



## BEAUTY | SKIN DEEP

# COMBAT CELLULITE

You don't have to have surgery to smooth that dimpled derriere. These non-invasive treatments are designed to firm up legs, bums and tums

*If you have cellulite, the good news is you are not alone. The dreaded dimpling, irregular fat deposits that look like orange peel are said to affect up to 90% of women. The bad news? Its appearance gets worse with age*

### VELASHAPE

It may look and sound like a bizarre way to achieve silky smooth skin, but Velashape involves a therapist passing a 'Hoover-like' contraption over your problem parts (usually thighs and buttocks) to administer a vigorous, deep massage via a vacuum. At the same time, the machine transmits radio frequency and infrared light to heat the skin and reduce the volume and appearance of fat tissues. With no needles, pain or bruising, it's small wonder this treatment is extremely popular. However, while you should notice a difference after just a couple of treatments, around six to eight are recommended to achieve optimum results. And, as with the other anti-cellulite treatments on this page, results are not permanent but should last from six to nine months. Also remember that, as with all other treatments, results tend to last longer if you stick to a balanced diet and exercise regularly.

**THE LOWDOWN:** The London Medical & Aesthetic Clinic offers VelaShape for around £100 a session for an outer or inner thigh, which takes around 30 minutes. Other similar treatments include Cynosure's SmoothShapes XV.  
[www.lmaclinic.co.uk](http://www.lmaclinic.co.uk)

