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A hand-held device emits an ultrasound beam to dissolve fatty tissues. After the fat cells are broken down in the body, they are burnt as fuel. There is no down time, but at least five sessions are needed for results to show. Each session starts from \$2,500.

BACK FAT

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TIP: "Most women are afraid of being weighed because they think they will get big cheeks," she says. "But our muscles actually become much more efficient at burning fat in these stubborn areas when we build our strength muscle density."

She suggests the one-arm dumb-bell routine for the middle back and shoulders.

1 Stand next to the wall with your legs shoulder-width apart, with knees slightly bent, 2 Bend forward from the waist and your upper body is parallel to the ground.

3 Press your right forearm against the wall for support and pick the dumb-bell up with your left hand.

4 Pull the dumb-bell up to the side of your chest, keeping the upper arm close to your side. Keep your lower back straight and your torso still. Concentrate on squeezing back muscles.

5 Lower the weight back to starting position.

Complete three sets of 12 to 15 repetitions on each arm, with 30 to 60 seconds rest in between.

You should also reduce your body fat by eating smaller and earlier portions. For more information, see Dr Scott Martin.

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KNINKLES

Knee wrinkles – dubbed "kneebars" – usually affect thin and older women whose skin is losing elasticity.

"This problem is most noticeable on exercise fanatics who are slim and youthful-looking everywhere else," says Dr Calvin Chan, medical director of Calvin Chan Aesthetics & Laser Clinic.

Men who have kneebars but otherwise avoidable include fitness addicts Gwyneth Paltrow (left) and Madonna.

TIP: The procedure Thermage uses radiofrequency waves to regenerate collagen and tighten the skin's structure. It is performed by doctors.

Over time, the skin will be tightened and lifted, as well as plumped up eventually, says Dr Chan.

This is a one-off procedure which takes about 45 to 60 minutes and there is no downtime. It is usually done once every two to three years.

Prices range between \$1,000 and \$4,000 per session.

REMEMBER THAT THE FURTHER YOU GET INTO YOUR 40S, THE MORE YOU SHOULD USE THERMAGE TO PREVENT AND TREAT WRINKLES. IT'S AN IDEAL INVESTMENT IN YOUR SKIN'S FUTURE.

For more information, see Dr Chan's website at www.calvinchan.com

CLEAVAGE WRINKLES & NECK RINGS

Skin on the neck and chest is much thinner than on the face, thus making it more susceptible to sun and environmental damage, says Dr Low Chai Ling, medical director of The Sloane Clinic.

As one ages, the skin becomes even thinner due to decreased levels of collagen production in the body. All this leads to the appearance of sagging bands of skin around the neck and throat, as well as wrinkles on the chest area.

Furthermore, many tend to neglect their neck and chest area during their skincare regimen, which focuses on the face.

"Women have come to realise that skin around the face can show tell-tale signs of age, hence the neck has become a new focus for modern women," says Dr Low.

Dr Calvin Chan, medical director of Calvin Chan Aesthetics & Laser Clinic, says neck and shoulder signs are wrinkles that can worsen with age or weight loss and when skin in the neck area is thin.

TIP: Use Elizabeth Arden's CeraVite Plump Perfect Lines All Night Repair And Moisture Cream for Face And Neck (S143), which is said to moisturise, smoothen lines and firm up delicate skin.

If you want more pronounced effects, you can try a Thermage procedure.

As with leggy lines, the radiofrequency waves of a Thermage treatment can be used to regenerate skin on the neck, shoulders and chest area "kneebars" on previous page for details.

For cleavage wrinkles, Dr Chan usually supplements a Thermage session with a dermal filler, such as hyaluronic acid, which replaces the lost volume that occurs with age and skin damage, thus plumping up the lines.

A lasting treatment for the filler might be needed after three to six months.

Weekly maintenance treatments are also available. The filler and each session is priced from \$1,500.

Botox can also help to paralyse the outermost layer of the platysma muscle that is responsible for wrinkles in the neck, says Dr Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre.

Botox treatments start from \$500 per session.

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