

## Wrinkles. Cellulite. Even stretch marks. There's a laser treatment to beat just about anything. So do they work - and does it hurt?

Zap! Lasers can now treat just about any beauty problem - if you can afford it

But stretch marks are only the latest in a long line of imperfections that can be zapped away by laser.

From body hair and acne to excess flab and spider veins - whatever the problem, there is a laser procedure designed to help.

A laser is an intense beam of light that can transfer its energy through the skin to a specific part of the body. The strength of the laser, and the frequency of the light used differs depending on the type of tissue it must target.



Treatments are often painful, and tend to be expensive as the machines are pricey, but Dr Ayham Al-Ayoubi, from The London Medical & Aesthetic Clinic, says: 'I have used lasers in cosmetic medicine for more than 20 years, and you can achieve results that are simply just not possible with other technologies.'

### DON'T SWEAT IT

Excessive sweating can be very embarrassing and often doesn't respond to antiperspirant - but laser treatment can end the misery.

Dr Al-Ayoubi, of the LMA clinic, uses the Smartlipo MPX laser to destroy fat cells under the skin, which also damages the sweat glands just below the skin in the armpit area providing a permanent solution.

It takes around 30 minutes under local anaesthetic and costs £2,000. There will be some pain during the procedure and swelling and tenderness afterwards. ([www.lmaclinic.com](http://www.lmaclinic.com), 0208 342 1100.)



### LASER BODY LIFTS

A scar-free breast lift? That's the promise from Dr Ayham Al-Ayoubi, who uses lasers to get a perkier look using the Smartlipo MPX laser system.

For the breast lift, Smartlipo is used to remove fat from the sides of the upper back and just below the armpit area. The heating effect of the laser also stimulates collagen production to tighten and tone the skin, pulling and lifting the breasts.

The treatment is not suitable for bigger breasts and the result is best described as 'subtle': Dr Al-Ayoubi uses a similar technique to remove fat under the chin for a neck lift.

The laser breast lift costs £2,000. ([www.lmaclinic.com](http://www.lmaclinic.com), 0208 342 1100.)