

A new Lipo Sculpting™ machine gives you inch-loss without the need for injections, anaesthetic or any type of invasive procedure.

SUZI DIXON from **THE TELEGRAPH** finds out more.

I have only been called a ‘Skinny Minnie’ twice in my life. Once, after a stomach bug I picked up in Croatia left me unable to eat properly for about two months. The other time was after a week’s non-invasive Lipo Sculpting™ course of treatments.

The procedure is new to the UK and designed to reduce areas of unwanted fat, for example cellulite, ‘bingo wings’ or pockets of puppy fat around the waist and bust-line.

Unlike other forms of liposuction, such as Smart Lipo, there is no need for anaesthetic as no incision is required – instead, the Lipo Sculpting™ machine uses pads which are placed on the desired area of the body for 10-minute sessions, during which two large diode laser paddles are placed on the fatty areas, and two smaller probe lasers are placed over the lymphatic glands.

The low-level laser energy blasts the fat cells, making them change their shape and release water, Glycerol and free fatty acids. This allows the fatty acids to be released into the lymph and removed from the body by the both venous system and then the liver.

This mechanism of action is not "liquefaction of fat" rather, it is the breakdown of the fat cells (also referred to as lypolysis). Trials have found it works on several areas of the body – as well as the waist and stomach, it is also effective on jowls, double chins, cellulite, fat stored around the back and bust line, arms, knees and ankles.

It’s a non-invasive option for even very overweight people who may be considering a tummy tuck – in fact, several surgeons are now recommending clients try a course of Lipo Sculpting™ first, before considering more drastic procedures.

Brent Tanner, a consultant plastic and reconstructive surgeon based in Wells, said: "I am a great advocate of injection lypolysis using phosphatidylcholine, but the pain, burning, bruising and prolonged swelling give this procedure a definite downtime.

"Lipo Sculpting™, however, has the same effect... and the downtime is negligible. I am very impressed with the cases I have seen using this technique and will certainly treat more patients in this way."

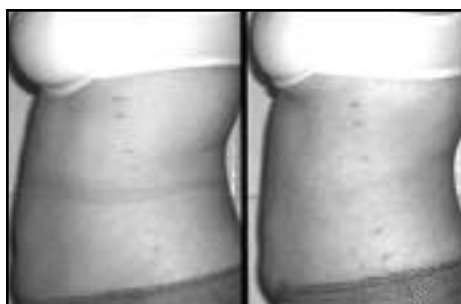
After reading the brochure, I was especially interested in the machine's effect on my waist area – after over-indulging at Christmas, I really didn't have a waist anymore, and wanted to regain that desired 'hourglass' shape.

My therapist was efficient and friendly, and my session started with a basic consultation and a set of measurements.

I was most interested in four areas – around the bra line, the waist, around the belly button, and the hips. She attached two pads and two diodes in the first position, on the lower abs; with the smaller probe lasers on my lymph glands (your underwear holds them in place).



Before and after: a more defined waist and less fat on the lower abs.



On the side: six inches was lost from four positions - under the bra line, round the waist, across the belly button, and around the hips.

I was then covered with a duvet and left to relax – the duvet means you don't need to wear goggles, as the low-level laser is not within sight. This made the treatment ultra-relaxing, just like lying in a pad. I barely noticed the pads were there, apart from a slight heat.

After 10 minutes, the pads were moved into the next position, on the left abs. We then repeated the 10-minute session in various positions around my midriff. The first double-session involved the pads in eight positions.

After the first session, I lost nearly five inches from four positions around my midriff – the most successful being around the belly button, where I lost over an inch instantly. This increased in-between visits to an inch and a half around the belly button, while the second session upped this to two inches – a whole dress size. There was further loss after the second session, upping my overall loss to over six inches.

Two weeks on, I've kept it off and rediscovered my love of the gym. I no longer feel uncomfortable in workout gear, helping me keep up a three-sessions-a-week exercise regime. My clothes fit better, I'm back in my size 10 jeans and I've thrown out the

Aristoc Hourglass Toner Tights I've lived in for the past two months.

I highly recommend Lipo Sculpting™ to kick-start your regime, or to drop a dress size for that special event. Two weeks ago, I felt sluggish, bloated and depressed. This treatment has not only given me my pre-Christmas figure back – it's given me my confidence back.