

THE NEWEST WAYS TO REDUCE CELLULITE

The latest cellulite-reducing treatment is **Cellulite Procedure from Thermage**. This procedure delivers radiofrequency energy to the deep layers of the skin and is said to rebuild collagen and improve blood flow to the tissues to improve and smooth the skin's appearance. Patients say the treatment feels like brief, deep-heat sensations. The company claims this single treatment procedure produces immediately visible results (that improve over time), like smoother skin and a temporary improvement in cellulite, which may vary depending on your skin type and age.

Another cellulite treatment is **SmoothShapes**, which uses a dynamic laser and light energy coupled with mechanical massage and suction. After about four sessions, according to the company, (treatments should be performed twice a week for four weeks and feel like a warm deep tissue massage) you'll see smoother, tighter skin with improved tone and texture. Maintenance sessions may be needed once or twice a year.

While there are patients who are happy with the results of these new types of treatments, keep in mind that long-term studies have not been conducted.

SLIM-IFYING JEANS

Hello! SkinnyJeans boast a variety of slenderizing methods to create a slimmer-looking you; including nylon-elasthane denim that "holds in" bulging, specially placed pockets to shape the rear and inseams that are drawn forward on the leg to create a slimming illusion. *Starting at \$178, skinnyjeans.com*



PROBLEM AREA

the lower body

"The fat on your legs is different from fat in other parts of the body. For one, the distribution and proportion of fat on female legs is often genetically predetermined, making it more resistant to diet and exercise," says Dr. Calobrace. Moreover, leg fat is superficial. Unlike the abdomen or hips, legs don't have any deep fat compartments, which means that liposuction of the legs and ankles is always done closer to the skin. Also, the area behind the knee contains important nerves and blood vessels that are vulnerable to injury; therefore, this area should rarely be subjected to liposuction. "The lower legs and ankles are particularly tricky areas, since very often what is perceived as fat is really related more to muscle structure. We have to evaluate these areas carefully and make sure that expectations are appropriate," says Dr. Baxter. In addition, these areas usually remain swollen for a significantly longer period of time than other areas of suctioning.

In most women, fat is found throughout the thighs, specifically the inner and outer thighs, the saddlebags and the hips. Some women have fat deposits only on the outer edges of the thighs, while others have fat bulges on the inside. The thighs and hips specifically contain large amounts of the enzyme lipase, which causes these areas to store fat quickly. This may be why the thighs and hips are two areas that seem especially resistant to diet and exercise. When liposuction is performed on the outer thighs, it is often done in conjunction with the buttocks and the upper inner thigh for a more streamlined look. And when it's performed on the inner thigh, the inner knee is usually treated as well.



SMOOTHING SERUM

GM Collin Lipo-Fitness Serum is a lightweight and quick-absorbing formula—scented with pure essential oils—that helps to reduce the appearance of existing cellulite, and prevent future formation, while improving the tone and texture of your skin. According to the company, the serum should be massaged into cellulite-prone areas for a minimum of two months for optimal results. *\$48, gmcollin.com*

THE KEY TO A PERFECTLY PROPORTIONED BODY

Lower-body liposuction is rarely performed in just one area. During liposuction of the buttocks, for example, your doctor will remove fat from the area just above the butt, from the back of the thighs just below the fold where the buttocks and thigh meet or on the hip at the side of the buttock. This approach helps produce a slimmer, better-proportioned body.

PROBLEM AREA

the butt

If you decide on a slimmer, shapelier derriere, Lone Tree, CO, plastic surgeon John A. Millard, MD, says that less is always more. "It's important to remember that shaping the buttocks is more important than reducing their size." Removing too much fat from the area can result in an asymmetrical, lumpy, flat or even sagging appearance.

WHAT TO EXPECT

To remove fat and sculpt the thighs, small incisions will be made either at the crease of your hip or in the crease behind your knee, or in both places. After the fat is removed, the incisions may or may not be closed with sutures, depending on how big they are and the technique used. Like any liposuction procedure, the time involved depends on the technology used, and the amount and type of fat being removed.

YOUR RECOVERY

Your doctor may recommend that you start walking around just a few hours after surgery, but overall, you should take it easy for the first few days. You'll be able to notice the results once the swelling goes down, and they will continue to improve for up to a year. You may also be advised to wear a compression garment for three to six weeks after your surgery.



Three months after liposuction to the inner and outer thighs. Procedure performed by David P. Rapaport, MD; New York, NY.

LOWER BODY