

# Shape shifters

Leading a healthy lifestyle is key to staying in shape, but can non-invasive methods get rid of stubborn pockets of fat?

**W**e all know that the best way to achieve a beautiful beach body is to make peace with your imperfections, put a bikini on and get out there. Still, the number of celebrities getting a bit of help to

whittle their waistlines, tone their tummies and define their derrières is on the rise.

Non-invasive procedures are becoming increasingly popular among A-listers. Kim Kardashian opted for a fat-freezing (or “controlled cooling”) treatment on her thighs before posing nude for a *Paper*

magazine cover, while her sister Khloé has admitted to having “CoolSculpting and treatments for the stretch marks on my butt” in the past.

But do these non-surgery techniques really live up to the hype, and how do they all work? We went to investigate...

## BTL Exilis Elite

**Tester:** Kirsty Tyler.

**Price:** From £400 per treatment.

**How many treatments did you have?** Five.

**Celebrity fan:** Kim Kardashian.

**The lowdown:** Ultrasound and radio frequency waves are used to boost collagen production and target stubborn body fat, leaving you more toned with smoother skin. Clinical studies show a 40 to 60 per cent reduction of fat in treated areas. My therapist applied a conducting gel before putting the machine on my stomach in a circular motion for 15 minutes, heating the layer under the skin to destroy fat cells.

**The good:** By the end of the fifth session my skin looked tighter and my tummy flatter. After a couple of months my abs were more defined. I also opted for a couple of sessions on my jawline to tighten the area. No recovery time is needed.

**The bad:** It's not cheap and takes two to three months before a big difference can be seen. Sessions should be administered within 10 to 14 days of each other.

**Was the treatment painful?** Thanks to the dermal temperature control, I felt minimal discomfort.

**Would you do it again?** Yes! The machine also offers wrinkle reduction, brow lifting, eyelid lifting, eye bag reduction, cheek contouring, cellulite reduction and neck tightening.

**For more information visit [idealu.co.uk](http://idealu.co.uk) or email [info@idealu.co.uk](mailto:info@idealu.co.uk). Idealu is at 59 Chiltern Steet, London, W1U 6NF**

## Lumenis SlimMe

**Tester:** Harriet Wheeler.

**Price:** £990.

**How many treatments did you have?**

One. Multiple sessions over a longer period of time are advised and produce more drastic results.

**The lowdown:** This uses fat-reducing technologies such as ultrasound, radio-frequency and lymphatic drainage massage to get rid of fat cells. It focuses on the abdomen, stomach and thighs.

**The good:** I felt a lot less bloated within a couple of days and lost seven inches over the next few months.

**The bad:** You need to dedicate three to four hours for the treatment. It can cause bruising.

**Was the treatment painful?** Yes. The machine has three strengths and while the lowest setting wasn't too painful, it meant it took three times as long to complete the treatment. I felt sore and swollen afterwards.

**Would you do it again?** Yes, but I'd need to mentally prepare myself for the pain.

**For more information visit**  
[ottershawhealthcare.com](http://ottershawhealthcare.com)

## Baldan T-Shape

**Tester:** Laura Hills.

**Price:** £100 for 30 minutes.

**How many treatments did you have?**

Two.

**Celebrity fans:** *Made In Chelsea's* Rosie Fortescue.

**The lowdown:** Radio frequency, infrared and vacuum combine to break down fat cells, improve circulation and minimise stretch marks. A cream is applied then the machine emits short pulses causing a vacuum-like effect, lifting skin up and down.

**The good:** My stomach was visibly flatter and my skin felt tighter and smoother. The treatment encourages lymphatic drainage so there were no unpleasant side effects.

**The bad:** The effects were less visible as time went on. Six courses within close proximity are advised, followed by top-ups every few months.

**Was the treatment painful?** While the infrared light grew warmer during the treatment, and the suction became more powerful, there was little discomfort. Both elements can be turned up or down depending on your pain threshold.

**Would you do it again?** Yes, the next time I'm planning to hit the beach!

**Treatment available at The Medical & Aesthetic Clinic in Pimlico, visit**  
[mcliniclondon.co.uk](http://mcliniclondon.co.uk), and EF MEDISPA in Chelsea, Kensington and St John's Wood, visit [efmedispa.com](http://efmedispa.com)

## CoolSculpting at Dr Rakus

**Tester:** Annabel Zammit.

**Price:** From £850 per area.

**How many treatments did you have?**

One session is needed on each area. I did my stomach, inner thighs and lower back.

**Celebrity fan:** Khloé Kardashian.

**The lowdown:** Designed to treat stubborn areas of fat, CoolSculpting is the world's number-one non-invasive fat reduction treatment. I had a full consultation with my practitioner, who advised on which areas of my body to sculpt. A vacuum was then used to draw tissue into an applicator and the targeted area was cooled. After about 30 to 40 minutes the fat cells were frozen. Once frozen, they're destroyed. Over time (one to three months) the body naturally gets rid of these dead cells.

**The good:** You only need one session. After two months, my stomach and thighs were noticeably slimmer.

**The bad:** It's not cheap.

**Was the treatment painful?**

No. I felt mild discomfort on my stomach, but I nodded off during the treatment!

**Would you do it again?** Yes, definitely.



**For more information visit Dr Rakus' clinic online at**  
[driritarakus.com](http://driritarakus.com) or call 020 7460 7324

## 3D-lipo at Dr Leah

**Tester:** Zoë Hill.

**Price:** £990 for six inch-loss treatments, or £1,600 for six treatments and six skin-tightening sessions.

**How many treatments did you have?**

Six.

**Celebrity fans:** Amy Childs, Gemma Collins and Patsy Kensit (*below*).

**The lowdown:** Targeted ultrasound waves break down fat cell membranes, until the fatty liquid is removed from your body naturally – you should drink lots of water to make this happen. For each 40-minute session, the area was covered with gel then massaged with the ultrasound. This was followed by a 20-minute skin-tightening treatment to maximise results.

**The good:** I lost 10 inches across my stomach! There were no after-effects or recovery time, and it gave long-term results rather than a quick fix.

**The bad:** It's not cheap, but it's worth saving up for.

**Was the treatment painful?** No, it was relaxing.

**Would you do it again?** Definitely!

**For more information visit**  
[drleah.co.uk/body-treatments/fat-reduction-inch-loss](http://drleah.co.uk/body-treatments/fat-reduction-inch-loss)



## VibroSculpt by Endosphères

**Tester:** Yasmine Griffiths.

**Price:** £250 for a single 45 to 90-minute treatment.

**How many treatments did you have?** One.

**The lowdown:** We focused on my tummy area, as after two pregnancies it isn't as toned as it once was. The treatment encourages fat cells to break down and increases lymphatic drainage by using micro-vibration and micro-compression technology. It felt weird – a bit like having an abdominal massage from a robot!

**The good:** My therapist Kira kept a constant check on me and the levels on the device could be controlled to suit your pain threshold. Vibrosulpt gets rid of stubborn cellulite, so is ideal for those who feel self-conscious about dimpled skin.

**The bad:** For me, an abdominal massage rids bloating and is far less painful.

**Was the treatment painful?** Not too bad, but not relaxing either.

**Would you do it again?** No, I'd just eat more healthily. However, 12 treatments are recommended for more visible results.

**For more information visit [efmedispa.com](http://efmedispa.com). Treatment available at EF MEDISPA in Richmond, Chelsea and Kensington**



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