

FIGHT FAT

LYING ON YOUR BACK

Do the latest inch-loss treatments really work? Only one way to find out. We sent our testers to lie down and think of thinner thighs

Words Gabrielle Nathan

Move over, liposuction. Stand back, clay wraps. A new era of long-lasting fat blasters has arrived. Until recently, losing

inches was a choice between lipo under general anaesthetic, a diet and gruelling gym routine, or getting wrapped in a roll of Clingfilm to make you svelte for a few hours. And there were still some pockets of fat that wouldn't budge.

But things are set to change. Using sophisticated laser beams and radio frequency waves, new treatments claim to change your body's shape, without resorting to surgery.

Wendy Lewis, author of *Plastic Makes Perfect* (Orion, £16.99), says, 'One promising development is the use of light energy to melt fat cells, while also massaging the skin to increase circulation and increase lymphatic drainage.'

Another proven method of fat reduction is the use of ultrasound waves, which split individual fat cells apart, allowing them to be flushed out of the system. 'These treatments tend to be painless,' assures Lewis, 'but they are time-consuming and can become expensive.'

So, to save you the bother – and cost – of treatments that might not live up to the hype, we've put the latest body shapers to the test. ■

BIKINI: NECKLACE, BOTH: MISSONI. HAT: HEIDI KLEIN