

London Evening Standard

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Health & Beauty

FEELGOOD FACTOR

CELLULITE TREATMENT VELASHAPE

Beauty powers: VelaShape “shrinks” the fat molecules in your skin. Or, to put it more delicately, it contours, shapes and slims the body by reducing cellulite and firming problem areas. Special rollers smooth out the skin using radio frequency, infra-red, vacuum and mechanical massage. It’s a great fix, for vain types. Target areas include bottom, legs, upper arms and stomach.

The process: “I think you may have a little flaccidity,” Dr Ariel Haus says tactfully. Er, yes. Stress, carbohydrates and prosecco have taken a toll. But Dr Haus is convinced he can reshape my waist. The heat from the light and radio frequency energies increases metabolism of this fatty layer and shrinks the size of fat cells. The mechanical rollers and vacuum suction act on the blood vessels to increase circulation, as well as massaging the skin to achieve a smoother, less dimpled surface.

Any surprises? The sensation is like having your stomach ironed with a vacuum cleaner. Dr Haus starts gently, then builds up to a stronger suction over subsequent treatments. It’s not at all painful. Best of all, it’s 20 minutes – great for a discreet lunch-hour dash.

Transformed: By session four, my stomach is more toned, the skin texture better. VelaShape isn’t an excuse to get out of exercise or to Hoover up the carbs. But it does boost self-esteem. So, yes, I’d justify the cost, especially if it enables you to inhabit your body more happily.

Try it out: Six treatments suggested, from £100 per session; 10 Harley Street, W1 (020 7467 1525, drhausdermatology.com)

Liz Hoggard

