



BEAUTY | SKIN DEEP

3 ways to... **GET GREAT LEGS**

No sweat... we look at the treatments that can solve three common problems and result in smooth and sculpted, vein-free legs

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THIGH SHAPING

If diets and exercise have failed to remove those stubborn pockets of fat or 'saddlebags', Bodyshape may be the answer. This minimally invasive laser-assisted liposuction is now available without general anaesthetic with virtually no downtime. Performed in under an hour, with little bruising or scarring, patients can return to work the following day.

The treatment is performed under local anaesthetic and involves a very small (2mm) cannula being inserted just under the skin around the problem area. As the incision is so small no stitches are needed. The cannula is attached to a SmartLipo MPX machine which uses light energy to selectively liquefy the fat tissue (typically around the hips, thighs or waist), before it is 'aspirated' or sucked out allowing for easier patient recovery and greater sculpting control by the surgeon.

Patients need not worry about saggy skin — the thermal effect of the laser energy causes skin tightening to contour the body for dramatic 'bodyshaping' results and can also improve cellulite. Body contours improve day by day, providing with the best outcome seen up to three to four months post-op.

THE LOWDOWN: Dr Ayoubi of The London Medical & Aesthetic Clinic offers Bodyshape from £2,000 at London's The Cadogan Clinic. www.lmaclinic.co.uk ●

A recent online survey by market research organisation Mintel revealed that out of 2,011 women aged over 16 years old, 48% worried about the shape and size of their thighs, while 69% were worried about having — or developing — a muffin top... www.mintel.com

