

LOVE HANDLES

The solution CoolSculpting by Zeltiq is the next generation of body contouring. It's liposuction without the incision, the pain or the long, bruised recuperation. You're faced with a Dalek lookalike with a suction arm that draws up the problem bulge into a cooling chamber and freezes it. The very low temperature targets fat cells, causing them to crystallise so that the metabolic process can break them down and flush them out, while crucially not damaging any other tissue. Each area requires one hour's treatment – that's one hour per saddle bag, one hour per bingo wing. Some patients check in for the whole day, bringing along a picnic and their laptops. Once treated, the fat cells are eliminated, taking from two to four months to leave your body through the liver.

Results
7/10

Our tester had noticeably reduced sensation and numbing for 10 days after the CoolSculpting process, and also experienced itching. The inch-loss is not immediate, but after eight weeks the treated area felt significantly less flabby.

Pain factor The combination of extreme cold and firm suction does not feel all that pleasant, but it's not painful.

Getting used to the intense chill is the biggest hurdle. At first the tester felt the urge to squirm out of the suction applicator. But once the fat is frozen (between five and 10 minutes), the discomfort lessens. The sensation is akin to having a mammogram – uncomfortable but bearable.

Downtime None.

At the end of the procedure, the treated area is distended and engorged – beetroot red and angry – but it returns to normal within minutes, and there's no scarring. **Who to see** Dr Mario Luca Russo at the Rejuvenation Clinic and Medi Spa, 43 Devonshire Street, W1 (tel: 0870 243 2230; therejuvenationclinic.co.uk). Treatment costs from £800.

Veiny LEGS

The solution Lumpy, bumpy and often painful, varicose veins have historically been attacked with varying degrees of success – some treatments worked but were excruciatingly painful, others were relatively pain-free but with unpredictable results. Mark Whiteley has been on the case. He has spent the past year perfecting the **RFITT** (Radio Frequency Induced ThermoTherapy) technique – replacing the tortuous vein stripping of old, it uses a radiofrequency electric current, passed into veins via pinhole surgery, to close them. The catheter heats the vein wall and shrivels and destroys it, so that it can't ever reopen.

Pain factor Whiteley uses local anaesthetic and our tester reported virtually no pain.

Downtime The procedure takes about 45 minutes. Pop some ibuprofen and you can be back behind your desk that day, but you'll have to wear surgical stockings for a few days.

Who to see Mark Whiteley at The Whiteley Clinic, 1 Stirling House, Stirling Road, Guildford, Surrey, or at his London practice at 27 Harley Street, W1 (tel: 01483 477180; thewhiteleyclinic.co.uk). Treatment costs from £2,122, depending on the amount of veins to be treated.

Results
10/10

This is a thorough treatment and there's no likelihood of the veins returning. It's a walk-in, walk-out surgery so you can be back in your skyscraper heels the next day and miniskirts can be fished out from the back of the wardrobe.

MIDDLE-AGE spread

The solution The Well Woman Diet is a tailor-made solution to weight loss that promises (guarantees!) rapid results in just four weeks, without the need for gruelling gym sessions or downsizing your meals to teeny, tiny portions. Unlike conventional crash diets, the programme targets body fat rather than reducing short-term bloat and muscle mass, so it's great for persistent problem areas such as tummies, thighs and arms. And the handholding weekly visits to the clinic keep motivation levels high. After a full-body MOT with a slimming specialist (blood profiles are taken, goals discussed and previous medical history analysed) the work begins. Your consultant will tailor a plan to suit your weight, and for our tester the first two weeks of the diet meant easing things in gently with a protein-based meal-substitute programme to help kick hunger pangs to the curb, while the following two weeks saw carefully controlled, self-prepared food reintroduced. Combined with the eating plan are detoxifying sessions of colonic hydrotherapy, cellulite-shifting lymphatic massage and body-contouring treatments to keep silhouettes looking svelte. There are also specially administered supplements designed to keep the diet blues at bay.

Pain factor Thrillingly minimal. The good-sized portions and the variety of food on offer left our tester feeling satisfied not starved.

Results
10/10

Our tester lost 16 pounds in 28 days. The programme slots nicely into everyday life, but what really scores the points is the level of support. It's so much easier to say no to that breakfast croissant when you know someone will be checking up and cheering you on.

The biggest challenge is ignoring the wine list when you go out (alcohol is strictly forbidden) and making sure that you glug back the recommended two litres of water every day.

Downtime None. Our tester reported increased energy levels after just a week and a noticeably firmer physique as a result of the treatments.

Who to see Esther Fieldgrass at EF MediSpa, 29 Kensington Church Street, W8 (tel: 020 7937 5554; efmedispa.com). The four-week programme costs from £3,900. This covers your initial consultation and all further advice from your personal slimming consultant. The price also includes all your meals, the blood test and the medical review, four detox treatments, four skin-tightening/toning treatments and your weekly progress reviews. □

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DESK THAT DAY**