

BEFORE

THE LASER
THAT'S LIKE
LIPO

AFTER

NAME: Linda Stanfield, 36
TRIED TREATMENT: Laser Lipo
DID IT WORK? 'I lost 16.6cm overall.'

'I've had a muffin top ever since my Caesarean five years ago. Despite being a size 10 everywhere else, it makes me feel

really self-conscious. I'm always trying to hide my tummy.

My treatment meant that I was first measured under my bust, then around my waist, stomach and hips. Next, I had to lie on a bed while two laser paddles were placed onto four different areas of my stomach for 10 minutes at a time. When the cold laser makes contact with the fat cells, it apparently shrinks them by getting rid of fatty acids and water. Then I was told the body's lymphatic system does the rest naturally.

I was then measured again before spending 10 minutes on a Power Plate – the vibrating machine which claims to give you an hour's workout in 15 minutes. In my initial consultation, I was advised to watch my diet and to exercise in order to help the process along, and now I eat more healthily. After eight sessions, I'd lost 5lbs and 16.6cm between my waist, belly, hips and under my bust. Although I don't think my tummy is much firmer, there's less of it. But this treatment is pricey!

COST: Approximately £150 per session or a course of eight for £1,000 (twice weekly for four weeks is recommended). Contact Heath House Clinic on 0870 220 2696 or visit www.laserlipo-bcs.com.