



The Bikini Body Booster

BY VELA SHAPE AT THE LONDON MEDICAL & AESTHETIC CLINIC

Price: £150 per session
(which lasts around an hour)

Stockist: **The London Medical & Aesthetic Clinic** (0208 342 1100)

Best for: Stubborn cellulite on the thighs, butt and abdomen

Claim: "This breakthrough treatment is perfect to hone your bikini body and is proven to significantly improve the appearance of cellulite by tightening, toning and smoothing the skin."

Pros: It's pain free, doesn't involve a needle and is actually quite pleasant. And you can feel it working. The Velashape looks a lot like a big Dyson vacuum cleaner – but with a thousand times the suction power. The nurse covers your "problem areas" – in my case from my belly downwards – with a gel, then runs the device over the aforementioned areas repeatedly. It works by heating the skin with light energy and infrared, which helps increase oxygen diffusion in the body. Combined with a lymphatic drainage massage, it helps shrink fat cells, break them down, so your body can get rid of them, leaving your skin smoother, less dimply, and tighter.

Cons: You need about six sessions to see results and it helps if you make an effort to combine treatments with a mild detox – more water, less wine, fewer chips, more exercise. I only saw a difference after session number four, when I realized that my bum seemed to fit a little more comfortably into my bikini bottoms. So it's not really an instant fix.

Verdict: There's definitely a marked difference in the dimples (they took before and after shots to prove it) and my skin feels smoother and a lot tighter. It also helped sort the horrid water retention around my knees, which I was always paranoid about. It's a bit of a hassle, it takes six sessions, but I think it's worth it. I'm booking in some more, anyway.