



BEAUTY | SKINDEEP

Treatments for... **A BIKINI BEACH BODY**

Stubborn pockets of fat, lax skin or cellulite? There's a treatment to help fix your bugbear and get you in shape for summer. **Words: Sam Lewis**

CELLULITE BUSTER

You don't have to be overweight to suffer from unsightly cellulite (it affects around 85% of women over 20 years old) and once it makes an appearance, it's notoriously stubborn to shift. Cellulaze is a minimally-invasive treatment that was introduced to the UK last year. Offered under local anaesthetic, it uses a pulsed laser to attack the dimpled fat tissue in three steps. The laser (attached to a thin cannula or tube) is first inserted just beneath the skin via small (0.5cm) incisions and pointed down to melt excess fat lying beneath the epidermis. Next it is angled horizontally to cut through the stiffened fibrous bands, releasing the valleys that cause the orange peel effect. Finally, the laser is placed in an up position to thicken and elasticise the top layer of skin, smoothing out the surface for tight and toned skin. Expect to be tender and swollen for a few days and you'll have to wear a compression garment to aid the healing and take antibiotics for a week as a precaution.

THE LOWDOWN: Cellulaze is a one-off treatment taking around 90 minutes (depending on the size of the area). It costs from £2,500 at the Harley Street Skin Clinic and London Medical & Aesthetic Clinic in London, and the Sthetix Clinic in Liverpool. www.lmaclinic.co.uk www.cellulaze.co.uk

Do you have the bikini blues? Psychologists at Flinders University in South Australia have discovered that even the thought of trying on a swimming costume in a dressing room worsens a woman's mood... No surprise there then...

