



*Non-invasive fat removal is buzzing in beauty right now. BAZAAR staffers flesh out new treatment options to discover if they offer real hope — or just hype*

**THE TREATMENT** *DERMEO FAT CAVITATION*, \$150–\$400 per session, [karpatimedspa.com.au](http://karpatimedspa.com.au).

**TESTED BY** Caroline Tran, *BAZAAR* junior fashion editor

**THE CLAIM** “This is a medical-grade device effective for targeting pockets of fat. Most treatments shrivel fat cells, whereas this destroys them,” therapist Eva Karpati says. “You metabolise the fat cells, which are processed through the body. Combine it with a low-fat diet — you’re trying to process the fat out — so there’s less pressure on the liver and kidneys.”

**WHAT HAPPENS** I had an impending European summer holiday, so my arm couldn’t go up fast enough when the beauty team called out for fat-blasting volunteers. I have always been self-conscious about my stomach, so that was my target area. The preparation called for fasting 3–4 hours beforehand, so I tried to book in for lunchtime appointments. I had no idea what to expect, but it was relatively easy and painless — relaxing, even. You could liken it to an ultrasound — lying flat in a dark treatment room as the therapist applies gel and rubs a handheld probe over the target area, transmitting low-level ultrasonic waves. These pulses supposedly cause micro-bubbles, which result in the emulsification of fat cells. The fat is then broken down and released into the bloodstream. I’m told a session can last anywhere from 15 minutes to an hour, depending on the scope of your area, but my sessions lasted for about 20 minutes each. I had six sessions over three weeks. The skin can heat up during treatment, but it’s nothing

unbearable. I was pretty amazed, actually. After the treatment is over, you’re advised to drink a lot of water to help your body detox and flush out the destroyed fat cells.

**DRAWBACKS** It takes a number of sessions to get results, but if you’re willing to commit, there aren’t any other cons.

**WHY I LOVED IT** I knew I had to go hard as I wanted to shred for my impending holiday, so I did this treatment along with daily barre classes and some modest dieting, all of which helped me lose two inches off my stomach circumference in three weeks — enough for my friends and colleagues to notice and compliment me.

**THE TREATMENT** *SCULPSURE*, from \$250, [drsarasandco.com.au](http://drsarasandco.com.au).

**TESTED BY** Anna Lavdaras, *BAZAAR* beauty writer

**THE CLAIM** “Using laser energy, this treatment targets and heats fat cells under the skin without affecting the skin’s surface,” Dr Saras Sundrum explains. “During the 25-minute treatment, the fat cells are heated to 42–47 degrees [Celsius] — destroying up to 24 per cent of fat cells within the treated area. The destroyed fat cells are then eliminated naturally by the body’s lymphatic system over the course of the next six to 12 weeks.”

**WHAT HAPPENS** I thought I’d put the clinic’s ‘lunchbreak appointment’ claim to the test and book for 1pm midweek. There’s no prep required, but you are advised to attend a consultation to determine whether you meet the prerequisites (read: have enough body fat), and I’m not ashamed to admit I qualified. I have a pouch of belly fat I struggle to shift and was told SculpSure would be perfect for me, as it works best on stubborn pockets of flesh. The treatment involves about 25 minutes of solid reclining while hooked up to a couple of tentacle-looking things that press against you. They heat and cool for the duration of the session, with the sensation starting strong, like uncomfortable cramping, and subsiding as you become accustomed to it. An assistant guided me through, adjusting the strength as required. When the buzzer sounds, you get dressed and leave. Nothing more.

**DRAWBACKS** After the mild discomfort of the treatment, I returned to the gym the next day. There were no marks or bruising, just a tiny bit of muscle sensitivity I’d liken to the effect of a gruelling Pilates session. I was advised to massage the area with my fingers for two weeks following my appointment, which I did twice daily in the shower.

**WHY I LOVED IT** Just as I’d made up my mind the treatment didn’t work, I started seeing results. Six weeks after my appointment I noticed I didn’t have to suck in so hard when wearing silky slips, and my jeans weren’t pulling like before. New smaller applicators can also tackle tricky areas — hips, inner thighs — that larger applicators can’t reach.

**THE TREATMENT** *RADIOFREQUENCY*, \$249 per treatment, [bodycatalyst.com.au](http://bodycatalyst.com.au).

**TESTED BY** Kellie Hush, *BAZAAR* editor-in-chief

**THE CLAIM** Radiofrequency, or RF, helps remove cellulite and has a smoothing and toning effect, according to Body Catalyst founder and director Samantha Barakat Light. RF energy aims to penetrate the skin’s layers to selectively heat the dermis and melt fat. The local heating is said to cause an immediate contraction of the collagen fibres as well as the production of new collagen and elastin fibres. The regeneration of the collagen and elastin deposits helps to prevent the future permeation of fat cells within those areas as the skin tightens. RF can

be helpful for women who have recently had a baby and are finding it hard to shift that flabby skin on the tummy.

**WHAT HAPPENS** At your first appointment, your Body Catalyst consultant will chat to you about your concerns (hello, thigh cellulite!). Throw modesty out the door as you will need to strip down to your bra and knickers so ‘before’ photos can be taken. RF itself is like a heavenly heat massage — but the heat nodes were focused on my outer thighs, not my neck and back. The treatment was so relaxing I fell asleep at one point during the hour-long session and did emails on my iPhone for the other half.

**DRAWBACKS** If you are time-poor, an eight-week commitment may seem like a lot. That said, you only need eight lunch hours. It is also recommended that you revisit six months after completion to maintain the tightened skin.

**WHY I LOVED IT** I’m yet to go back for my ‘after’ photos, but my skin already looks smoother. There was also that extra benefit of coming out totally relaxed after a treatment. So many fat-blasting treatments are teeth-clenching, but RF isn’t one of them.

“It turns out my knees need help staying up ... A nozzle attached to a Dalek-like machine moves in circular motions as it heats to an optimum temperature where the magic happens.”

**THE TREATMENT** *VENUS LEGACY*, from \$300 per treatment, [venustreatments.com](http://venustreatments.com).

**TESTED BY** Eliza O’Hare, *BAZAAR* associate editor

**THE CLAIM** Suitable for a range of body areas, Venus Legacy is all about contouring, giving definition by breaking down fat cells over 6–8 weekly treatments. This is billed as a killer combination of cellulite reduction, a circumferential reduction (you get smaller) and skin tightening.

**WHAT HAPPENS** It starts with stripping down to your smalls for a brutal assessment of your pins. It turns out my knees need help staying up. I recline on a comfy day bed, gel is smeared on the first offensive knee and the heat begins. A nozzle attached to a Dalek-like machine moves in a slow, circular motion as it heats to an optimum temperature where the magic happens. (The energy is a combination of radiofrequency and pulsed electromagnetic fields, causing a thermal reaction. Fat cells are broken down, and because your body’s healing response is stimulated, you — hopefully — get tighter skin as your collagen and elastin fibres get a boost.) This continues on both knees and I return six times for 40 minutes a session.

**DRAWBACKS** None, really. Except some post-session swelling. My ample legs just would not slip into my jeans the next day.

**WHY I LOVED IT** It was fast, bearable and I felt firmer and leaner.

**THE TREATMENT** *COOLSCULPTING*, from \$600 per cycle, [heberdavis.com.au](http://heberdavis.com.au).

**TESTED BY** Eugenie Kelly, *BAZAAR* deputy editor/beauty & features director

**THE CLAIM** “It delivers precisely controlled cooling to gently and effectively target fat cells under the skin,” says the website. “The treated fat cells are crystallised (frozen) and then die. Over time, your body naturally processes the fat and eliminates these dead cells, leaving a more sculpted you.”

**WHAT HAPPENS** Thigh gap is my Holy Grail, so I can’t wait to give CoolSculpting a try, but I’m told in order to home in on this pocket of flesh, I’ll need to wait till October for a new ‘Mini Petite’ applicator to be released. No problem. Let’s do outer thighs instead. I strip down, have photos and measurements taken, then lie back on a bed where the clinician takes a paddle that, using a vacuum, draws my thigh into the applicator cup. There’s some mild pinching and pulling, but nothing drastic. The controlled cooling is applied; it’s freezing for about 10 minutes, then it goes numb. I feel nothing and tackle emails. Forty minutes later, the clinician announces we’re done, removes the cup, then proceeds to murder my fat cells with an intense massage action.

The two spots are tender and red — but I’m told this is the crucial part of the treatment.

**DRAWBACKS** Seven days in, I get late-onset nerve pain, which I’m told is rare. I pop some paracetamol and the stabbing pains and hypersensitivity go by day 11.

**WHY I LOVED IT** Multiple sessions can be draining on the diary and the wallet, but I loved that I only had to do one session. I can see a slight indent in my silhouette three months later. Expect mild improvements and you won’t be disappointed.

**HAVING CURVES** isn’t a bad thing, but if you could contour everything to appear in proportion — with the added allure of it being a non-invasive treatment — wouldn’t you want to know where to sign up? The good news is in 2017 we can melt fat away, freeze it off and inject it into oblivion. And one day in the future, we may even be able to rub it away.

So in a bid to manipulate our bra bulge, banana butt rolls, tuck-shop arms and muffin tops, we rounded up the most effective treatments and put them to the test. (Kind of) effortless, they’re nevertheless an investment in cash and time, so we did the leg work (literally) for you ...

RICHARD PHIBBS. STYLED BY ANNA ROSA VITELLO. STELLA MCCARTNEY TOP, \$200, AND BRIEFS, \$110. MODEL: HANNA FERGUSON. HAIR: CHAI BY LOUIS CASSEY. MAKEUP BY LENA HE HUSH. PRODUCTION: PATRICK VAN PANEEN AT THOXIE PRODUCTIONS. PRICES APPROXIMATE. SEE OUTLINES FOR STOCKISTS