BIT: Billed as the most advanced non-invasive body sculpting treatment in the UK. First, ultrasound waves break down fat cells. Next, a vacuum massage stimulates the lymphatic drainage system, increasing circulation. Then, electric currents stimulate muscles to improve tone and metabolism.

THE PROMISE: An average loss of five and a half inches on the stomach and waist areas.

TREATMENTS NEEDED: Six.

OUR TESTER SAYS: "One bit felt like a vacuum cleaner on my skin and the ultrasound was itchy. I didn't lose weight, but I did lose inches from my tummy, and they've stayed off."

Area	Before	After
Waist	75cm	74.5cm
Tummy	88cm	85.5cm
Hips	65cm	63cm

Total cm loss: 5cm

DID IT LIVE UP TO THE PROMISE?

"I didn't lose that many inches, but my skin felt softer and firmer."

THE DOWNSIDE: "Ultrasound has been proven to reduce fat, but it can cause lumps and bumps if fat isn't broken down evenly," says Dr Cormins.

WHERE AND HOW MUCH? From £880 in total, 020 7323 3660; drmichaelprager.com.

Best for mummy tummies **LASER LIPO**

THE SCIENCE BIT: Laser energy, directed at areas such as stomach, hips and back, causes fat cells to 'sweat' water and fatty acids to be carried away by the bloodstream.

THE PROMISE: Instant results, and one treatment will shift between a half and three inches.

TREATMENTS NEEDED: Eight.

OUR TESTER SAYS: "After just one session, I lost a total of

three inches across my 'mummy tummy' and hips. It's pain-free, and has undone six months' worth of over-eating and no exercise."

Area	Before	After
Waist	77cm	72cm
Stomach	90cm	83cm
Hips	93.5	86cm

Total cm loss: 19.5cm

DID IT LIVE UP TO THE PROMISE?

"I am a converted cynic. This is amazing and I haven't put the inches back on, despite doing no exercise."

THE DOWNSIDE: "These lasers only penetrate the skin to a depth of just over one centimetre, which is not far enough to remove adequate amounts of fat," believes consultant dermatologist Dr Nick Lowe. Wendy Lewis agrees: "Any inch loss must be due to water loss and not fat reduction."

WHERE AND HOW MUCH? £1,000 for a course of eight 40-minute treatments, 0870 220 8144; laserlipo-bcs.com.



Best for pre-beach firming **TRIPOLAR**

THE SCIENCE BIT: Two radio frequency waves heat fat cells, 'melting' them down, so the body can eliminate them through the lymphatic system.

THE PROMISE: "Clinically proven to tighten, tone and improve skin texture by regenerating collagen," improvements maintained with a specific diet and exercise programme.

TREATMENTS NEEDED: Six to eight.

OUR TESTER SAYS: "The skin on my stomach definitely felt firmer and cellulite bumps were smoothed out, but the results weren't dramatic."

Area	Before	After
Waist	73cm	71cm
Thigh	56cm	53.5cm

Total cm loss: 4.5cm

DID IT LIVE UP TO THE PROMISE?

"I was hoping for more inch loss, but my skintone is much better."

THE DOWNSIDE: "This could potentially burn the skin," warns Dr Cormins. Plus, any improvements seen are likely to be temporary.

WHERE AND HOW MUCH? TriPolar Cellulite Reduction and Body Remodelling, from £1,200 for six to eight sessions of one hour, EF Medispa, efmedispa.com. See pollogen.com for more information. ■

Best for small, stubborn areas **SMARTLIPO**

THE SCIENCE BIT: A laser is inserted into anaesthetised skin, where it destroys fat cells using heat. The fat is absorbed by the lymphatic system.

THE PROMISE: Can be used on nearly any part of the body to remove stubborn fat. Fat won't disappear for up to four months but, once it's gone, it won't come back.

TREATMENTS NEEDED: One.

OUR TESTER SAYS: "Imagine having a bicycle pump inserted into your saddlebag! But it was painless, thanks to the local anaesthetic, and the results are impressive. Seven months on, I've lost over an inch from my stomach and one from each thigh."

Area	Before	After
Waist	76cm	72.5cm
Thighs	42.5cm	40cm

Total cm loss: 6cm

DID IT LIVE UP TO THE PROMISE? "It took a while to 'kick in', but the results look like they're here to stay."

THE DOWNSIDE: "This is minimally invasive, but there is a danger of burning tissue," warns Professor Jim Frame, director of cosmetic surgery at Springfield Hospital, Essex. "Plus, you need to wear support garments afterwards and there may be bruising."

WHERE AND HOW MUCH? From £2,000 for one area, Lotus Clinic, 020 8201 8080; drcyilleblum.co.uk.

