

These latest fat-busting aesthetic treatments mean that you can rid stubborn bulges without hitting the gym.

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No-Sweat Slimming

PHOTOGRAPHY COURTESY OF ESTHECLINIC SINGAPORE

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hether you lead a sedentary lifestyle or work out regularly, some pockets of stubborn fats (like on the tummy, thighs, buttocks and lower back) are just hard to get rid of. Enter the new generation of intensive, non-invasive fat-busting aesthetic treatments. Not only do they permanently destroy fat cells without going under the knife, they can sculpt the ultra-stubborn areas that are difficult to target with exercise. But some effort is still required to maintain the svelte results.

"Like for all other body contouring treatments, you need to make some effort if you want to get the best results. It's always good to exercise regularly - even walking 30 minutes daily is sufficient," says Manon Allano, managing director at EstheClinic Singapore. "A healthy diet is also very helpful to increase the slimming results and maintain them after the treatment. Drink a lot of water to flush out the wastes and secreted fats from the body and it's also good to avoid sugar in your diet."

Liposonix at The Knightsbridge Clinic

What it is - High-intensity focused ultrasound technology (HIFU) is an approved USFDA technology to target stubborn fat cells that exist 1.3cm below the skin's surface. The small hand piece means that you're able to target small, hard-to-reach areas like the back of the arms and 'bra bulges'. The targeted adipocytes (fat cells) shed the lipids and are expelled naturally via the lymphatic drainage system over the next three months. You can expect to see visible inch-loss around the circumference of the treated area.

From \$2,000 at The Knightsbridge Clinic; www.knightsbridgeclinic.sg

Intensive Body Perfection at EstheClinic

What it is - This unique body-contouring 'aesthetics bootcamp' is essentially "an intensive protocol to get fast results on most resistant areas," explains Allano. "Our Intensive Body Perfection programme combines lipocavitation (ultrasound waves that target localized and stubborn fat cells to destroy them) and radiofrequency to tighten and lift the skin; and reduce the appearance of cellulite". A series of six to 10 twice-weekly sessions is recommended for optimal results, which includes visible reduction in excess fats in the treated areas as well as smoother, firmer skin - simply put, your silhouette becomes more streamlined, tauter and sleeker. Especially recommended for post-partum figures or those who have experienced sudden and dramatic weight loss.

From \$320 per a la carte session at all EstheClinic branches; www.estheclinic.com.sg

DualSculpting at Drs Chua & Partners

What it is - A newer version of the popular Coolsculpting fat-freezing treatment, the dual machines used means that you can treat two small areas of fat at the same time in just 30 to 35 minutes. The treated area is cooled to a specific below-freezing temperature, during which up to 20

to 25 per cent of the fat tissues in the treated areas will be permanently destroyed. The CoolAdvantage Petite Applicator also means that smaller areas of the body, like the backs of the arms, can also be treated with Coolsculpting. **From \$385 for eight sessions at Drs Chua & Partners; www.kevinchua.com.sg**

