



CAN A MALE 'TWEAKMENT' ACTUALLY WORK?

IS IT REALLY POSSIBLE TO FREEZE AWAY FAT?

In the world of cosmetic 'tweakments', cosmetic procedures that don't involve surgery, one of the most sought after treatments for men, is body contouring.

The arrival of Covid-19 put a brief dent in the accessibility, of cosmetic treatments, but now that lockdown restrictions have been relaxed, demand is high and bookings have surged.

BODY CONTOURING

Few of us are 100 per cent satisfied with our shape. For most of us there is the odd bulge that we wish wasn't there, but struggle to get rid of. What seems like a lifetime in lockdown has merely exacerbated this issue with poor food choices and restrictions on mobility

So what can you do about it? Diet and exercise seems the obvious answer, but the problem with body fat is that you have no control over where it gets deposited or where it gets shed. As the actress Catherine Deneuve once observed, after a certain age you may have to choose between your face and your bottom.

A few years ago if you really wanted to lose fat from a specific part of your body then you might have opted for liposuction. These days, however, many people prefer something less invasive. That has led to a rise in demand for "body contouring". The aim here is to get rid of an area of stubborn fat, not by sucking it out, but by freezing or heating it to destruction.

Body contouring can be done in two ways: with fire or ice. If you like it hot, then there are devices that can be attached to the relevant part of your body and heated by electromagnetic radiation or High frequency Ultrasound till your fat cells are liquefied.

If, on the other hand, you prefer your fat frozen, then there is a different device that can be strapped to the wobbly bits, then cooled to below freezing, so your fat

crystallises. Once the fat cells have been destroyed, by either method, they are removed by the body's normal scavenger system.

Neither approach is suitable for someone who wants to lose a lot of weight. It is really intended for people who have isolated areas of stubborn fat that just seem to hang around whatever they do.

We ask Dr Curran to give us the lowdown on body contouring devices

So what's the main difference between losing fat by dieting and these approaches?

"When you diet, you get slimmer because the fat cells shrink. With these procedures there is permanent destruction of the fat cells."

IS IT SAFE?

Well, both approaches have been approved by the US Food and Drug Administration. Studies have shown that heating or freezing can trigger the death of fat cells without damaging the skin or other tissues and significant side-effects are rare. Yet this is not an alternative to healthy living. If you go back to eating ice cream and doughnuts, your remaining fat cells will swell like balloons and fill the space that was once occupied by the cells you've just destroyed"

But do they actually work? "Real clinical results show significant decreases in treated areas of on average 6cms to 7cms after 2 months.

These treatments take a little time to achieve your best results but the feedback from clients suggest that the transformation is absolutely worth it"

Have you had it done? He laughs, "I couldn't possibly comment!"

To contact Dr John Curran and his team please call 736699 or visit www.askinclinic.co.uk