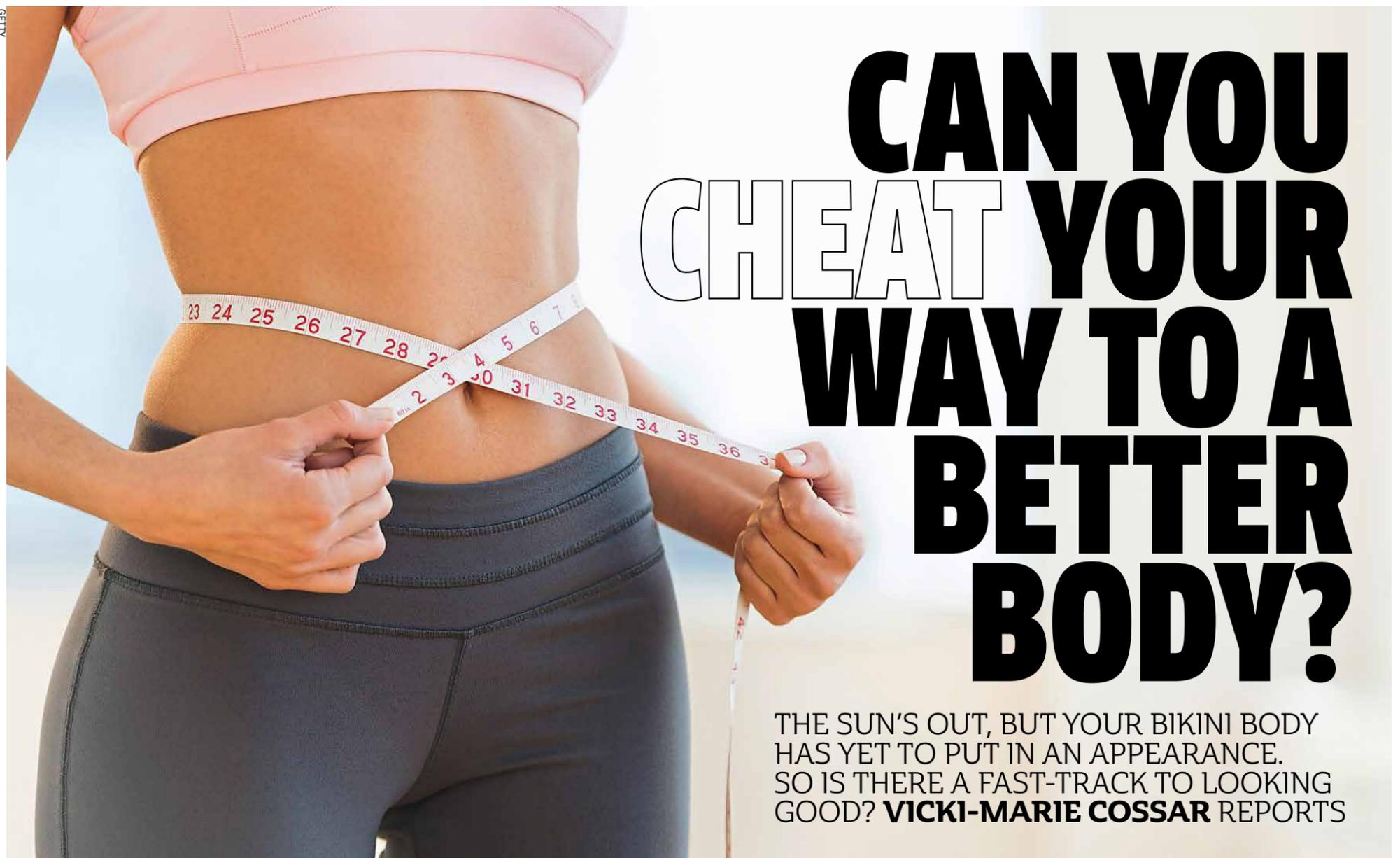


WELLBEING

GETTY



CAN YOU CHEAT YOUR WAY TO A BETTER BODY?

THE SUN'S OUT, BUT YOUR BIKINI BODY HAS YET TO PUT IN AN APPEARANCE. SO IS THERE A FAST-TRACK TO LOOKING GOOD? **VICKI-MARIE COSSAR** REPORTS

WHILE we hate the words 'summer body' there is sometimes a lot of apprehension at having to show-off more skin than we're used to - and the recent sunny weather has caught many of us by surprise. While surgery and liposuction aren't for everyone, as technology has evolved, so have body-contouring treatments and according to Future Marketing, the market is expected to reach US\$11.1bn by 2032. A body contouring treatment uses non-invasive technology to eliminate or minimise fat cells. There's generally no pain and recovery time and they come at a much more affordable price than surgery.

Dr Natalie Geary is the founder and medical director of Light Touch Clinic in Weybridge. She says the industry has come on in leaps and bounds since she started. 'I think we only started to realise we could actually cheat our way to a better body when Zeltiq's CoolSculpting fat freezing procedure was approved by the FDA in 2010. Up until that point we didn't have any technology that was effective at removing fat. However, this was to treat tiny pockets of fat like muffin tops and couldn't help people who were seriously overweight and needed to improve their health. Now that's changed and we have the ability to help people who really need it.'

These days body contouring can be done with everything from radiofrequency waves and ultrasound to cool lasers and electromagnetic stimulation, and these technologies work to reduce cellulite and adipose

fat. 'If you wanted to lose the weight you could just go hell for leather in the gym and eat well. But we now know how valuable technology is and people understand it's a great way to biohack your system to get faster results.' So, are these treatments worth the money and do you see results? We've road tested two of the newest machines to find out.

EMSculpt Neo

This promises to melt away fat and build muscle at the same time. It's a good one for anyone who is relatively fit and looking for some extra definition in specific areas. In fact, it's claimed that in one 30-minute treatment you can have around 20,000 muscle contractions. It works by using a combination of two technologies; synchronised radiofrequency (RF) and high-intensity electromagnetic technology (HIFEM). The radiofrequency uses energy waves to heat the deep layer of your skin

known as your dermis. This heat stimulates the production of collagen, thus plumping the skin to help with the appearance of cellulite. The electromagnetic technology targets the muscles and causes contractions a lot stronger than you can get in a regular workout. When the muscles feel these contractions, it responds by burning fat and also building new muscle fibres.

The review: At Canova London, off Oxford Street, London, I'm taken to a very trendy room and lie on a bed while the two large machine heads are placed on my problem areas (saddle bags) and strapped to me tightly with Velcro. The RF is completely painless and the electromagnetic stimulation starts at a very low level. It comes in waves and feels a bit like the wobble when you hold an exercise. It makes me giggle at first as it almost tickles when administered. But, as the intensity builds during the session you can visibly see the muscles in my

glutes and legs tensing sharply. When the machine contracts at a high level my whole lower body tenses and I can only describe it as having an electric shock for a second or two before it subsides. Although it's not painful, it can be uncomfortable. The session lasts 30 mins.

Results: By the second session I noticed my saddle bags were less spread out when I laid down. By the end of the course I have lost 1.5 inches in circumference in that area.

Price: £3,000 for four sessions (Canova London).

Nationwide, btaesthetics.com

Emerald Laser

They say you can't target fat loss, but the Emerald laser allows patients to target stubborn areas. This works differently to other treatments as most claim to kill fat cells completely, but Emerald instead, shrinks the cells by extracting the fatty liquids inside. When this happens, the shrunken

cells begin to function like healthy, lean cells, thus releasing the correct messages to the brain and beginning a communication throughout the body causing other fat cells to react the same way. It is the only laser that has been given FDA market clearance for use on patients with small pockets of fat and also for patients who have a BMI up to 40. The laser is non-invasive, has no reported side effects and is completely painless. It's called Emerald because its green and uses light energy at specific wavelengths to work on a cellular level with your body. You body processes the extracted liquids through your lymphatic system naturally.

The review: The Light Touch Clinic in Weybridge, Surrey suggests a course of ten sessions to target the fat on my stomach area. The treatment is 30mins and I simply lie on a bed while the green lights (completely painless) dance all over my abdomen. I split the session into 15 minutes on the front, and 15 minutes on the back to give a 360 degree profile effect. It's recommended to do exercise and drink three litres of water a day to flush out the toxins.

Results: I noticed a difference after just one session and my stomach became noticeably flatter as the course went on. I am a lot more confident in clothes now and on paper, a Styku scan pre and post treatment shows I have lost 15cm overall across my body with 10.6cm specifically from my torso.

Price: £1,997 for ten sessions (Light Touch Clinic)

Available nationwide, erchonia.com



Setting the tone: EMSculpt Neo, left, and Emerald Laser both produced noticeable results after a couple of sessions