

So long muffin top

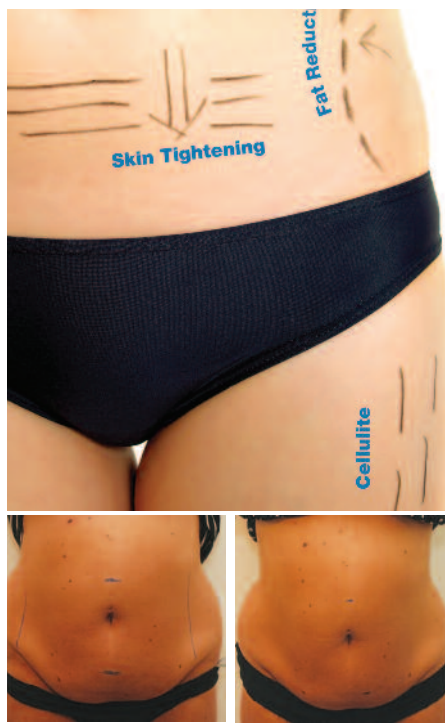
Liz Campbell discovers a new treatment that can help shed unwanted stomach fat

Like many women of a certain age, especially those that have had children, I have a 'muffin top'. I think I am reasonably careful with my diet, and exercise every day, but nothing seems to shift this bane of my life, this unbecoming fleshy roll around my middle.

I had been aware of 3D-lipo which came to people's attention last year when Dr. Leah Totton won *The Apprentice* and she installed one of the new machines in her clinic in London. Therefore, when I was offered the chance to try 3D-lipo for myself I jumped at the opportunity – this could be the answer to my problem.

The only local salon that is able to offer this treatment is the Suffolk Medical Clinic in Boxford. The clinic is run by Dr. Anthony O'Neill and his wife Jenny O'Neill RGN. Dr. O'Neill was a GP for over 20 years and his specialist knowledge of skin disorders and minor cosmetic surgery has allowed him to extend his expertise into the area of cosmetic medicine and aesthetic treatments. Most of Jenny's nursing career has been in medicine, with a special interest in dermatology. Mrs O'Neill has comprehensive experience in the beauty, cosmetic and hairdressing industry working for L'Oreal for eight years as the product development and logistics manager. At this stage, I must point out that the 3D lipo offered by the Suffolk Medical Clinic is the 3D-lipo Med which means that this system can only be used under the supervision of someone with a medical qualification.

On arrival at the clinic I was greeted by one of the beauticians who offered me refreshments and then asked me to fill out a questionnaire. I was then introduced to Jenny who took me through to the treatment room where I met Dannee who would be carrying out the treatment. Jenny went over the questionnaire in detail clarifying everything and we then discussed which of the treatments would be most appropriate for me.



Before and after . . . images ©smc

The system is probably one of the most advanced treatments of its type in the fight against targeted fat reduction, cellulite and skin tightening. It utilises the latest generation technology called ultrasound cavitation and cryolipolysis (fat freezing) which are widely recognised as one of the most effective cellulite reduction and localised fat loss techniques available. The skin tightening procedure uses radio frequency which penetrates the skin layers to selectively heat the skin tissue and the extra cellular matrix where the collagen fibres are embedded. The local heating causes the collagen fibres to contract and increases the metabolism of the fibroblasts thereby accelerating the production of new collagen and elastin fibres.

We decided that the ultrasound cavitation would be my best option as I didn't have a lot of fat to work on. Jenny explained that quite often clients will have both the cavitation and the cryolipolysis over a course of treatment as this comes back to

being able to target where you would like the fat loss from.

Before I started the treatment, Jenny took various measurements around the area they were going to be working on and also a photograph for the before and after shots. I had put on my best Bridget Jones underwear but I needn't have worried, both Jenny and Dannee made the experience very relaxed and there wasn't the hint of embarrassment which I had worried about. Various markers were put on my stomach which would be the areas targeted and also markers highlighting the hip bones and, in my case, the lower rib as these obviously need to be avoided.

Dannee applied gel to my skin and then started to work on the fat. She explained that the maximum length of the treatment is 40 minutes and I found the whole procedure very relaxing. The endomology head was strapped to Dannee's hand and she worked over the targeted areas in circular movements. I could feel some pressure but it certainly wasn't uncomfortable. The endomology head also smooths cellulite and aids lymphatic drainage.

After the treatment I was measured again and I am delighted to say that I had lost five cms after just one session. The treatment (prices start at £150) is most effective when taken over a course of weeks (you can only have one session a week so do not be tempted to book in every day of the week to achieve miraculous results!), and obviously the results depend on how much fat you have in the first place and what you would like to realistically achieve at the end.

A lot of clients have the fat reduction and then follow it up with the skin tightening. Would I recommend it – absolutely, and I am confident that there will soon be a waiting list to have the treatment.

■ For further details contact: Suffolk Medical Clinic Ltd, 6 Broad Street, Boxford, Sudbury, Suffolk. CO10 5DX. Tel: 01787 211000 www.suffolkmedicalclinic.co.uk

