

Cosmetic Surgery

Top plastic surgeon **ADRIAN RICHARDS** has nip/tuck know-how

Q I've got bad cellulite. How can I get rid of it?

ANGEL, 35, EAST DUNWOOD

A Cellulite, the dimply, fatty deposits usually found in the thighs and buttocks, are hard to shift. For a non-invasive procedure, try VelaShape, a combination of radio frequency and infrared light that heats the skin. As it's rolled over the skin, it increases lymphatic drainage, giving a smoother look. There are no major side effects, but you'll need a few sessions to benefit. See www.1maclinic.com for details.

Kim Kardashian is a fan of VelaShape