



CLOSER TALKS TO CARA KILBEY

# 'I only see faults in my body'

Just three weeks after losing 8lbs on a Closer shape-up plan, Cara Kilbey had laser liposuction. Here, she reveals why...

CLOSER EXCLUSIVE INTERVIEW!

**S**HE HAS A STUNNING SIZE 10 figure that is the envy of countless TOWIE fans, but Cara Kilbey says she'll never be happy with her body – even after having laser liposuction on her stomach and inner thighs.

The reality star recently told us how she'd dropped from 10st 10lbs and a size 12 to 10st 2lbs and a size 10 in a month by following diet book *Feed Your Face* by Dr Jessica Wu as part of a Closer shape-up plan.

But last week – just three weeks after completing the body blitz – Cara was seen in an episode of TOWIE showing pals a support bandage she was wearing after having liposuction.

Cara, who's 5ft 9, told Lauren Goodger, Frankie Essex and Billi Mucklow: "I have to sleep in this for 10 days. It's so bad. It goes all the way to my knees and has a hole in case I need a wee. I'm so glad I had it done. They took out a litre of fat. It was disgusting."

Cara says she resorted to liposuction after struggling to keep up her new healthier lifestyle. The reality star, 23, tells Closer: "I looked at pictures of myself in Marbella the week after I did my diet and hated them."

Cara had Cynosure's SmartLipo MPX treatment, performed by Dr Ayoubi at London Medical & Aesthetic Clinic. The treatment involves having a laser fibre-optic inserted into the body. It destroys fat cells and turns them into liquid – which is then sucked out.

Cara admits: "I only see faults in my body and many of my friends have told me I have body dysmorphia. Although the diet and exercise plan had worked, I struggled to stick to it when we started filming TOWIE again. I was snacking on crisps and chocolate constantly."

"I wanted to get rid of the fat pockets in my inner thighs and my love handles, so I went to have lipo. I won't necessarily lose weight from the op, but I will lose inches from my figure."

Cara says she'd even like to increase her breast implants from a 32D-cup to an E-cup next. She reveals: "I'm always looking for the next thing to have done, but I don't think I'm as bad as my co-star Chloe Sims, who's had bum implants!"

"I'd love to have my boobs made bigger by a cup size so the rest of my body looks smaller. There's nothing wrong with having curves, but I want a toned body to go with them. I love celebs like Kelly Brook and Kim Kardashian, who aren't stick insects. I never want to be a size zero."

Cara is now almost fully recovered from the procedure and says she intends to work out three times a week and stick to the Cambridge Diet – which involves eating soups, bars and shakes – to keep in shape before filming the TOWIE Marbella special next month.

She says: "I'm still swollen from the lipo but, when I can, I'll be doing some hardcore gym sessions so I look my best for the summer." ■

By Katie Banks



Cara showed off her lipo bandage on TOWIE last week

She was a size 12 before she lost 8lbs and dropped to a 10 (right)



LONDON MEDICAL & AESTHETIC CLINIC  
1 HARLEY STREET

To book an appointment with Dr Ayham Al-Ayoubi, please call 0208 342 1100 or send an email to [info@lmaclinic.com](mailto:info@lmaclinic.com)