

## Cellulite Busters in a Bottle: the Cream of the Crop

To maintain the results of your Thermage or VelaShape treatment, try these out for size:

### Medik8 Lipomelt Forté, £34, 020 8997 8541/www.skinbrands.co.uk

Containing high concentrations of active ingredients that stimulate dermal compaction and substantial lipolysis, which are key to cellulite breakdown and a slimmer silhouette.

### PRIORI CoffeeBerry Slimming Body Complex, £51, 0845 555 2121/www.cosmestore.co.uk

An all-natural formula fortified with coffeeberry, nature's most potent antioxidant to fight free radicals and the causes of skin ageing, Slimming Body Complex has been clinically proven to reduce thigh circumference.

### Tracey Bell CelluScription CelluTherapy, £66, 01624 613 323/www.traceybell.co.uk

Contains botanical extracts to stimulate lipolysis and tighten tissue, which in turn diminishes the appearance of dimples.

### Image Skincare Body Spa Cell.U.Lift Body Firming Crème, £84, 01865 338 046/ www.skingeeks.co.uk

Formulated using Image's unique Enzyme Polypeptide Complex, Cell.U.Lift strengthens collagen fibres and reduces the volume of lipid cells and underlying tissue.



tip, which vigorously massages the treatment area throughout the process to make the whole experience more comfortable.

The procedure is slightly uncomfortable rather than painful but the great thing is that you look completely normal when you leave the clinic, as there is no redness or swelling. At around £3,000 it's not cheap, but patients have reported smoothing of dimples on thighs and buttocks after just one treatment, with long-lasting results.

### VelaShape

The second treatment I would recommend is VelaShape, which we offer in our Knightsbridge clinic, performed by Malvina Fraser, the resident aesthetician who has worked alongside some of the UK's top dermatologists.

VelaShape uses Elos technology – a mixture of bipolar radiofrequency and infrared light energy – combined with two types of tissue massage: mechanical and vacuum.

This unique mix accelerates the use of stored fat, shrinks existing fat cells and increases

lymphatic drainage, through precisely targeted and controlled heating of dermal and hypodermal tissue. The simultaneous massage smooths out the skin, leaving you dimple-free and ready to hit the beach.

Four sessions are recommended at one week intervals, costing £150 a pop.

### Do your homework

Although these treatments are highly effective in themselves, a small amount of input from you is required for maximum results. We recommend the Murad Body Care Regime, which incorporates a Firm and Tone serum, dietary supplement pack and a Body Firming cream. A 28-day supply costs £135, but combined with either VelaShape or Thermage the kit will leave you with thighs to die for – and you can't put a price on perfection!

### CS&AG

For more information about Dr Rakus and the full range of treatments she offers, visit [www.driritarakus.com](http://www.driritarakus.com) or call 020 7460 7324.

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