

## Zap the fat

### The treatment:

LaserLipo is a non-invasive way of melting away excess lard, which involves having two pads strapped to your skin (thighs, belly, bum) that emit a laser which penetrates a few millimetres under the skin. The laser causes the fat



cells to "sweat out" stored fat which is then cleared from the body by the liver. They recommend a series of eight sessions for the full effect, but you can see a difference after just one.

From £150 a session at London Laser Lipo. (020 7361 0021, laserlipo-bcs.com)



**They say:** "Expect to lose anything from 0.5 to 3 inches in half an hour."

**Our tester says:** "It was surprisingly relaxing, like lying with a hot water bottle on you. Afterwards you do 20 minutes on a Power Plate machine which is meant to kickstart the body to get rid of the fat. I was amazed by the results: after one session, I lost two inches off each thigh and three inches off my stomach. I can't wait to get into my LBD."

