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Curtis Stone undressed, p.12

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dining That's the Spirit
nightlife Andy Rourke
first person Coco Lee

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Staying in the office when I'd rather be out and about means I'm now 10kg heavier than I was in January. So when an invitation to try the **Cool Sculpting by Zeltiq** procedure—a new non-invasive way to reduce fat—came in the mail, I jumped at it. According to Dr. Yvonne Goh, the machine draws your targeted bulge up between two panels and intensely cools the area so that your fat cells are crystallized, eventually resulting in a 20 percent reduction of fat. But if you have a low threshold for pain, you may find it uncomfortable. The nozzle tugs and sucks on your targeted area and cools it to the point of freezing. It's like being pinched by someone wearing gloves of dry ice. The discomfort does go away though. $1,500 is a lot for a single session but considering that most of their clients feel satisfied by the results after three to six weeks, I reckon it's a small price to pay. Watch this space for progress on my muffin top. In the meantime, call **Medical Aesthetics @ Cluny** (#02-12 Cluny Court, 501 Bukit Timah Rd., 6462-2259) to book an appointment.