

# grove

magazine

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## STYLE COUNCIL

Faces of the Grove  
fashion scene

# SOPHIE'S WORLD

Sophie Ellis-Bextor returns to the dancefloor



# The bees knees

SmartLipo is a cosmetic procedure that can zap away the fat without requiring any surgery. But does it really work? **Kamin Mohammadi** went to find out, with a treatment on her knees

**L**iposuction has long seemed a magical solution for stubborn fat, but it is an invasive procedure and carries a lot of risks. It can leave you with loose skin and prone to infection, as with any surgical procedure. However there is now a new form of lipo in town, SmartLipo, the laser version which leaves no loose skin and can be performed during your lunch hour.

The procedure was developed by an Italian doctor, so you know it's good – after all the Italians are keen on looking good and they don't mind tampering with nature to achieve this. Arriving in the UK late last year, SmartLipo has already racked up the column inches and won over fans, but does it really work? I set out to find out for myself.

At BeautyWorksWest, the procedure starts with a consultation with resident plastic surgeon Dr Sister. He is knowledgeable and confidence-inspiring, explaining that the technique uses a tiny laser to break up the membrane of fat cells so the oil contained in the cells can then seep out and be metabolised by the body, broken down by the liver and eliminated. Although a small incision would be required to allow the laser to work under the skin, the cauterising effect of the laser on the surrounding blood vessels would ensure there was no bleeding.

Although the method works well on fat, it is only suitable for small areas and definitely not for losing substantial weight. It is a perfect sculpting tool, ideal for areas such as chins, underarms, saddlebags, stomachs and knees. Dr Sister assured me that there was practically nothing that could go wrong, I would be prescribed antibiotics and anti-inflammatory tablets to take after the procedure as a safeguard.

The day came and I arrived at BWW with a few of my own CDs to relax with, at Dr Sister's suggestion. Having decided on treating the knees, Dr Sister drew some markings on each knee and then I lay down, my music on and goggles placed over my eyes to protect from the laser. Dr Sister made two small incisions, one on each knee, and through these administered some local anaesthetic. The long hollow needles of the anaesthetic were the scariest things about the experience. A few minutes later and my knees were numb enough to start the procedure. A long fine fibre optic laser was inserted under the skin and for the next hour the doctor moved the laser around under my skin, zapping the fat cells. Although I could see the red tip of the laser moving under my skin, I felt nothing and was able to lie back and relax.

The laser also encourages collagen production, meaning skin will not lose elasticity and, since the body is removing the remnants of the fat cells itself, there is practically no chance of sagging skin – it takes up to four months for the results to show, the length of time it takes the body to eliminate the fat, so the skin has time to adjust to the reduction.

Afterwards, the cuts in my knees were cleaned up and dressed and my knees were bandaged – I had to keep these on for a few days – and I walked out of the consulting room and back to my day with no trouble. Because of the area of treatment, I had to forsake exercise for a week but having permission to lie on the sofa can be just as good for the soul. My knees looked bigger afterwards due to the fat liquefying, but I started to give myself light massages after a couple of days to aid the circulation and, two months later, I can see my new knees emerging, slim and fat-free.

Throughout, the level of care at BeautyWorksWest was excellent with plenty of pre and post-procedural care. I have been back a couple of times since to have check ups and Dr Sister's mobile number was with me at all times in case of problems.

**Treatments start from £1,500 depending on the area treated.**  
BeautyWorksWest, 8-9 Lambton Place, W11; 020 7221 2248

## SMARTLIPO ALSO AVAILABLE AT

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### Bharti Vyas Holistic Therapy and Beauty Centre

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5 and 24 Chiltern Street, W1  
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