

5. FOR STUBBORN TUMMIES

What Erchonia Emerald Laser treatment with Dr Munir Somji.

The lowdown This hi-tech treatment is set to make waves in the industry, thanks to its innovative, fat-quashing abilities. The Emerald Laser – which, true to its name, emits vibrant, green-hued beams as you lie beneath it – works by targeting stubborn fat cells and perforating them so that the fatty fluids inside are emptied without harming, or ‘killing’, the cells. This means that they shrink in size – thus reducing unwanted wobble – rather than being entirely obliterated, so there’s no chance of any adverse side effects. Interestingly, the Emerald Laser isn’t about sculpting specific areas; it’s about debulking a weighty mid-section, or reducing overall body circumference in patients with a BMI of up to 40 (so it’s perfect if your jeans are feeling a

little snug after a period of overindulgence). It’s fabulous on the torso – including the abdomen, back and flanks – and excellent on thighs; however, for the most targeted treatment, the 10 laser beams can be focused on such specific areas as ‘love handles’ or bra-bulges. Treatment takes 30 minutes in total: 15 minutes on your front; 15 on your back.

Pain factor It sounds too good to be true – but honestly, you don’t feel a thing. In fact, the rotating beams of light dancing across your mid-section are so hypnotic that you might be forgiven for falling asleep.

Downtime Again, zero. Feel free to slink up and down Knightsbridge as you please.

Results Don’t go expecting an overnight transformation. Still, after a few sessions, the mid-section does look more svelte – and even waistbands start to feel looser. One to two

treatments a week are recommended for a total of four to eight weeks, depending on your goals, and some patients report a loss of six inches around their middle. Impressive.

Details From £300 per session; £2,500 for a course of 10 treatments (drmedispa.com). ▷

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WOBBLE



Patient wear cardigan, £360, **PHILOSOPHY DI LORENZO SERAFINI**.
Knickers, £296, **ROSAMOSARIO**.
Doctor wears gloves, £65, **ELISSA POPPY**