



TRIM VELASHAPE II

The VelaShape II is one lean, mean cellulite-busting machine. This magnificent beast uses infra-red light and radio frequency to heat deep tissue, shrinking the size of fat cells, while mechanical rollers and vacuum suction increase circulation and massage the skin to give a smoother appearance (from £100 per session; velashape.com). Dr Ayham Al-Ayoubi of the London Medical & Aesthetic Clinic is a

huge advocate, saying:

'We found that 75 per cent of treated areas – especially the inner and outer thighs and knee area – reported fat loss and cellulite reduction of at least 1cm, and up to 3cm.'

