

LIPODISSOLVE

#3 **How it works:** Pegged as the “Coffee Break Lipo,” this non-surgical procedure injects a fat-dissolving natural substance derived from soy bean lecithin into the skin to target localized fat and cellulite deposits, explains Dr. Martin Braun of Vancouver & Delta Laser and Skin Care Centre. It also reduces cellulite and tightens skin. One to four treatments are needed, two to six weeks apart. Areas with stubborn fat deposits (such as love handles and saddlebags) respond best to the injections.

Pros: Lipodissolve can help improve cosmetic irregularities, such as “grooves” (caused by liposuction). General anesthetic and sutures are not required, and there’s minimal pain. You can return to work and activities immediately after a treatment.

Cons: Side effects can include mild swelling, bruising, bleeding and itching. Lipodissolve isn’t as effective if you’re overweight.

Results: You’ll start to see an improvement in your stubborn-fat areas after just four treatments.

Added bonus: Lipodissolve can also reduce cellulite and improve your skin’s texture.

Cost: \$200–\$400/treatment.

Where to go: Vancouver & Delta Laser and Skin Care Centre, 604-708-9891, vancouverlaser.com or ask your doctor.

Source: Elevate, Spring 2005, p.34