



BODY *buzz*

Whether it's cellulite, a muffin top or simply loose skin after weight loss, there are always parts of our body we want to improve. Although surgery gives guaranteed results, often the anxiety of going under the knife combined with the need to take time off from our busy lives doesn't make it our go-to option. That's why we've put together a guide to the some of the most effective non-invasive body contouring treatments currently available. Even if you only have a little time to spare, a toned body could be yours! BY AMANPREET DHAMI

Maintain Results
Post-treatment, you aren't off the hook! For results that last, here's what you can do to increase body contouring success.

STAY HYDRATED: On average, drinking 1.75 litres of water per day will improve the results of your treatment: "Drink water both before and after your treatments, because this gets the lymphatic system going, (which is where fat is drained from)" says Dabbs, clinical trainer at Sigmacon Medical.

BE ACTIVE: "Patients should realize it's contouring, not weight loss. Therefore, it does not replace exercise," says Dr. Solish. Stay active and don't use the treatment as a replacement for a healthy lifestyle of working out and eating right.

MAINTAIN YOUR BODY WEIGHT: During a treatment course, patients are advised to maintain their body weight for optimal results.

QUICK FACTS

Q: What areas of the body can be treated with non-invasive body contouring?

These treatments can be effective for fat deposits or loose skin around the love handles, flanks, thighs, saddlebags, buttocks or abdomen area. In some cases the knees, arms, neck and jawline are also treatable.

Q: Who is the ideal candidate?

The ideal candidate for a non-invasive body contouring treatment "is someone with a normal BMI, or an elevated BMI who is not obese and has discreet fat bulges that she wants to get rid of," says

Dr. Arie Benchetrit, MD, FRCSC, a Point Claire, Que.-based plastic surgeon who performs the Ultrashape body contouring treatment on his clients.

Q: What are the different types of body contouring treatments available?

There are three main modes of targeting fat cells: radio frequency (RF), ultrasound and laser.

Q: How long do these treatments take?

Most of these treatments take between 10 minutes to an hour, and there is no downtime, meaning you can book a session during your lunch hour!

Radio Frequency Contouring

REFIT

TREATMENT PROTOCOL: According to Marina Vashkevich of Viora's Clinical Department, Refit combines RF technology with a vacuum, which helps raise the dermal temperature high enough to stimulate the skin-tightening effects of collagen while encouraging the death of fat cells. Patients will need approximately six to eight 30-minute to one-hour treatments to see results. "Keeping hydrated allows energy to flow easier and the treatment to work most efficiently. Hydration also helps with the lymphatic drainage and allows the body to carry this out. Fat cell death starts within nine days," says Vashkevich.

DOWNTIME: No downtime; only a slight redness will occur on the body.

COST: \$1,800 to \$3,000 per treatment package.

VENUS FREEZE

"Venus freeze treats wrinkles, tightens skin and reduces cellulite and circumferential fat," says Amanda Hamilton, director of Venus Freeze at Skin Vitality in Toronto, one of the first Canadian providers of this contouring treatment. Venus Freeze can be used on both the body and the face, and combines multipolar radio frequency and magnetic pulsed fields that produce uniform heat without discomfort. "Most clients relate the treatment to a hot stone massage," says Hamilton.

TREATMENT PROTOCOL: Eight to ten treatments are needed for each area of the body targeted. Each treatment lasts 10 minutes to an hour, and the time between treatments should be six to seven days. According to Hamilton, results start to become visible within about four treatments.

DOWNTIME: None.

COST: \$199 to \$310 per treatment, depending on the treatment area.

IMAGES: THINKSTOCK

EXILIS

Exilis uses high-intensity monopolar RF to heat up the tissue. During each treatment, energy levels are adjusted to cause collagen contraction in the skin. The same device can be used to target deeper fat cells so that the cells permanently reduce their size. The main difference between Exilis and other RF devices "is the dramatic reduction in pain felt by the patient. Some other devices have significant discomfort," says Dr. Nowell Solish, MD, FRCPC, a cosmetic dermatologist in Toronto.

TREATMENT PROTOCOL: Six treatments render the best results. Each treatment lasts 20 to 30 minutes. Results are fully visible a few months after the treatment course is completed.

DOWNTIME: None.

COST: Approximately \$400 per treatment.

TITEFX

"TiteFX combines RF to heat the tissue to a predetermined temperature, then releases a high voltage pulse that kills the fat cells," says Dr. Ihab Matta, MD, CCSP. "The fat seeps out and goes into the lymphatic system," says Karen Dabbs, clinical trainer at Sigmacon Medical. TiteFX has both an audible and visual temperature control to ensure the correct clinical temperature is maintained for fat destruction to occur and to also prevent tissue burning.

TREATMENT PROTOCOL:

Patients will need between six to eight treatments for optimal results. The treatments also rebuild collagen (which takes a total of 90 days), so the skin tightening will continue after the treatment is finished.

DOWNTIME: None.

COST: \$300 to \$400 per treatment.

THE LIPO LOWDOWN

When it comes to fat reduction “it is important to explain to patients that non-invasives don’t replace liposuction. Liposuction is still the gold standard in fat reduction,” says Dr. Benchetrit. Technologies in liposuction have advanced over the years to reduce the difficult side-effects and downtime that are associated with traditional liposuction. SlimLipo, a laser-assisted liposuction procedure offered by Toronto-based plastic cosmetic surgeon Dr. Sean Rice, BA, MD, M.Sc., FRCSC, (the Canadian training centre for SlimLipo,) differs from traditional liposuction in that “the fat is easily melted by the laser. The laser helps to coagulate small blood vessels, resulting in decreased bruising,” says Dr. Rice. “Unlike traditional liposuction, this laser liposuction aids in tightening the loose skin, leaving the patient with an enhanced esthetic result. Occasionally, laser liposuction can be used in areas such as the neck and knees to tighten loose skin only.”

TREATMENT PROTOCOL: Patients require one treatment and are put under general anesthetic. Most patients return to work within a couple of days, but return to full functioning in the gym within two weeks.

COST: \$4,500 for the first area, and an additional \$2,000 for the next area.

STILL CONSIDERING LIPOSUCTION?

Read our “Case Studies” on page 52 to decide whether invasive is the better option for you.

TRUSCULPT

“TruSculpt uses focused RF, to break down the fat cells in a process called apoptosis,” says Dr. Barry DiBernardo, MD Plastic Surgeon in New Jersey. The RF handpiece is placed on the area to be treated for up to four minutes. Once the pulse finishes, the hand piece is moved to the next area.

TREATMENT PROTOCOL: Patients should have at least two 45 minute treatments at two months apart; results will begin to show between two weeks to three months. Possible side-effects include redness, swelling and tenderness on the treatment area that subsides within a few hours.

DOWNTIME: None.
COST \$1,200 to \$1,500.

Ultrasound Contouring LIPOSONIX

LipoSonix destroys fat cells with ultrasound technology. Once the ultrasound passes through the skin, “it focuses on the fat layer 1.3 cm below the skin’s surface, destroying cells and reducing the thickness of the fat,” says Dr. Fred Weksberg, MD, FRCPC, a Toronto cosmetic dermatologist.

TREATMENT PROTOCOL: Eight to 12 one-hour treatments at once a week. After three months,

patients experience about a 2.5-cm reduction in their waistline. During the treatment patients may experience discomfort, prickling, cold and tingling.

DOWNTIME: Post-treatment patients experience swelling, bruising, discomfort and redness for up to seven to 14 days. Bruising can last between two to four weeks and post treatment skin may often become firm or hard, which will take a few months to resolve.

COST: \$2,000.

ULTRASHAPE

UltraShape uses focused ultrasound waves to target unwanted fat. These waves cause a high level of vibration in the fat cell, says Dr. Benchetrit. “The fat cell shatters and is taken into the bloodstream and absorbed by the lymphatic system and used as energy in the body.” During the treatment, patients will feel a tingle similar to a rubber band snapping.

TREATMENT PROTOCOL: Most patients require three treatments at two weeks apart and may see up to a 5-cm circumferential reduction within two weeks, after the swelling subsides.

DOWNTIME: No downtime; some minor swelling will occur.

COST: \$800 to \$900 for one area. ©

DIY CONTOURING: FROM HIGH TO LOW

In addition to keeping up a healthy lifestyle, you can help keep your body in shape with these at-home body contouring options:

This portable, non-invasive device uses the technology behind **LPG Endermoflirt** in your home. **Wellbox** (\$2,000, available at select spas and clinics across) stimulates the skin with its palpitating action and releases fat by directly acting on the adipocytes, the cells responsible for fat storage.



The Shiseido Advanced Body Creator Aromatic Sculpting Gel (\$58, at The Bay) is a fragrant cooling gel with a sculpting plant complex.



Yves Rocher Body Shaping Program Effect Abs and Butt Body Shaping Gel (\$45, yvesrocher.com) is Infused with lotus, caffeine and is ideal for the tummy and back-side areas.



NIVEA Firming Body Lotion Advanced Q10 Complex (\$9.92, at mass market retailers) is a hydrating and firming lotion with Nivea’s famed Q10 complex.

