

SHAPE UP for summer

Worried about your lack of toning? Chill out. We test a new treatment from America that promises to freeze your fat off.
Words: Sam Lewis

spotlight CRYOLIPOLYSIS

Heard about the treatment that reduces unwanted bulges by around 20% in just one session with no needles, no surgical incisions and no downtime? So what's the catch? Curiosity, and an imminent beach break, lead me to Beyond MediSpa at Harvey Nichols. Would I have to remortgage my house for them to extract my wobbly bits? Is it safe? And, as I'm only a size 10-12, am I fat enough? Therapist Magdalena takes one look at me and says I can have the procedure, but only on either my love handles, inner thighs or tummy. Not quite the reply I was hoping for.

She explains that the machine can't remove huge swathes of fat as it uses a suction pad that's only about two by eight inches, allowing only one problem area or bulge to be 'zapped' at a time. The pad freezes the area using cooling technology called Cryolipolysis, which breaks down fat cells that are then digested and excreted by the body over several months. I flip a coin, opt for the tummy, and admit I'm a little nervous — even though the procedure has recently obtained FDA approval in the US. Will it freeze my internal organs? Will the pain be similar to childbirth, as a fellow beauty journalist recently reported?

As the suction pad attaches to my tummy, I gasp for air and, quite frankly, it hurts. Just when I think I'll have to ask her to take it off, the pain subsides and I'm able to read a magazine. After an hour, the pad is removed but I have severe cramp. However, 15 minutes later, I'm happily shopping. A month on, and there's definite improvement — I just wish they had a bigger suction pad.

The lowdown: CoolSculpting by Zeltiq costs £800 per treatment. www.beyondmedispa.co.uk