



HOW TO CHANGE YOUR BODY IN 6 WEEKS

Want to change your shape in just 6 weeks but think it's impossible? We have eight sure fire ways to get you a beach body in time for holiday season. Whether you need to change your eating habits, get fit or detox we show you how to get results – fast...

Smart Lipo, by Dr Ayoubi, 020 8342 1100

Smart Lipo is a less evasive form of liposuction surgery, which removes fat by laser technology. The idea is that the lasers breakdown the cell wall liquidising the fat which is then broken down in the body through the liver. Due to the fat being flushed out through the body it's not safe to have large areas of fat removed but if, like most people, you have stubborn fat pockets that won't budge no matter what then it is perfect for targeting these specific areas. As the fat isn't removed at the clinic you won't notice the results straight away – expect to wait around 4 weeks to see the effects and around 3 months for the fat to disappear completely. But be warned this is not a lunchtime quick-fix, expect to go through the same procedures as you would for a serious operation. You need to take a day or afternoon off work as the pain killing drugs combined with the procedure itself will leave you feeling wobbly and you should expect the area to feel sore for a few days after. At the clinic you are talked through every step of the process, the surgeon discusses and marks out the areas you want zapped beforehand and you are then dressed in a gown to wait for the drugs to take effect. A liquid anaesthetic is injected under the top layer of skin, the laser is then sent in and poked around under the skin which our tester found uncomfortable but not painful. The needle is small there are no stitches after and there are no scars which means you can happily show off your newly slimmed self in no time. You can have the smartlipo just about anywhere – the chin, tummy, arms and thighs are popular choices (our tester had inner thighs with great results). The process costs around £2000, so if you are expecting extreme or instant results you might be disappointed, however for subtle and steady improvements and a relatively easy process it is definitely worth every penny and our tester said she would absolutely do it again.

Best for: slim people with stubborn fat pockets.