



• **Osmolipolysis**

**WHAT** This non-invasive, fat-reducing treatment targets stubborn fat cells that don't budge with exercise and dieting. It employs ultrasound waves to break down fat cells under the skin surface painlessly - you'll experience a warm sensation. Without harming the surrounding tissues, nerves and vessels, the sound waves create pressure on fat tissues, causing them to break down, and be expelled from the body through the lymphatic system. This procedure can help smooth the look of cellulite, and also slim down the thighs, hips and tummy.

**COST** \$160.50 for one session, \$802.50 for six sessions

**WHERE** The Sloane Clinic, #03-18 Ion Orchard, tel: 6509-8108

• **Body Spot Reduction Menu L1**

**WHAT** A holistic set of four treatments for the arms, thighs or tummy, to break down and expel fat cells from the body. The first is Ultrasape, a non-invasive treatment that uses focused ultrasound waves to destroy targeted fat cells at the abdomen and thighs - this produces a warm sensation on skin and might hurt a little when the probe gets near bony areas. Next, the Velaspa treatment involves two ripper-like devices to knead, tighten and stretch loose skin and cellulite-laden areas. A body wrap then stimulates the metabolic process and detoxifies the body. Finally, the elimination of toxins and fats are further enhanced with a manual lymphatic drainage massage. **COST** \$1,350 to \$1,390 for a set of treatments. **WHERE** Face & Body Aesthetics, 200-04 Park 2 @ Orchard, The Gardens, Apr, 2004 Ang Mo Kio Ave 1, tel: 6443-3390

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**If Machines Aren't Your Thing..**

Try these non-machine-based treatments that can also provide a firming effect.

**1 Energizing Deep Thermal, \$390**

The two-hour Thai-inspired treatment involves a thermal stamp and mineral wrap to detoxify the body and stimulate your natural metabolic process. While the warmth speeds up metabolism to burn fat cells, the stamp packs oatmeal, wasabi, ginger and white tea extracts to help soothe and relax tired muscles. **BY IT AT:** Leonard Drake Skin Care & Health Spa, #05-03/07/11 The Centrepoint, tel: 6737-6177

**2 Massage by Candlelight, \$155**

Get a relaxing rub-down with this 45-minute massage, which uses warm oil from a burning candle made with firming, anti-cellulite ingredients - ivy oil has detoxifying and draining properties while matcha green tea butter contains antioxidants for a skin-firming and smoothing effect. **BY IT AT:** Citipops, #32-33A Tiong Bahru Plaza, tel: 6376-3390

**3 Ultra Intensive Slimming Treatment, \$160**

Look forward to a more streamlined silhouette in just 60 minutes - this body massage incorporates Clarins' High Definition Body Lift cream, which contains blue button flower to speed up the elimination of cellulite. A special sequence of massage movements is used to drain out toxins, reduce fluid retention and prevent the body from storing excess fats. **BY IT AT:** Clarins Skin Spa, #05-05/06/07 Wheelock Place, tel: 6838-5060

*If Shaping And Contouring Is All You Need...*

**Acoustic Wave Therapy Treatment**

**WHAT** Poor lymphatic drainage leads to a gradual stiffening of the connective tissues in your skin. So, when your fat cells expand, they push against these connective tissues, creating a dimpled look, or cellulite. This treatment delivers high intensity sound waves to cellulite-laden areas to strengthen the elasticity of connective tissues and stimulate collagen production for visibly firmer and smoother skin in just one session. If your cellulite is obvious whether you're standing or seated, this treatment will give you even more significant results. **COST** \$350 for one session. **WHERE** Dr. Heloise, #04-18 The Atrium (Atrium Professional Centre), tel: 6236-0000