



Vanilla TRIED & TESTED

3D-LipoMed

Is this the hi-tech secret to the perfect bikini body?

We investigate 3D LipoMed – the revolutionary treatment of fat and cellulite

AFTER THREE C-SECTIONS and a hernia operation a number of years ago, I have no stomach muscles. Despite fairly regular exercise and trying to eat healthily (most of the time!) I can never seem to tone my flabby belly. I'd come to the conclusion that this was the way it had to be – or maybe not!

I first became aware of 3D-LipoMed after Dr Leah Totton won hit TV series *The Apprentice* in 2013. I heard she'd installed one of the new machines at her London clinic and it's extremely sought after, especially by celebrities. WAG Coleen Rooney's the most high profile – she certainly looks very toned after two children.

But regular trips to London were out of the question, so I put it to the back of my mind until I found out there was a place near me, Suffolk Medical Clinic, in the beautiful village of Boxford, midway between Sudbury and Hadleigh.



The team at Suffolk Medical Clinic

The proprietors of Suffolk Medical Clinic are Dr Anthony O'Neill and his wife Jenny, a Registered General Nurse. They have been successfully established since 1999. Dr Anthony qualified at London's Royal Free Hospital in 1980 and has vast experience, specialising in dermatology. His wide knowledge of skin disorders and minor cosmetic surgery has allowed him to extend his expertise into cosmetic medicine and aesthetic treatments.

Jenny qualified at University College London in 1985 and has a special interest in dermatology, with comprehensive experience in the beauty, hairdressing and cosmetics industries. She

worked at L'Oreal for eight years as product development and logistics manager.

I'll be honest, I was slightly nervous but the warm greeting by the team at Suffolk Medical Clinic immediately put me at my ease. I felt I was in safe, professional hands, with their vast experience and promise of high-quality care before, during and after treatment, my worries evaporated.

I filled in a questionnaire and we went through my answers thoroughly. Jenny talked me through the process step by step, explaining in detail exactly what the treatment involved.

3D-LipoMed is said to be one of the most advanced treatments for targeted fat reduction and skin tightening – especially good for tums, bums and thighs. It utilises the latest-generation technology, ultrasound cavitation and cryolipolysis (fat freezing), which are widely claimed to be among the most effective cellulite reduction and localised fat-loss techniques available. Suffolk Medical Clinic is the only clinic in East Anglia to use the 3D-LipoMed advanced medical-grade system.

THE SCIENCE

Cavitation is a natural phenomenon based on low-frequency ultrasound. The ultrasound produces a strong wave of pressure to fat cell membranes which cannot withstand this pressure and disintegrate into a liquid state. Cryolipolysis destroys fat cells by subjecting them to low temperatures. It is good for



Dramatic results: After 8 sessions of Cavitation and 3D-Dermology

particularly stubborn pockets of fat, e.g inner thighs and bingo wings. Both processes result in the break down of fat cells which are metabolised by the body.

Danee performed the treatment and began by measuring around the abdomen and taking photos. Then she marked it out in four sections and applied ultrasound gel to the first. The ultrasound cavitation head, strapped to Danee's hand, was placed on the skin and with deep, circular movements the treatment began. It was very relaxing, no pain, just a wonderful stomach massage.

Then to finish, Danee changed to the endermologie headpiece, the suction was turned up and, using a suction and rolling action, she worked across my stomach until the skin had turned a nice pink colour.

THE RESULTS

The area was cleaned of gels and oils and the final measuring

took place. WOW. I'd lost 3cm off the area, a great success from just one treatment. Clients who had a further five treatments were said to have lost around 6-8cms!

I was told to drink 1.5 litres of water during the rest of the day and have a healthy light meal in the evening, but that was it, no aftercare. When I got home I tried on a pair of trousers which had become slightly uncomfortable after my Christmas indulgences and I was thrilled when they felt loose around the stomach. Definitely the result I was hoping for, and will I recommend this to my friends? ABSOLUTELY!



The cost per treatment is £150 and courses of 6 – 8 treatments are recommended for the best results. See over for a special half-price first treatment Vanilla Reader Offer.

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