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## COLD PLAY

*The new anti-lipo procedure that gives belly fat the cold shoulder*

Muffin tops, love handles, post-labour pooch. Call it what you will—unsightly bulges around your torso are zapped in an hour with CoolSculpting by Zeltiq.

If the thought of doing more crunches in the gym makes you break out in a sweat, freezing your fat cells may be an option for you, says Dr Yvonne Goh at Medical Aesthetics at Cluny. "Fat is sucked into a probe and the discomfort felt is akin to 1,000 tummy crunches," says Dr Goh, whose patients read magazines and watch DVDs while the treatment is underway.

Intense cooling targets fat cells without damaging the surrounding tissues. As the procedure is non-invasive, it doesn't require anaesthesia and patients are up and functioning almost immediately.

Developed by affiliates of the Harvard Medical School, the FDA-approved machine has been shown to reduce fat by up to 20 per cent two months after just one procedure.

**IMMEDIATELY** After a consultation with the doctor, the hour-long procedure sees a probe attached to paunches around the torso. Once it's frozen, nurses massage and break down the fat, helping it begin a process where fat cells begin to shrink and disappear. "It takes an hour with no

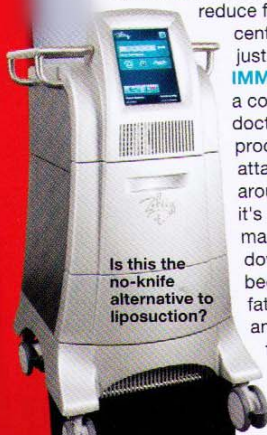
downtime—just some redness and aching for one to three days," says Dr Goh, who warns that levels of discomfort vary.

**AFTER THREE WEEKS** "Within two days, fat cells die and gradually decrease," says Dr Goh. We saw a slight flattening around three weeks after the treatment, while the body worked to "flush out fat cells for the next six months."

**AFTER THREE MONTHS** "The body is contoured and firmer because skin has time to naturally contract—so patients don't see flaps of skin like they would with liposuction," says Dr Goh.

If it seems a little too good to be true, candidates should note that it's normal for skin around the targeted areas to feel sensitive post-CoolSculpting and the treatment, which can require several sessions, is no replacement for a healthy diet and active lifestyle. But if you're relatively petite and have crunched your way to firmer abs with little to no result, this could just be the ticket to finally winning the battle of the bulge.

CoolSculpting by Zeltiq from \$1,350 at Medical Aesthetics at Cluny, Cluny Court, #02-12. Tel: 6462 2559



Is this the no-knife alternative to liposuction?

...the new anti-lipo procedure that gives belly fat the cold shoulder